


Food for Pregnancy

<p style="text-align: center;">CALCIUM <i>Needed for healthy bones and teeth</i></p> <p>Milk Cheese Yogurt Dry milk powder Lactaid milk</p> <p style="text-align: right;">Foods with Added Calcium (check labels): Soy milk Orange juice Breads, Cereals, Pasta</p>		<p style="text-align: center;">PROTEIN <i>Used to build new tissue</i></p> <p>Chicken Turkey Beef Pork Eggs Cottage Cheese Fish Tuna Fish Shellfish</p> <p style="text-align: right;">Peanut Butter Dried Beans Dried Peas Tofu Nuts Hummus Bean burger</p>	
<p style="text-align: center;">VITAMIN A <i>Promotes growth of bone and tissue</i></p> <p>Carrots Cantaloupe Apricots Pumpkin Sweet Potato Mango Watermelon Peaches Plums Squash</p> <p style="text-align: right;">Broccoli Leafy greens, including: Kale Romaine lettuce Spinach Chard Collard Beet greens Mustard greens Turnip greens Asparagus</p>		<p style="text-align: center;">VITAMIN C <i>Helps form bones, teeth, skin, tissue</i></p> <p>Orange Orange Juice Grapefruit Grapefruit Juice WIC Juices Cantaloupe Strawberries Kiwi Pineapple</p> <p style="text-align: right;">Tomatoes Broccoli Cauliflower Cabbage Kale Red & Green Pepper Brussel Sprouts Leafy Greens</p>	
			
<p style="text-align: center;">WHOLE GRAINS <i>Look for the word "whole" to be first in the ingredient list</i></p> <p>Whole wheat bread Whole grain cereal Whole grain pasta Whole grain crackers Whole grain tortillas</p> <p style="text-align: right;">Brown rice Oatmeal Popcorn</p>			
<p style="text-align: center;">SUGAR <i>Limit These Foods</i></p> <p>Soda/pop, juice, cake, pie, cookies, donuts, sweet rolls, candy, sugar, Koolaid</p>	<p style="text-align: center;">FAT <i>Limit These Foods</i></p> <p>Salad dressing, mayonnaise, margarine, butter, cream, gravy, fried foods, chips</p>	<p style="text-align: center;">OTHER <i>Limit These Foods</i></p> <p>Coffee, tea, diet soft drinks</p> <p style="text-align: center;">AVOID ALCOHOL AVOID ENERGY DRINKS</p>	

Services will be provided to Health Department of Northwest Michigan clients without regard to race, color, religion, national origin, sex, age, marital status, sexual orientation, disability or disease.

Sample Menu	Your Menu
<u>Breakfast</u>	<u>Breakfast</u>
Cereal or oatmeal 1 cup	_____
Milk 1 cup	_____
Whole Wheat Toast 1 slice	_____
Peanut butter 1 tablespoon	_____
Juice ½ cup	_____
<u>Snack</u>	<u>Snack</u>
Banana 1	_____

<u>Lunch</u>	<u>Lunch</u>
Whole Wheat Bread 2 slices	_____
Sliced Lean Meat 2 ounces	_____
Mustard	_____
Carrot Sticks 1 cup	_____
Milk 1 cup	_____
<u>Snack</u>	<u>Snack</u>
Kiwi or berries ½ cup	_____
Graham Crackers 3 squares	_____
Peanut Butter 2 tablespoons	_____
<u>Dinner</u>	<u>Dinner</u>
Baked Chicken 3 ounces	_____
Cooked Broccoli 1 cup	_____
Baked Potato 1	_____
Margarine 2 teaspoons	_____
Milk 1 cup	_____
<u>Snack</u>	<u>Snack</u>
Popcorn 3 cups	_____
Apple Slices 1 cup	_____

Goals

Minimum Daily Servings

Milk - Cheese - Yogurt 3 servings
Teenagers need 2 *extra* servings

Vegetable - Fruit 6 servings
Include: one source of Vitamin A
one source of Vitamin C

Bread - Cereal 7 servings
(include 3 or more servings of whole grains)

Meat - Poultry - Fish - Beans 2 servings