## Pregnancy Nutrition Guide

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<th>Meats/Beans</th>
<th>Grains</th>
<th>Vegetables</th>
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<td><strong>Recommended number of daily servings</strong></td>
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| **Serving size examples** | • 1 oz cooked skinless chicken or turkey  
• 1 egg  
• ¼ cup cooked black beans | • 1 slice whole-grain bread  
• ½ cup cooked oatmeal  
• ½ cup cooked whole-wheat pasta | • 1 cup raw tomatoes  
• 1 cup broccoli (chopped or florets)  
• 1 cup raw or cooked carrots (strips, slices, or chopped) | • ¼ cup shredded Swiss cheese  
• 1 cup yogurt  
• 1 cup milk or calcium-fortified soymilk | • 1 medium apple  
• 1 cup sliced banana  
• 1 large orange |
| **Good to know** | • Provide protein, which helps build bone, muscle, cartilage, blood, and skin  
• Meat contains iron, as well as B vitamins, zinc, magnesium, and vitamin E  
• Choose lean meats whenever possible | • Provide carbohydrates needed for energy  
• Rich in vitamins and minerals  
• Many grain products are also fortified with folic acid  
• Choose whole grains whenever possible because they contain more fiber | • Low in calories, high in nutrients  
• Excellent source of vitamins E, A, C—as well as folate, potassium, and fiber  
• Try to choose a variety of vegetables throughout the day | • Good source of calcium and vitamin D  
• Drink 3 cups of milk per day  
• Yogurt and cheese are good alternatives to milk  
• Choose reduced-fat dairy products whenever possible | • Low in calories, high in nutrients  
• Excellent source of vitamin C and other antioxidants  
• Vitamin C helps the body absorb iron  
• Choose whole fruits instead of fruit juice whenever possible |

*Recommended number of daily servings vary by height and weight. Customized daily menus can be created at www.choosemyplate.gov/pregnancy-breastfeeding