

My Nutrition Plan for Moms

These tips can help you to eat well and have a healthy weight during and after your pregnancy. Fill in your weight goals and check off which tips you are willing to try.

Pregnancy: My recommended weight gain in pregnancy is _____ pounds. My current weight gain is _____ pounds.

After Pregnancy: A healthy weight range for me is _____ pounds. My goal is to weigh _____ pounds.

Vegetables

Each day I will:

- ☐ Try to eat at least 3 choices of fresh, frozen or low-sodium canned vegetables.
- ☐ Flavor vegetables with herbs and spices instead of fat or salt.
- ☐ Eat many dark green and orange vegetables.

Protein

Each day I will:

- ☐ Try to eat 6-7 choices.
- ☐ Grill, broil or bake meat instead of fry.
- ☐ Eat beans, nuts, tofu, seeds and nut butter.
- ☐ Eat lean meat (15% fat or less).
- ☐ Take skin off poultry.
- ☐ Eat 12 oz. of fish per week.
- ☐ Limit bacon, hot dogs and bologna.

Grains

Each day I will:

- ☐ Try to eat 6-8 choices.
- ☐ Choose whole grains at least half of the time.
- ☐ Eat WIC-approved cereals.

Fruits

Each day I will:

- ☐ Try to eat 2 choices.
- ☐ Eat a variety of fresh, frozen or canned fruits.
- ☐ Choose fresh, frozen and canned fruits without added sugars.
- ☐ Limit fruit juice to ½ - ¾ cup juice each day.

Dairy

Each day I will:

- ☐ Try to eat 3 choices.
- ☐ Choose pasteurized nonfat or lowfat (1%) milk and cheeses.
- ☐ Eat plain yogurt. For sweetness, add fruit.
- ☐ Choose soy products, with calcium, like tofu.

Fats & Oils

I will:

- ☐ Use 6 teaspoons of plant oils like canola, safflower and olive oil daily.
- ☐ Bake, broil, steam, or microwave instead of frying.

Beverages

I will:

- ☐ Drink water, nonfat or lowfat milk instead of sugary drinks.
- ☐ Limit caffeine drinks like coffee and tea. Avoid energy drinks.

Extras (Solid Fats, Sugars and Salt)

I will:

- ☐ Choose foods low in fat, sugar and salt.
- ☐ Read nutrition labels to limit fat, sugar and salt (sodium).
- ☐ Choose fruits, vegetables, unsalted nuts and seeds for snacks.

My Other Ideas

- ☐ Make a daily food plan. Go to

www.choosemyplate.gov/SuperTracker/createprofile.aspx.

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