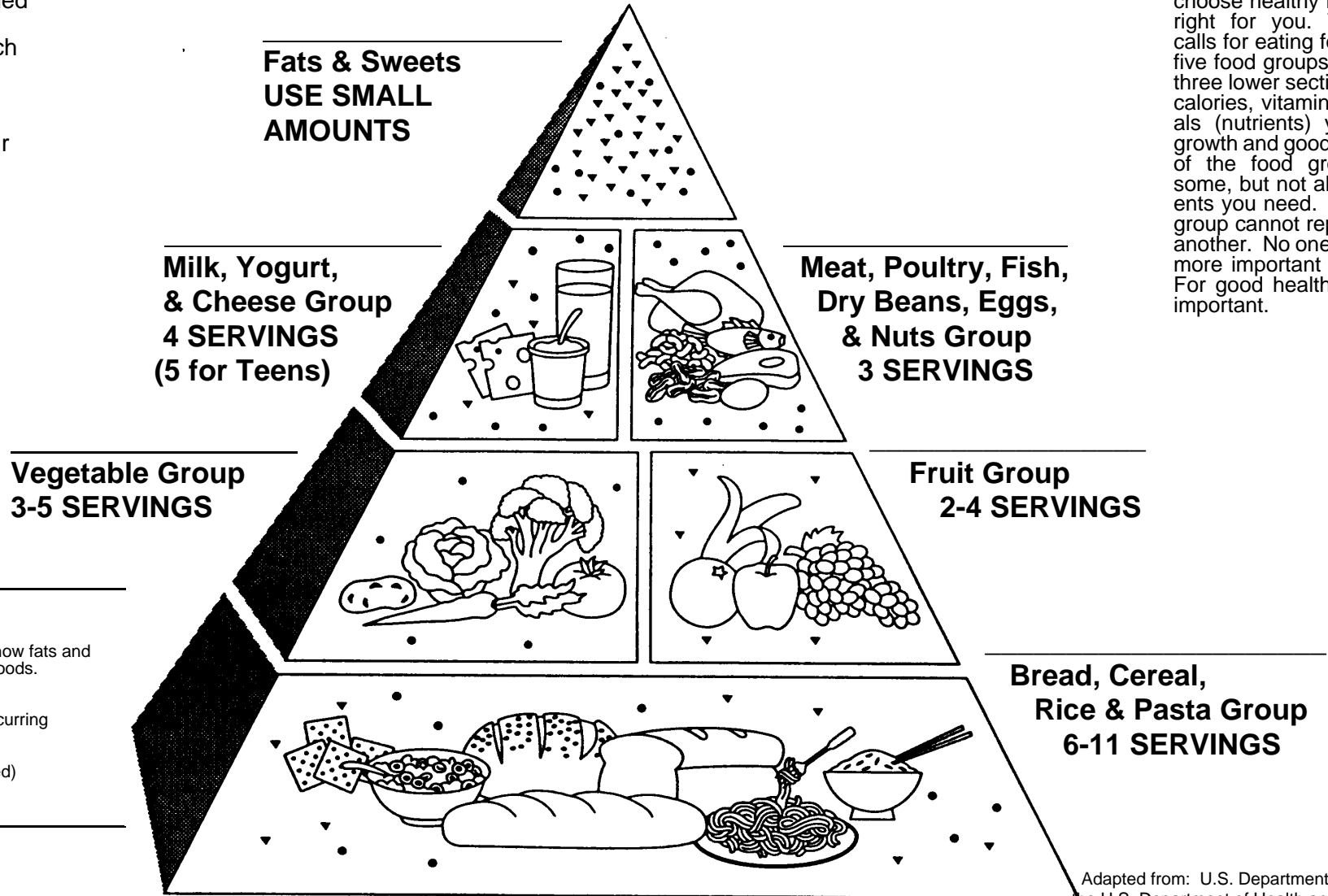


FOOD GUIDE PYRAMID

A Guide to Daily Food Choices for Pregnant and Breastfeeding Women

Eat the Recommended Number of Servings each day from the five food groups to maintain your health.

The Food Guide Pyramid is a general guide that lets you choose healthy foods that are right for you. The Pyramid calls for eating foods from the five food groups shown in the three lower sections to get the calories, vitamins, and minerals (nutrients) you need for growth and good health. Each of the food groups provide some, but not all of, the nutrients you need. Foods in one group cannot replace foods in another. No one food group is more important than another. For good health, they are all important.



KEY
 These symbols show fats and added sugars in foods.

- ! Fat (naturally occurring and added)
- Sugars (added)

Adapted from: U.S. Department of Agriculture and the U.S. Department of Health and Human Services

MY GOAL IS: _____

What Counts as 1 Serving?



The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as 2 or 3 servings.

Bread, Cereal, Rice, & Pasta Group	Vegetable Group	Fruit Group	Milk, Yogurt, & Cheese Group	Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group	Fats & Sweets
1 slice of bread	2 cup of chopped raw or cooked vegetables	1 piece of fruit or melon wedge	1 cup of milk or yogurt	2-3 ounces of cooked lean meat, poultry, or fish	Eat in moderation
2 cup of cooked rice or pasta	1 cup of leafy raw vegetables	: cup of juice	12 ounce of natural cheese	2 hot dogs	
2 cup of cooked cereal		2 cup of canned fruit	2 ounces of processed cheese	1 cup of cooked beans	
: cup of ready-to-eat cereal		3 cup of dried fruit	12 cups of ice cream or frozen yogurt	2 eggs	
4-5 crackers			12 cups cottage cheese	3 c or 4 tablespoons of peanut butter	
1 tortilla (6")				2 cup tuna salad	
12 cups popped corn				1 cup tofu	
2 English muffin or bagel				2 cup seeds	
1 roll/muffin					
2 hamburger/hot dog bun					
1 pancake or waffle (5")					

A Closer Look at Fat and Sugar

The tip of the Food Guide Pyramid contains the fats and sweets. These foods include salad dressing, cream, butter, margarine, sugar, candy, soda pop, sweet desserts, and some snack and fast foods. These foods provide calories but not many vitamins and minerals. They can be used in moderation to add variety to your diet once you have chosen foods from the other food groups.

When choosing foods for a healthful diet, consider the fat and sugar that might be in foods in the other food groups--for example, French fried potatoes. Fat and sugar is not just in the tip of the Pyramid, but it is also hidden in many of the fast and convenience foods we eat. The best idea is to choose foods from the five groups of the Pyramid that are as close to natural as possible--not precooked, boxed, or bagged. That way it is easiest to choose a healthful diet without a lot of added fat, sugar, and salt. Foods already processed are often more expensive than those you fix yourself.

Some pregnant women may need foods that are high in fat or calories to improve the growth of their baby. The WIC staff will let you know if this applies to you.