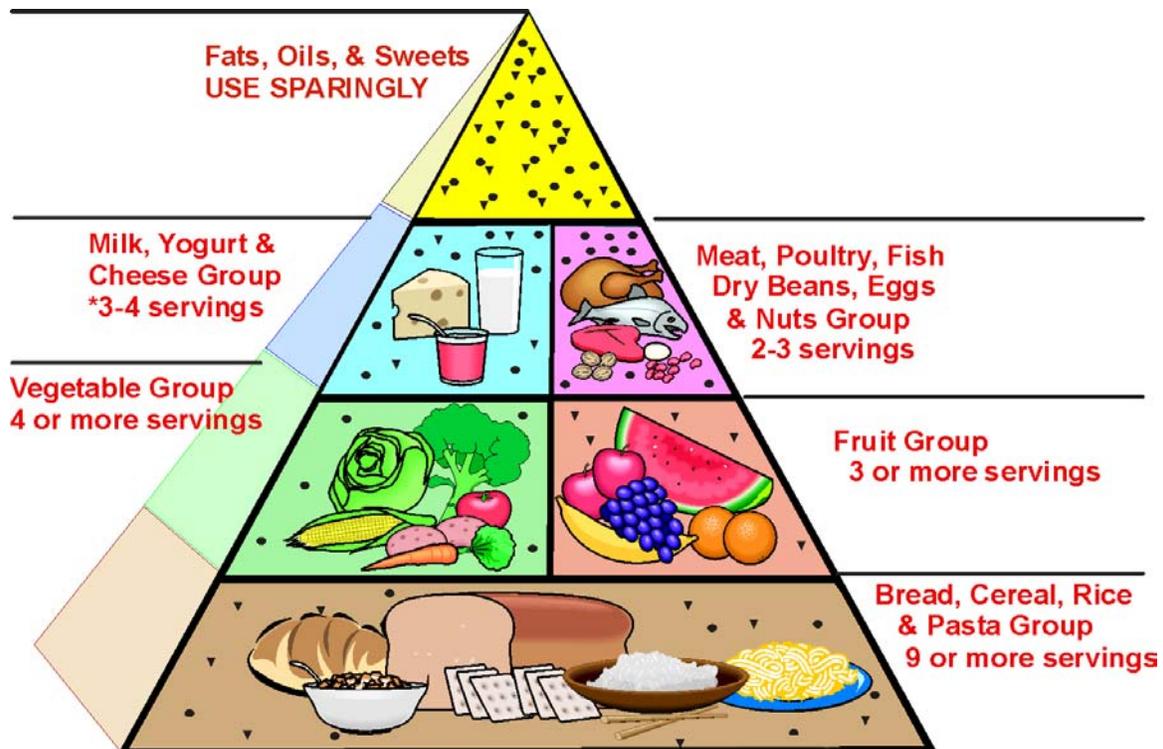




## Eating for a Healthy Pregnancy<sup>1</sup>

Isabel Valentín-Oquendo<sup>2</sup>

Wondering what to eat while pregnant? Let the Food Guide Pyramid guide your food selection. Eating foods from every food group every day will give you and your baby important nutrients. Read on to learn about healthy eating during pregnancy.



**\*Pregnant teens need 4 servings of milk.**

For more information on serving sizes, contact your local County Extension office and ask for publication FCS1047, The Food Guide Pyramid: A Guide to Daily Food Choices.

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2. Isabel Valentín-Oquendo, MS, RD, LD/N, Curriculum Coordinator, Family Nutrition Program, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, 32611.

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## Am I Eating Right for My Baby and Me?

Now you know what foods you should eat every day. Answer these questions to see how you are doing.

	Yes	No
Are you eating at least 9 servings of grain foods every day?		
Are at least 4 of your grain servings from WHOLE GRAIN foods like oatmeal, brown rice, or whole-grain bread?		
Are you drinking at least 8 cups of fluids every day?		
Are you eating at least 4 servings of vegetables every day?		
Are you eating at least 3 servings of fruits every day?		
Are you getting at least 3 servings of dairy products every day? (4 servings if you are a pregnant teen)		
Are you eating 2 servings of meat, poultry, fish, eggs, or dry beans every day?		

Congratulations on every “Yes” answer! Look at the questions you answered “No” to learn what you can improve.

### Foods Unsafe to Eat

Foods sometimes carry germs that can cause food borne illness. Pregnant women are at high risk for getting food borne illness. To be safe, pregnant women should NOT consume:

- unpasteurized juices
- raw sprouts
- raw/unpasteurized milk products

- soft cheeses (Mexican soft cheese, Brie, Camembert, feta, blue)
- raw or undercooked meats, meat products, and poultry
- raw or undercooked eggs

Don't forget to wash your hands regularly, keep your kitchen counter tops and utensils clean, cook foods thoroughly, and refrigerate leftovers promptly.



*My goals for improving my diet during pregnancy are:*

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U \_\_\_\_\_

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