FAMILY HEALTH CENTERS OF SAN DIEGO

ChooseMyPlate.gov

California

MyPlate for Moms

Make half your plate vegetables and fruits, about one quarter grains and one quarter protein. Choose foods that are high in fiber and low in sugar, solid fats or salt (sodium). These food amounts are for an average woman for one day. You may need more or less.

Vegetables

Eat more vegetables.
Use fresh, frozen or low-sodium canned vegetables. Avoid French fries.

Daily Amount
3 or more of these choices:

- 2 cups raw leafy vegetables
- 1 cup raw vegetables or juice
- 1 cup cooked vegetables

Protein

Choose healthy protein.
Eat vegetable protein daily. Avoid bacon, hot dogs and bologna.

Daily Amount
6-7 of these choices:

- 1 ounce fish, poultry or lean meat
- 1 egg
- ½ ounce nuts
- ¼ cup cooked dry beans, lentils or peas
- ¼ cup tofu
- 1 tablespoon nut butter

Grains

Eat mostly whole grains like brown rice. Limit bread, noodles and rice that are white.

Daily Amount
6 of these choices in the 1st trimester,
8 in the 2nd/3rd trimester and while breastfeeding:

- 1 slice whole wheat bread or ½ bagel
- 1 small (6-inch), whole wheat tortilla
- 1 cup cereal
- ½ cup cooked pasta, rice or cereal

Fruits

Add color with fruit.
Make most choices fruit, not juice.

Daily Amount
2 of these choices:

- 1 cup fresh fruit
- 1 cup unsweetened frozen or canned fruit
- ½ - ¾ cup juice
- ½ cup dried fruit

Dairy

Enjoy calcium-rich foods.
Choose pasteurized nonfat or lowfat milk, yogurt and cheese.

Daily Amount
3 of these choices for women

or

4 of these choices for teens:

- 1 cup milk
- 1 cup soy milk with calcium
- 1 cup of plain yogurt
- 1½ ounces cheese

Choose Healthy Fats & Oils

- Use plant oils like canola, safflower and olive oil for cooking.
- Read food labels to avoid saturated and trans fats (hydrogenated fats).
- Avoid solid fats such as lard and butter.
- Eat cooked fish at two meals each week.
- Limit oils to 6 teaspoons each day.

Choose Healthy Beverages

- Drink water, nonfat or lowfat milk instead of soda, fruit drinks and juice.
- Limit caffeine drinks like coffee and tea. Avoid energy drinks.
- Do not drink alcohol when you are pregnant or may become pregnant.
- Alcohol passes through breast milk. If breastfeeding, talk with your health care provider about alcohol use.

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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, veggies, 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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