

DAILY FOOD GUIDE

During Pregnancy

FOOD GROUPS	SERVINGS	1 SERVING EQUALS
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

