



# Healthy Mom, Healthy Baby

## Daily Food Guide for Pregnant and Breastfeeding Women

These are general guidelines for pregnant and breastfeeding women. Teens and very active women may need additional amounts. Go to [MyPlate.gov/myplate-plan](http://MyPlate.gov/myplate-plan) to get your personalized daily meal plan. Talk with your nutritionist or health care provider (such as a doctor or midwife) for more information about your specific needs.

### Fruits 2 cups daily

1 cup fruit equals:

- 1 cup fruit
- ½ cup dried fruit
- 1 cup 100% fruit juice

Make most choices fruit, not juice.



### Vegetables 3 to 3½ cups daily

1 cup vegetables equals:

- 1 cup raw or cooked vegetables
- 2 cups leafy salad greens
- 1 cup 100% vegetable juice

Vary your veggies.



### Dairy 3 cups daily

1 cup dairy equals:

- 1 cup milk or yogurt
- 2 slices or 1½ ounces natural cheese
- 1½ slices American deluxe cheese

Switch to fat free or 1% lowfat milk and yogurt.



### Extras

Make choices that are low in “extras.” Extras are added sugars and solid fats in foods like sugary drinks, desserts, fried foods, cheese, whole milk, and fatty meats. Look for choices that are low fat, fat free, unsweetened, or with “no added sugars.” They have fewer “extras.” If you are underweight or not gaining enough weight during pregnancy, you may need to eat some additional amounts of foods that have added fat and sugar. Check with your nutritionist or health care provider.



Florida Department of Health  
WIC Program  
FloridaWIC.org  
DH 150-15, 1/22

This institution is an equal opportunity provider.

### Grains 7 to 9 ounces daily

1 ounce grains equals:

- 1 slice of bread
- ½ cup cooked cereal, rice, or pasta
- 1 to 1¼ cups ready-to-eat cereal
- 5 whole wheat crackers
- 1 4½-inch pancake
- 1 6-inch tortilla
- ½ hamburger bun or English muffin



Make half your grains whole grains.

### Protein 6 to 6½ ounces daily

1 ounce protein equals:

- 1 ounce cooked lean meat, poultry, or fish
- 1 cooked egg
- 1 tablespoon peanut butter
- ¼ cup cooked beans or peas
- ½ ounce nuts or seeds



Choose lean meat and poultry. Vary your choices by eating fish, beans, peas, nuts, and seeds.

### Choose Healthy Fats

UNSATURATED fats are healthy fats.

Foods high in unsaturated fats include:

- vegetable oils such as canola, corn, olive, peanut, safflower, soybean, and sunflower
- nuts, nut butters, and seeds
- avocados and olives
- fatty fish such as salmon, canned tuna, mackerel, sardines, and herring



Limit foods high in SATURATED FATS such as butter, cream, lard, fatty meats, bacon, sausage, whole milk, cheese, coconut, coconut oil, palm oil, and palm kernel oils.

### Fluids

Drink enough water and other fluids to quench your thirst. Avoid sugary drinks.

WIC has nutrition and cooking information on the Internet!

Go to [wichealth.org](http://wichealth.org). Sign up and complete your profile using the Family ID on your WIC Verification of Certification card. Click **Start Lesson** and then choose a lesson. There are a wide variety of lesson topics. Also see **Health eKitchen** for new recipes.

# Weight Gain During Pregnancy

You should gain weight gradually during your pregnancy, with most of the weight gained in the last 3 months. Many health care providers suggest women gain weight at the following rate:



- 1 to 4 pounds total during the first 3 months
- 2 to 4 pounds per month during the 4th to 9th months

The total amount of weight you should gain during your pregnancy depends on your weight when you became pregnant. Women whose weight was in the healthy range before becoming pregnant should gain between 25 and 35 pounds while pregnant. The advice is different for those who were overweight or underweight before becoming pregnant or if you are expecting more than one baby.

**You should continue to visit your health care provider regularly so they can check on your weight gain.**

# Vitamins and Minerals

**Folic acid**, also called folate, is a B vitamin that can help prevent some birth defects of the brain and spine and may help prevent heart attacks, strokes, and some cancers. All women who could become pregnant should take a multivitamin containing **400 micrograms of folic acid** daily, in addition to eating a healthy diet with good sources of folic acid.

**Talk with your health care provider about a vitamin and mineral supplement.**

**For pregnant women:** Most health care providers recommend that pregnant women take a prenatal vitamin and mineral supplement every day, in addition to eating a healthy diet.

**For breastfeeding women:** Your nutrient needs also increase when you are breastfeeding. To meet these needs, breastfeeding women may also need a vitamin and mineral supplement.

# Alcohol, Tobacco, and Other Drugs

**When you are pregnant**, alcohol, tobacco, and other drugs can harm your unborn baby.

- Don't use street drugs.
- Don't smoke cigarettes.
- Don't drink beer, wine, wine coolers, liquor, or other alcoholic drinks.
- Don't take prescription drugs, over-the-counter medicine, or herbal remedies unless it is okay with your health care provider.



**After birth**, keep your baby away from tobacco smoke. Babies and children who are around tobacco smoke have more chance of getting colds, coughs, and ear infections.

If you need help to stop using alcohol, tobacco, and other drugs, talk to your nutritionist or other health care or social service worker. For "stop smoking" information, counseling, and self-help materials, call **Tobacco Free Florida** toll-free at 1-877-822-6669 or visit [TobaccoFreeFlorida.com](http://TobaccoFreeFlorida.com).

# Breastfeeding

• Pediatricians recommend that babies be given only breastmilk for the first 6 months of life. Solid foods should be offered at about 6 months and breastfeeding should continue until the baby is 1 year of age or older.



- Call the WIC staff if you need help with breastfeeding. They know of other breastfeeding mothers and experts you can talk with.

ALL pregnant women should know their HIV status and should ask their health care provider for an HIV test. In the United States, it is recommended that women with HIV or AIDS not breastfeed as the virus can be passed to their baby through breastmilk.

# Caffeine

It is not known if coffee and other drinks with caffeine harm your unborn baby. Therefore, it is best to cut down on drinks with caffeine in them. Coffee, tea, and many sodas, like colas, have caffeine. Look for labels that say "decaffeinated" or "caffeine free."

# Gestational Diabetes

You have a greater risk of getting diabetes later in life if you had gestational diabetes during pregnancy. Talk to your health care provider about having another screening test after the baby is born to make sure the diabetes has gone away. Regular screenings can help you to make sure that your blood sugar stays in a normal range.

# Physical Activity

Exercise is important. It can be very relaxing and help you feel good all over. Be sure to talk to your health care provider about what type of exercise you are able to do during pregnancy and after you give birth. Women should generally do at least 2½ hours a week of physical activity. Preferably, physical activity should be spread throughout the week such as walking for 30 minutes 5 times a week.



# Be Wise...Immunize

- Immunizations, or "shots," are given to protect babies and children against disease.
- Make sure your child gets the right immunizations at the right time.
- Bring your child's shot record each time you come to the WIC office.