



Eating for You and Your Baby

When you are pregnant, what you eat is important. The food you eat helps your baby's toes, fingers, muscles, brain and bones grow.

Tips To Help Your Baby Grow

- Eat at least three times every day. Start your day with breakfast.
- Choose foods you enjoy from each food group (see back of card).
- Drink milk with your meals. It's OK to add chocolate. Eat other foods like cheese and yogurt.
- Eat fruits and vegetables like salads for lunch, fruit for snacks, and a vegetable at supper. Drink a glass of juice every day.
- Eat snacks your baby can use to grow. Snack on foods like fruit, cereal, peanut butter, nuts, cheese, crackers or raw vegetables with dip.
- Drink several glasses of water every day. Limit beverages with caffeine, such as pop and coffee.
- Take your prenatal vitamins as prescribed by your doctor.

Other Tips To Grow a Healthy Baby

- If you smoke, quit or cut back.
- Talk to your doctor about how much weight to gain.
- Don't drink alcohol.
- Don't take any drugs without your doctor's permission.
- Go to all of your prenatal checkups.
- Be physically active at least 30 minutes a day.

Daily Food Guide for Pregnant Moms

| Food Group | Serving Sizes | Daily Amount |
|---|--|------------------------|
| Bread, Cereal Rice, Pasta | 1 slice or 1 ounce ½ cup | 6 to 8 servings |
| Fruits | 1 cup fruit or juice ½ cup dried | 2 servings |
| Vegetables | 1 cup raw or cooked 1 cup juice 2 cups raw leafy vegetables | 3 servings |
| Milk, Yogurt Cheese | 1 cup = 8 ounces 1½ ounces | 3 servings |
| Meat, Poultry, Fish Peanut Butter Eggs Dry Beans | 1 ounce 1 tablespoon 1 egg ¼ cup cooked | 5 to 6 servings |



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You Care

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