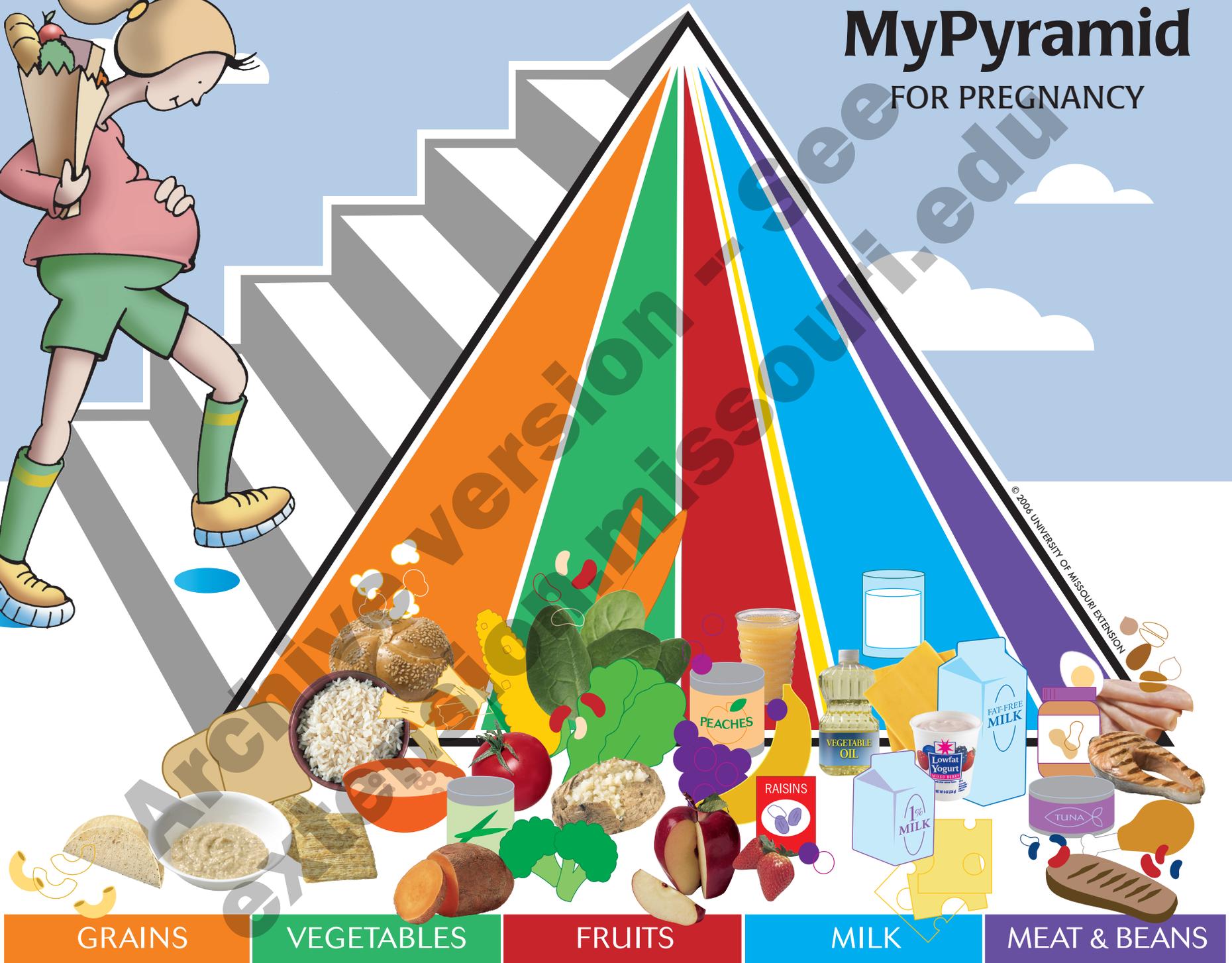


# MyPyramid

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
<b>What counts as an ounce?</b> <ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• 1 cup ready-to-eat cereal</li> <li>• ½ cup cooked rice, cooked pasta or cooked cereal</li> </ul> <b>Here are a few examples:</b> <ul style="list-style-type: none"> <li>• ½ mini bagel</li> <li>• 1 slice regular bread</li> <li>• 5 whole wheat crackers</li> <li>• 3 cups popcorn</li> <li>• 1 (6-inch) tortilla</li> <li>• 1 packet instant oatmeal</li> <li>• ½ English muffin</li> </ul>	<b>What counts as a cup?</b> <ul style="list-style-type: none"> <li>• 1 cup raw or cooked vegetables</li> <li>• 1 cup vegetable juice</li> <li>• 2 cups raw leafy greens</li> </ul> <b>Here are a few examples:</b> <ul style="list-style-type: none"> <li>• 1 large (green, red or yellow) pepper</li> <li>• 1 large baked sweet potato</li> <li>• 12 baby carrots</li> <li>• 1 large raw tomato</li> <li>• 3 spears broccoli</li> <li>• 1 cup cooked pinto beans</li> <li>• 1 cup cooked collard greens</li> </ul>	<b>What counts as a cup?</b> <ul style="list-style-type: none"> <li>• 1 cup fruit</li> <li>• 1 cup 100 percent fruit juice</li> <li>• ½ cup dried fruit</li> </ul> <b>Here are a few examples:</b> <ul style="list-style-type: none"> <li>• 1 small apple or ½ large apple</li> <li>• 32 seedless grapes</li> <li>• 1 medium grapefruit</li> <li>• 1 large peach</li> <li>• ½ cup raisins</li> <li>• 1 large banana</li> <li>• 8 large strawberries</li> <li>• 1 large orange</li> <li>• 1 small watermelon wedge</li> </ul>	<b>What counts as a cup?</b> <b>Here are a few examples:</b> <ul style="list-style-type: none"> <li>• 1 half-pint (8-ounce) carton milk</li> <li>• 1 (8-ounce) container yogurt</li> <li>• 1½ cups ice cream</li> <li>• ⅓ cup shredded cheese</li> <li>• 3 slices (2 ounces) processed cheese like American</li> <li>• 2 slices (1½ ounces) hard cheese like cheddar or swiss</li> <li>• 1 cup pudding made with milk</li> </ul>	<b>What counts as an ounce?</b> <ul style="list-style-type: none"> <li>• 1 ounce meat, poultry or fish</li> <li>• ¼ cup cooked dry beans</li> <li>• 1 egg</li> <li>• 1 tablespoon peanut butter</li> <li>• ½ ounce nuts or seeds</li> </ul> <b>Here are a few examples:</b> <ul style="list-style-type: none"> <li>• ¼ cup tofu</li> <li>• ¼ cup cooked black, kidney or pinto beans</li> <li>• 2 tablespoons hummus</li> <li>• 1 sandwich slice lean turkey meat</li> <li>• 24 pistachios</li> <li>• 7 walnut halves</li> <li>• ½ cup split pea or bean soup</li> <li>• ¼ cup roasted soybeans</li> </ul>
<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.

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