

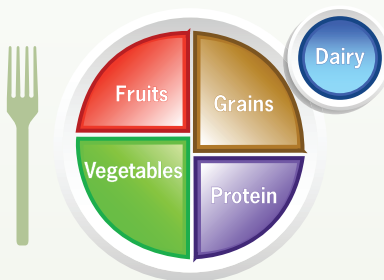
CHOOSING HEALTHY MEALS DURING PREGNANCY



Helping You and Your Baby Get Started In the Right Direction

Make Half of Your Plate Vegetables and Fruits

Veggies & low-fat dip, broccoli and cheese, banana and peanut butter, apple and string cheese, side salad with most meals, a veggie on pizza and subs, raisins in cereal, lettuce/tomato on a sandwich. Try a new fruit or vegetable every week.



Include Whole Grains

Oatmeal, low-fat popcorn, whole-grain bread, bagels, and cereals (such as Frosted Mini Wheats, Honey Bunches of Oats, Raisin Bran, to name a few). Spend some time in the cracker aisle at the store and look for Triscuits or other whole-grain crackers for a snack. Generic brands are great, too.

Low-Fat Dairy

Make the switch to Skim or 1% low-fat milk. Try one of the many flavors of yogurt as a snack or try it frozen.



Lean Meat/Protein Foods

Protein foods such as lean beef, white meat chicken, pork and turkey, and seafood (even a can of tuna). When was the last time you had beans? — Kidney beans in soup, black beans in salad, baked beans, beans and cornbread...



Avoid Extra Fat

Limit gravy, creamy sauces, and butter. Save 1 sweet for a weekend treat or a special occasion.

The more often you eat foods that come from a can, a box, or the frozen section of your grocery store (except for frozen vegetables and fruits), the more **sodium, fat, and sugar** you are eating. High intake of sodium, fat, and sugar increases your risk of weight gain, heart attack, stroke, cardiovascular issues, diabetes, etc. You are not only in charge of your health, but your baby's health, too.

If you have any nutrition concerns, please call a Holzer Dietitian at 740.441.3322 or 740.395.8317.

