# Daily Food Guide

**During Pregnancy**

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<th>FOOD GROUPS</th>
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<th>1 SERVING EQUALS</th>
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| Fats, Oils  | Use Sparingly | 1 tsp. margarine, mayonnaise, oils  
1 tbsp. salad dressings  
2 tbsp. diet salad dressing  
1 tbsp. nuts, 20 peanuts |
| Meat        | 2-3      | 1 oz. lean beef, pork, lamb, veal, chicken, fish or cheese  
1 cup dried peas/beans  
2 eggs  
1/4 cup peanut butter |
| Fruits      | 2-4      | 1/2 cup fresh fruit or juice  
3/4 cup strawberries  
1 med. apple, pear, orange  
1 small banana |
| Milk        | 3-4      | 8 oz. milk, yogurt, cottage cheese |
| Vegetables  | 3-5      | 1/2 cup cooked carrots, greens, squash, eggplant  
3/4 cup vegetable juice  
1 cup raw, leafy vegetables |
| Grain       | 6-11     | 3/4 cup dry, enriched cereal  
1/2 cup cooked rice, cereal, pasta  
1 slice of whole grain bread  
2 rice cakes, 6 crackers |

See our 2-day food record

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