

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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