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Wyoming Healthy Together Program
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Nutrition During Pregnancy

Having a healthy baby depends mostly on you. What you eat matters to your baby and your health. During pregnancy, you will likely need about 300 more calories each day than you ate before you became pregnant. Each day, try to eat the number of servings listed here for each food group. In addition cut down on salt and caffeine. Limit the amount of sweets and high-fat foods you eat. And please don't smoke or drink alcohol.

Important: See your healthcare provider as often as requested. If you have any questions, be sure to ask them.

					
<p>Fruits</p> <p>1-1/2 to 2 servings</p> <p>Examples of one serving:</p> <p>1 medium apple</p> <p>1 medium orange</p> <p>1 medium banana</p> <p>1 cup chopped fruit</p> <p>1 cup 100% fruit juice (pasteurized)</p> <p>1/2 cup dried fruit</p>	<p>Vegetables</p> <p>2-1/2 servings</p> <p>Examples of one serving:</p> <p>2 cups leafy greens</p> <p>1 cup raw or cooked cut-up vegetables</p> <p>1 cup vegetable juice (pasteurized)</p>	<p>Grains & Cereals*</p> <p>6 servings</p> <p>Examples of one serving:</p> <p>1 slice bread</p> <p>1/2 cup cooked rice</p> <p>1/2 cup cooked cereal</p> <p>1/2 cup pasta</p> <p>1 cup cold cereal</p>	<p>Dairy**</p> <p>3 servings</p> <p>Examples of one serving:</p> <p>1 cup milk</p> <p>1 cup yogurt</p> <p>1-1/2 ounces natural cheese</p> <p>2 ounces processed cheese</p>	<p>Protein***</p> <p>5 to 5-1/2 servings</p> <p>Examples of one serving:</p> <p>1 egg</p> <p>1 ounce of meat, poultry, or fish</p> <p>1/2 cup cooked beans</p> <p>1 tablespoon peanut butter</p>	<p>Fluids</p> <p>8 or more 8-ounce glasses</p> <p>Examples:</p> <p>Water</p> <p>Diluted juices: Apple, orange, cranberry</p> <p>Mineral water</p> <p>Clear soups, broth</p>

* **Note:** Choose whole grains whenever possible.

** **Note:** Try to choose low-fat options; avoid soft cheeses and unpasteurized milk.

*** **Notes:** Avoid raw or undercooked meats, fish, and shellfish. Also, some kinds of fish and shellfish may be dangerous to eat when you are pregnant. Ask your healthcare provider about safe options.

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