

Eat Right to Feel Good!



Amount per day

Breads, Grains, & Cereals 7 to 9 of these choices

- Bread, tortilla, roll, pancake – 1
 - Bagel, English muffin – 1/2
 - Dry cereal – 1 cup
 - Noodles, rice, cooked cereal – 1/2 cup
 - Crackers – 4
- Eat more whole grain foods (like whole wheat bread, oatmeal, corn tortillas, brown rice).



Vegetables 3 cups of these choices

- Cooked vegetables
 - Raw vegetables
- Eat a dark green or orange vegetable every day, like carrots, broccoli, spinach, greens, sweet potato, or squash.



Fruits 2 cups of these choices

- Fresh fruits
 - Canned or frozen fruits
 - Juice – 3/4 cup
- Eat a good vitamin C fruit every day, like orange, strawberries, melon, mango, papaya, or WIC juices (only 1 serving of juice).



Milk Products 3 to 4* of these choices

- Milk – 1 cup
- Cheese – 1 1/2 ounces
- Cottage cheese – 2 cups
- Yogurt, pudding or custard made with milk – 1 cup
- Frozen yogurt, ice cream – 1 1/2 cups



* 4 for teens

Choose mostly nonfat or lowfat milk products.

Protein Foods 6 of these choices

- Animal Protein**
- Meat, chicken, turkey, fish – 1 ounce
 - Egg – 1
- Vegetable Protein**
- Cooked dry beans, peas, lentils – 1/4 cup
 - Peanut butter – 1 tablespoon
 - Tofu – 1/4 cup
- Eat some vegetable protein foods every day!



Fats, Oils, & Sweets

It is OK to eat these foods *once in a while*.



Give Your Baby a Healthy Start!

Take good care of yourself, and give your baby a healthy start!



California Department of Public Health,
California WIC Program
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Make this a happy, healthy time.



How much weight will I gain while I'm pregnant?

Most women should gain between 25 and 35 pounds. You will need to gain a little more if you were thin when you got pregnant. You should gain a little less if you were heavy when you got pregnant.

Your baby will probably weigh between 6 and 9 pounds. And you will need to gain some extra weight to help your baby grow.

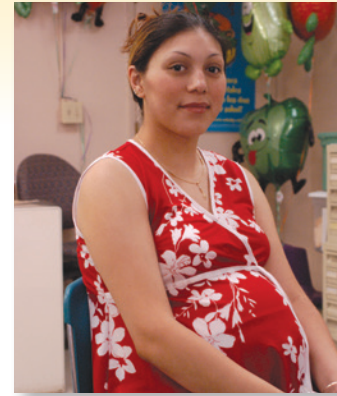
You will probably gain just a few pounds during the first few months, and then you will gain weight faster as your baby grows. During the last 6 months, gaining about a pound a week is just about right.

- 1½ pounds breasts
- 1½ pounds uterus
- 1½ pounds placenta
- 3 pounds blood and fluids
- 7½ pounds baby
- 10 pounds mother's extra fat and muscle



Can I exercise while I'm pregnant?

Yes, unless your doctor says not to. Talk to your doctor about what is best for you. Walking or other gentle exercise helps you feel good. Think of a safe place, maybe a park or a mall, where you can take walks. Try to walk every day.



Who can I talk with if I have questions about my pregnancy?

Keep your appointments at your doctor's office. The people there will answer your questions. They will also listen to your baby's heartbeat and make sure you and your baby are fine. Your WIC counselors are also there to answer your questions.

Can I smoke or drink while I'm pregnant?

Cigarettes, drugs and alcohol (even beer or wine) could hurt your baby. If you need help to stop smoking, drinking or using drugs, ask your doctor or WIC counselors for help. One cup of coffee a day is fine.

Ask your doctor if it is OK before you take any pills, even aspirin.

I think I'd like to breastfeed my baby, but I don't know much about it.

Find out more about breastfeeding now, while you are still pregnant. Your WIC counselors can give you lots of information and help! Breastmilk is best for your baby. Breastfeeding will help keep your baby healthy. It can even help you get your body back in shape!



Having a healthy baby sounds like a lot of work. How can I do it all?

Do what you can. Make changes a little at a time. You **can** make a difference in how your baby grows. And, take good care of yourself. Babies need strong, healthy moms!