

## Estimating Portions



1/2 c.

Use to estimate grains, fruits and vegetables



1 c.

Use to estimate fruits and vegetables



3 oz.

Use to estimate lean protein



1 tsp.

Use to estimate oil or butter



2 Tbsp.

Use to estimate cheese or nut butter

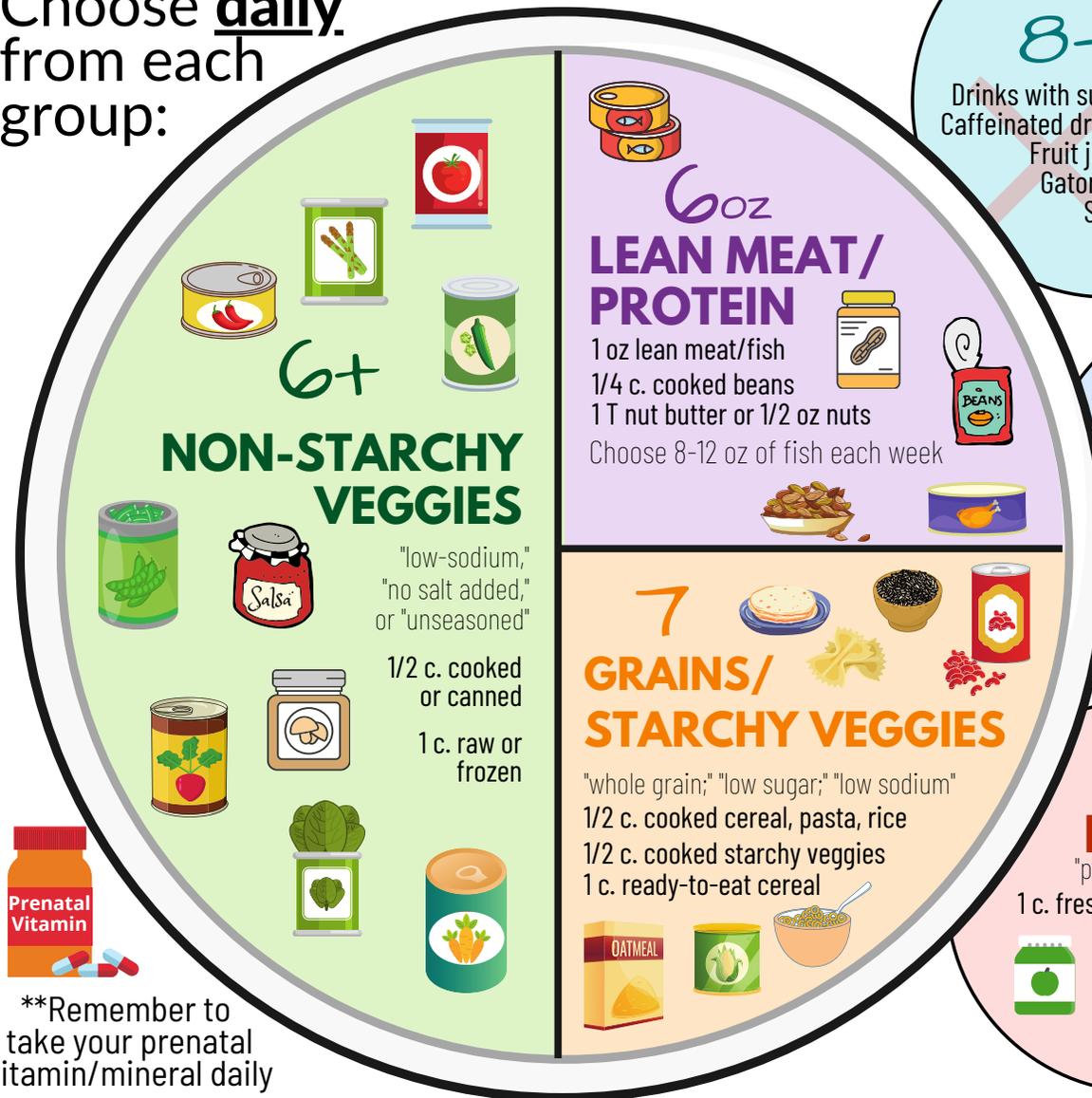


1/2 c.

Use to estimate servings of snacks

# MOTHeRS' Project Plate

Choose daily from each group:



\*\*Remember to take your prenatal vitamin/mineral daily

**WATER**  
8-12 c.

Drinks with sugar  
Caffeinated drinks  
Fruit juice  
Gatorade  
Soda

Crystal Light

Artificial sweeteners are generally considered safe during pregnancy, with the possible exception of saccharin and aspartame. Consult your physician for more information on whether these are safe for you.

**3**  
**DAIRY**  
"with added Vitamins A&D"  
"low-fat or non-fat"  
1 c. milk, prepared

**2**  
**FRUIT**  
"packed in juice"  
1 c. fresh, frozen, canned  
1/4 c. dry

\*\* Always follow your doctor's instructions. If you have high blood pressure, high blood sugar or other special medical conditions, ask for a visit with a dietitian



\*\*If you have allergies, do not consume foods containing ingredients to which you are allergic  
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# MOTHeRS' Shopping Guide

Foods to ask for to support both **mom** and **baby's** health



## Grains & Starchy Vegetables

Look for:  
"100% Whole Wheat" or  
"Whole wheat/grain"

- Brown rice
- Egg noodles
- Whole grain cereal (< 10g sugar)
- Whole wheat noodles
- Whole wheat tortillas
- Whole wheat bread
- Corn tortillas
- Grits
- Oatmeal (low sugar)
- Whole grain crackers
- Corn bread
- Mac & Cheese (low fat)
- Popcorn

## Starchy Vegetables

Canned, frozen or fresh

- Corn
- Lima beans
- Mashed potato flakes
- Sweet potatoes
- Sweet green peas
- Beans, all types

## Vegetables

Canned, frozen or fresh

Look for:  
"No salt added" or  
"Low Sodium" or  
"Unseasoned"

- Asparagus
- Green beans
- Carrots
- Mixed vegetables
- Collard greens
- Spinach
- Mushrooms
- Okra
- Pumpkin
- Tomatoes
- Tomato Sauce
- Salsa
- Broccoli
- Brussel Sprouts
- Squash

## Shopping Tips:



- ▶ Canned fruits and vegetables are **NUTRITIOUS**- just look for items that are "low sodium," "low sugar," or "unseasoned"
- ▶ Drain and rinse canned vegetables to remove half of the sodium
- ▶ Buy in bulk whats on sale and freeze in smaller portions for later

## Protein

Canned, frozen or fresh

Look for:  
"Packed in water" or  
"No added sugar" or  
"Low sodium"

- Lean Poultry
- Salmon
- Canned Chunk **Light** Tuna
- Sardines, in water
- Lean red meat
- Eggs
- Peanut Butter
- Nuts and Seeds

## Starchy Protein

Canned, or dried  
Look for: "Low Sodium"

- Beans, all types
- Lentils
- Baked beans
- Hummus/Chickpeas

## Limit these foods:



- ↓ Caffeinated beverages
- ↓ Sugar-sweetened drinks
- ↓ Candy and chocolates
- ↓ Sweet breads/doughnuts
- ↓ Sugary cereals or bars
- ↓ Chips and fried snacks

## Fruits

Canned, frozen or fresh

Look for:  
"Packed in juice" or  
"No sugar added" or  
"Unsweetened"

- Applesauce
- Mandarin oranges
- Peaches
- Pears
- Pineapple
- Mixed fruit
- Mango
- Fruit cups
- Raisins, cranberries, or prunes
- Any fresh fruit

## Dairy

Canned, liquid, or dried

Look for:  
"Low/Non-fat" or  
"Sugar-Free"

- Skim, 1%, or 2%, evaporated milk
- Nonfat, instant dry milk powder
- Yogurt, low fat and low sugar
- Cottage cheese, skim
- Sugar-free pudding or pudding mixes

## Say **NO** to these foods: May NOT be safe for mom or baby



- Fish high in mercury:  
Fresh Albacore/White Tuna, Large-Mouth Bass, Wild Catfish, White/Yellow Perch, Crappie, Carp, Grouper, Mackerel, Marlin, Tilefish, Swordfish, Shark, Orange Roughy, Jackfish, Ladyfish, Cobia, Rudderfish, Blackfish
- Soft cheeses:  
Queso fresco, Queso blanco, panela, brie, feta
- Sushi and smoked seafood from deli section
- Deli meats, hotdogs, and premade meat or seafood salads
- Unpasteurized milks, cheeses, juices, or ciders
- Alcohol