

Healthy Food Choices

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| <p>Bread, Cereal, Rice and Pasta 6–11 servings daily</p> | <p>Many of these choices are high in complex carbohydrates; vitamins such as B vitamins (including folate) and vitamin E; minerals; and fiber. Eat products from a variety of grains such as wheat, oats, rice, and corn. Choose whole-grain foods rather than processed or fortified foods. When reading labels, look for “whole wheat” as the first ingredient for breads, crackers, pastas, and cereals, rather than wheat flour. Not all brown bread contains whole-wheat and not all whole-wheat crackers are brown. Look at the label rather than the color.</p> |
| <p>Vegetables 3–5 servings daily</p> | <p>Vegetables provide carbohydrates; vitamins A, C and folate; minerals such as iron and magnesium, and valuable fiber. They are naturally low in fat and calories. To insure that you meet your needs for the various vitamins, it is important to choose from a variety of vegetables. Eat deep yellow and dark green leafy vegetables often. To obtain the most vitamins, choose vegetable in this order: fresh, frozen, canned.</p> |
| <p>Fruits 2–4 servings daily</p> | <p>Fruits also provide carbohydrates; vitamins such as vitamin A and C, and folate; minerals such as potassium; and valuable fiber. Although fruit juices are healthy beverages, you will get additional vitamins and fiber by eating the whole fruit. Choose citrus fruits, melons, and berries regularly to make sure you are getting enough vitamin C.</p> |
| <p>Milk, Yogurt, and Cheese 2–3 servings daily pregnancy: 3 servings breastfeeding: 3 servings</p> | <p>Milk products provide protein, vitamins A and D, and minerals such as calcium and phosphorus. Serving size for dairy products are determined by calcium content. Because cottage cheese is lower in calcium than most other cheese, one cup of cottage cheese counts as only ½ serving of milk. On the other hand, ricotta cheese is much higher in calcium so that only ½ cup counts as one serving of milk. If you have trouble digesting milk, you may need nutritional counseling to insure that you get all the nutrients you need from this food group.</p> |
| <p>Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts 2–3 servings daily pregnancy: about 2 servings breastfeeding: about 3 servings</p> | <p>For pregnant women, the number of servings from the protein group varies according to her choices. The Recommended Daily Allowance (RDA) for protein during pregnancy is 60 grams. Some protein choices are excellent sources of protein (chicken breast, 3 ½ oz.= 29 grams; tuna, 3 oz.= 23 grams) while other choices are poorer sources (bacon, 2 slices= 4 grams; fast food fish sandwich=14 grams.) Complete proteins are needed for the growth and development of the baby. Animal sources (meat, milk and eggs) provide complete proteins, while plant sources of protein (grains, dried beans, seeds, and nuts) are incomplete proteins. If you are a vegetarian, you may need nutritional counseling to make sure you are getting all the nutrients you need.</p> |
| <p>Fats, Oils, and Sweets Use sparingly</p> | <p>We do need some fat in our diet in order to metabolize foods properly and absorb certain vitamins. However, it is easy to get too many fats and the wrong kinds of fats in our diets. For salad oils, spread, cooking oils use olive oil or canola oil as first choice, vegetable oils (corn, safflower, sunflower) as second choice. Least preferred are saturated fats such as palm and coconut oil from fats from animal sources. Because most processed sweets add only empty calories and/or fats to your diet, fruits are better choices for desserts and snacks.</p> |
| <p>Supplements</p> | <p>According to <i>Nutrition During Pregnancy</i> released by the National Academy of Sciences in 1990, normal, healthy pregnant women should be able to obtain most needed nutrients from diet alone. The only supplements that are healthy, pregnant women may need are low doses of iron and folic acid. The American College of Obstetricians and Gynecologists (ACOG) does not recommend restriction of salt during pregnancy.</p> |
| <p>Water</p> | <p>Pregnant women have up to 40% more blood volume by the time they reach full term. To support this increase in blood volume, pregnant women need extra fluids. Milk, fruit juices, and water are the recommended beverages. ACOG recommends at least 8 glasses of water per day during pregnancy.</p> |