**Fruits:**

* Should have at least 2 servings a day
	+ 1 serving is a cup or piece of fruit, ½ cup of 100% juice, ½ cup of dried fruit
* Eat a variety of fresh, frozen or canned fruits that do not have added sugars
* Limit fruit juice

**Vegetables:**

* Should have at least 3 servings a day
	+ 1 serving is a cup of raw or cooked vegetables or 2 cups of leafy greens
* Eat a variety of fresh, frozen or canned vegetables without adding sauces or salt.
* Choose some vegetables that are dark green or orange.

**Dairy:**

* Choose 3 servings a day
	+ 1 serving is a cup of milk, yogurt or soy milk, and 2 oz. of cheese
* Choose non-fat or low-fat (1%) milk

**Grains:**

* Aim for 6-8 servings a day
	+ 1 serving is 1 slice of bread, 1 cup of cereal, ½ cup of rice, pasta or hot cereal, 1 small corn tortilla or a ½ small flour tortilla
* Choose whole grain for at least ½ of the time
	+ Whole grains include brown rice, old fashioned oatmeal, whole grain bread, pasta or tortillas
* Avoid highly sweetened cereals

**Fats and Oils:**

* Use liquid oils from plants for cooking and in dressings.
* Aim for 2 tablespoons a day of oils (canola, olive or corn oil or soft tub margarine)
* Avoid fried foods
* Avoid solid fats like lard, stick margarine , butter or shortening

**Proteins (Meat and Beans):**

* Aim for 7 servings a day
	+ 1 serving is 1 oz. of meat, fish, or

poultry, 1 egg, a small handful of nuts, 1 tablespoon of peanut butter, 2 tablespoons of seeds, ¼ cup of beans, peas or lentils, or 2 oz. of tofu

* Grill, broil or bake. Do not fry.
* Remove skin from poultry
* Eat lean meat (15% fat or less)
* Eat 12 oz. of fish per week.
* Limit high fat meats like sausage, hotdogs,

 and bologna.

**Do NOT Eat:**

* Regular soda, fruit drinks or punch, sports drinks, or more than 1 caffeinated beverage a day, chamomile tea, or Peppermint Tea.
	+ Instead, drink Water!
* Candy, chocolate, chips, cookies, donuts, muffins, biscuits, cakes, ice cream, frozen yogurt, sour cream or mayonnaise
	+ Instead, choose fruits, vegetables, nuts and seeds as snacks.

***Foods to Avoid!***

**Foods with Potential for Listeria**

Cold cuts, hot dogs, and sausages can carry Listeria and also contain high level of nitrates which can also be harmful to babies. Heating these to 165 degrees Fahrenheit will kill the Listeria but will not alter the nitrates. In general, it is best to simply avoid these all together.

**Undercooked or Unpasteurized Foods**

Cook food well, and avoid raw fish (sushi). Soft cheeses can spread foodborne illnesses that can be especially serious when pregnant. To be on the safe side, avoid feta, blue cheeses, and all unpasteurized cheeses, eggs, dairy, and juices. When purchasing dairy, check to see if the item is pasteurized. It should be clearly marked on the packaging.

**Alcohol**

There are more reasons to not drink while pregnant than there are reasons to drink. For one, the child will be at risk for fetal alcohol syndrome from just one drink a day. Some articles and studies have shown that having just a single drink a day is okay, but those seem to be eclipsed by the number of studies that have shown again and again the negative effects of drinking on a developing baby.

**Caffeine**

Caffeine should be reduced or cut out of your diet when pregnant. The March of Dimes recommends just a 12 ounce cup of coffee per day at a maximum.

**Foods High in Mercury**

Fish are an excellent source of omega-3-faty acids and are high in proteins that are great for developing babies. Unfortunately, many fish contain high levels of mercury and should be avoided. The FDA recommends limiting fish consumption to 12 ounces of cooked fish per week (roughly 2 servings). Avoid raw or undercooked fish entirely and only consume those commercially caught. Keep fish frozen or refrigerated until you are ready to use it.

|  |  |  |
| --- | --- | --- |
| ***AVOID*** *Eating* | ***Limit*** to one 6 oz. serving per week | ***Enjoy*** two 6 oz. servings per week |
| * Mariln,
* Orange roughy,
* Tilefish,
* Swordfish,
* Shark,
* Mackerel,
* Tuna (Bigeye, Ahiuna
 | * Sea Bass,
* Bluefish,
* Grouper,
* Tuna (White Albacore, Yellowfin, chunk light, skipkack),
* Bass,
* Carp,
* Cod,
* Halibut,
* Lobster,
* Mahi-Mahi,
* Monkfish,
* Skate,
* Snapper,
* Sea Trout,
 | * Anchovies,
* Butterfish,
* Catfish,
* Crawfish,
* Croaker,
* Flounder,
* Haddock,
* Herring,
* Mullet,
* Salmon,
* Sardines,
* Shad,
* Shellfish (Clam, Crab, Oysters, Scallops, Shrimp)
* Sole,
* Squid (calamari),
* Tilapia,
* Freshwater Trout,
* Whitefish,
* Whiting
 |