MyPlate California
For Pregnant and New Parents including Breastfeeding

Make half of your plate vegetables and fruits, about one quarter whole grains and one quarter lean protein. This is for a 10-inch plate.

**Fruit** | focus on whole fruits instead of fruit juice.
Choose a variety of colorful fruits and enjoy fresh, frozen, canned or dried fruit without added sugars.

**Vegetables** | eat more fresh, frozen or low-sodium canned vegetables of different colors.
Enjoy vegetables as a snack or serve them as a side dish. Include dark green, red and orange options.

**Fruit** | focus on whole fruits instead of fruit juice.
Choose a variety of colorful fruits and enjoy fresh, frozen, canned or dried fruit without added sugars.

**Dairy** | choose unsweetened fat-free (0%) or low-fat (1%) dairy or fortified soy products.
Read labels to select foods high in calcium, vitamin D and protein. Teens need more calcium, so add these foods to snacks.

**Whole grains** | make at least half of your grains whole grains.
Cook with 100% whole grains like breads, pastas, brown rice, corn tortillas and non-instant oats.

**Protein** | vary your choices and include vegetable proteins like lentils, beans, tofu, nuts or seeds.
Eat cooked fish low in mercury twice a week. Choose lean meats like skinless poultry or ground meat with 15% fat or less. Limit processed meats like salami, hot dogs and bologna.

**Tips**
- Add healthy fats like avocados, fish, seeds, nuts and plant oils like canola, safflower and olive oil to your meals.
- Choose healthy beverages. Drink water throughout the day and limit caffeinated beverages like coffee and tea.
- Take a vitamin pill with 400 mcg of folic acid every day.
A healthy body for you and your baby begins with building a healthy plate. These tips can help you to eat well and have a healthy weight during and after your pregnancy. Get started by making your plan. **List the food groups or healthy lifestyle ideas that you want to work on and how you will take action.**

<table>
<thead>
<tr>
<th>Food Group/Healthy Lifestyle Choice</th>
<th>Action Plan</th>
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<tbody>
<tr>
<td><strong>Example:</strong> Vegetables</td>
<td><strong>Example:</strong> <em>I will increase my vegetable intake by adding a handful of spinach to my breakfast omelet.</em></td>
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If you need additional support, ask your doctor to connect you with a Registered Dietitian/Nutritionist.

**More healthy lifestyle ideas**
- Grill, bake, broil, steam or microwave foods instead of frying.
- Read food labels to avoid saturated and trans fats. Limit solid fats such as lard and butter.
- Do not drink alcohol if you are pregnant.
- Limit sugar-sweetened beverages.
- Read food labels to avoid added sugars.
- Be active for at least 30 minutes a day.