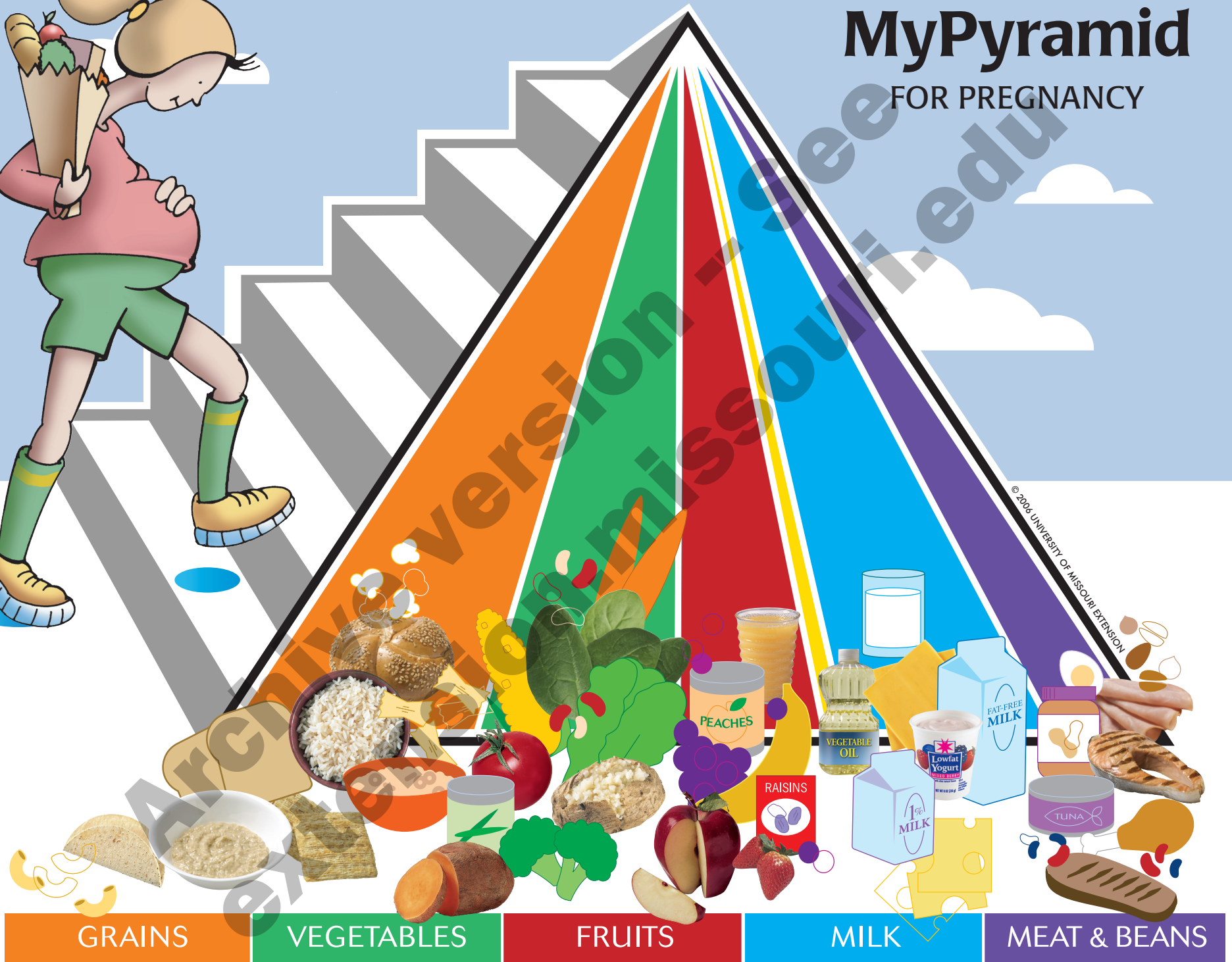
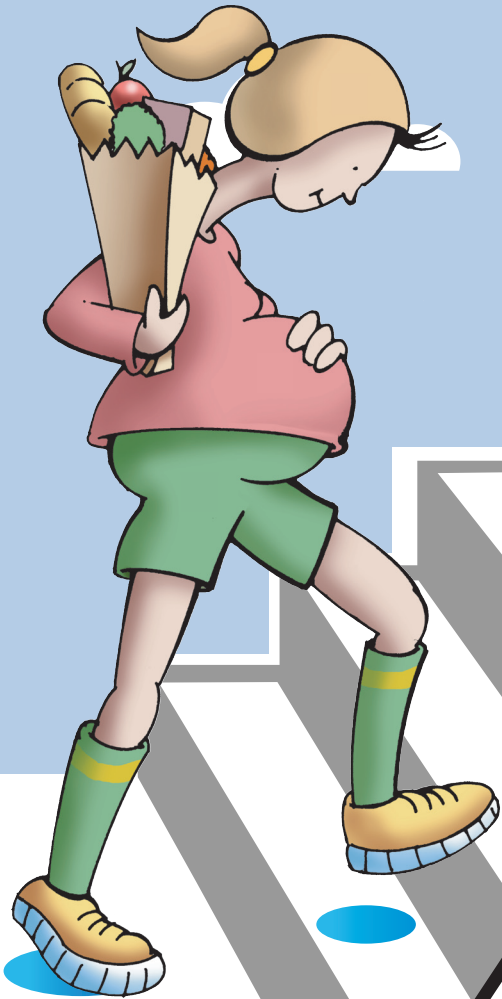


MyPyramid

FOR PREGNANCY



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

Grains <i>Make half your grains whole</i>	Vegetables <i>Vary your veggies</i>	Fruits <i>Focus on fruits</i>	Milk <i>Get your calcium-rich foods</i>	Meat & Beans <i>Go lean with protein</i>
Eat 6 to 7 ounces* every day	Eat 2½ to 3 cups* every day	Eat 2 cups* every day	Get at least 3 cups* every day	Eat 5½ to 6 ounces* every day
What counts as an ounce? <ul style="list-style-type: none"> • 1 slice bread • 1 cup ready-to-eat cereal • ½ cup cooked rice, cooked pasta or cooked cereal Here are a few examples: <ul style="list-style-type: none"> • ½ mini bagel • 1 slice regular bread • 5 whole wheat crackers • 3 cups popcorn • 1 (6-inch) tortilla • 1 packet instant oatmeal • ½ English muffin 	What counts as a cup? <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables • 1 cup vegetable juice • 2 cups raw leafy greens Here are a few examples: <ul style="list-style-type: none"> • 1 large (green, red or yellow) pepper • 1 large baked sweet potato • 12 baby carrots • 1 large raw tomato • 3 spears broccoli • 1 cup cooked pinto beans • 1 cup cooked collard greens 	What counts as a cup? <ul style="list-style-type: none"> • 1 cup fruit • 1 cup 100 percent fruit juice • ½ cup dried fruit Here are a few examples: <ul style="list-style-type: none"> • 1 small apple or ½ large apple • 32 seedless grapes • 1 medium grapefruit • 1 large peach • ½ cup raisins • 1 large banana • 8 large strawberries • 1 large orange • 1 small watermelon wedge 	What counts as a cup? Here are a few examples: <ul style="list-style-type: none"> • 1 half-pint (8-ounce) carton milk • 1 (8-ounce) container yogurt • 1½ cups ice cream • ⅓ cup shredded cheese • 3 slices (2 ounces) processed cheese like American • 2 slices (1½ ounces) hard cheese like cheddar or swiss • 1 cup pudding made with milk 	What counts as an ounce? <ul style="list-style-type: none"> • 1 ounce meat, poultry or fish • ¼ cup cooked dry beans • 1 egg • 1 tablespoon peanut butter • ½ ounce nuts or seeds Here are a few examples: <ul style="list-style-type: none"> • ¼ cup tofu • ¼ cup cooked black, kidney or pinto beans • 2 tablespoons hummus • 1 sandwich slice lean turkey meat • 24 pistachios • 7 walnut halves • ½ cup split pea or bean soup • ¼ cup roasted soybeans
<small>* These are general guidelines based on a 2,000 to 2,200 calorie level for moderately active females ages 14 to 20 (moderately active means at least 30 minutes and up to 60 minutes of activity a day in addition to daily activities). Teens and very active women may need more. Talk with your health-care provider for more information about your specific needs.</small>				

Physical activity

◆ If you have no medical complications, get 30 minutes or more of moderate-intensity physical activity, like brisk walking or dancing, every day or most days.

◆ Avoid activities that have a high risk of falling or abdominal injury.

Know the limits on fats, sugars and salt (sodium)

◆ Get most of your fat from fish, nuts and vegetable oils.

◆ Limit solid fats like butter, margarine, shortening and lard, and foods that contain solid fats.

◆ Check the Nutrition Facts label to keep saturated fats, trans fats and sodium low.

◆ Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

◆ Choose foods low in salt (sodium). Cut back on salt added at the table and during cooking.

This publication was funded in part by USDA's Food Stamp Program and adapted from USDA's MyPyramid.