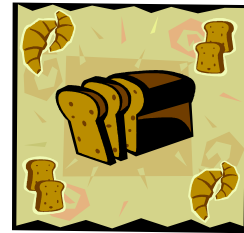


Eating for Two!

One of the very best ways to insure a healthy pregnancy is to maintain good nutrition. A good pregnancy diet will give your baby the nutrition he or she needs, in addition to helping your body prepare for labor and birth. Here are the recommendations from the March of Dimes.

Each day, try to eat foods from the following categories:

WHOLE GRAINS provide you with energy, in addition to B vitamins. 6-11 servings daily.



A serving of whole grains is equal to:

- 1 slice of bread
- ½ cup cooked cereal, pasta or rice (size of a small fist)
- 1 cup of cold cereal flakes
- 1 pancake or waffle (size of a CD)
- 1 muffin (size of a large egg)



FRUITS AND VEGETABLES are critical for vitamins and minerals as well as fiber, which aids digestion. You should to eat 3 servings of veggies and 2 fruits each day. Try to vary your choices to include dark leafy greens, as well as orange colored fruits or vegetables, which offer vitamin A. Also, eat one serving of citrus or other vitamin C fruit each day.

A serving of fruit is:

- 1 medium apple, orange, pear (size of a baseball)
- ½ cup chopped, cooked or canned fruit (size of a small fist)
- ¾ cup of fruit juice

A serving of Vegetables:

- ½ cup of cooked or raw vegetables (size of a small fist)
- ¾ cup of vegetable juice

DAIRY PRODUCTS provide an excellent source of calcium, in addition to protein. Eat or drink 3 to 4 servings per day.



One serving of dairy is:

- 1 cup of milk or yogurt
- 1-½ ounces of cheese, such as cheddar (size of 6 dice)



PROTEINS are perhaps the most important nutrient of all. Some studies show that adequate protein in your diet will help prevent pregnancy complications such as high blood pressure. In addition, the amino acids in protein are the building blocks for your baby's growth. Eat 3 or 4 servings of protein each day.

One serving of protein:

- 2-3 ounces of cooked lean meat, poultry or fish (size of a deck of cards)
- 6 ounces of tofu.
- ½ cup of cooked dried beans (size of a small fist). You should eat double this amount if you are a vegetarian substituting dried beans for meat.

FATS. Although you should not go overboard on fats, a certain amount of it in your diet is necessary to help process fat-soluble vitamins. Fats also help keep your skin supple, which is important during pregnancy! You only need 3 or 4 teaspoons of fat a day. Choose olive oil, vegetable oils or butter.

WATER. 6 to 8 glasses of water a day will help you stay hydrated.