

# From the office of Dr. Stephen Green DC

## Basic Nutritional Guidelines for Pregnancy

### Variations for the individual and the use of vegetable sources for Calcium and Minerals may be substituted.



**Breakfast**  
Orange juice

Bran flakes with peaches  
Muffin or biscuit  
Milk

**Lunch**

Glass of vegetable juice  
Egg salad on lettuce  
Two slices of pumpkinseed bread  
Tomato slices

**Dinner**

Sauked chicken  
Mixed green salad  
Baked sweet or white potato  
Milk  
Whole wheat roll  
Apples

**Grain Products**

- 6 to 11 servings a day
- Grain products provide energy, vitamins and minerals.
- Whole grain products, like whole wheat breads, are good sources of folic acid.
- Limit pastries, doughnuts, and cookies because they are high in fat.



**Choose these Grain Products**

- 1 slice whole grain bread
- 3/4 cup ready-to-eat cereal
- 1/2 cup oatmeal, grits, or cooked wheat
- 1 pancake or waffle
- 1/2 cup spaghetti or noodles
- 1/2 cup rice, uncooked or brown
- 2 tortillas
- 1 pita
- 1 muffin or biscuit
- 4 soda-type crackers
- 2 rice cakes

**Vegetables**

- 3 to 6 servings a day
- Vegetables provide vitamins and minerals.
- Leafy green vegetables and beans are good sources of folic acid.
- Fresh vegetables are best, but frozen or canned vegetables are okay.
- Avoid fried vegetables like french fries.



**Choose these Vegetables**

- 1 cup Brussels sprouts
- 1 cup broccoli
- 1/2 cup spinach
- 1/2 cup chopped green pepper
- 1 cup collard greens, kale or cabbage
- 1/2 cup carrots
- 1/2 cup squash
- 1/2 cup eggplant
- 1/2 cup green beans
- 1/2 cup sweet peas
- 1/2 baked potato
- 1 small sweet potato
- 1 medium tomato
- 4-6 medium asparagus

**Fruits**

- 2 to 4 servings a day
- Fruits provide vitamins and minerals.
- Limit fruit drinks with added sugar. Real fruit juice has more of the vitamins you need.



**Choose these Fruits**

- 1 orange
- 1/2 cup orange or grapefruit juice
- 1-1/4 cups cubed watermelon
- 3/4 cup strawberries
- 1 small banana
- 1 apple
- 1 guava
- 1 mango
- 2 tablespoons dried fruit

**Milk and Milk Products**

- 2 to 3 servings a day\*
- Calcium builds bones and teeth.
- Limit non-dairy milk substitutes. Coffee creamers and condensed milk have low nutritional value.
- If you can't digest the sugar in milk, or are lactose-intolerant, there are special products in the dairy section you can buy.



**Choose these Milk and Milk Products**

- 1 cup milk, whole, lowfat, skim, powdered, or buttermilk
- 1 cup yogurt
- 1 cup cottage cheese
- 2 1" cubes cheese
- 1 cup pudding or custard
- 1-1/2 cups soup made with milk
- 1 cup ice milk or ice cream

**Meat and Protein Foods**

- 2 to 3 servings a day
- Protein builds strong muscles and blood.
- Liver is an excellent source of folic acid.
- Limit high fat and processed meats such as hot dogs,ologna, sausage, spare ribs, corned-beef hash, turkey wings and bacon.



**Choose these Meat and Protein Foods**

- beef
- lamb
- pork
- liver
- chicken
- turkey
- fish
- snellfish
- 2 eggs
- 1 cup canned baked beans
- 1 cup dried peas/beans
- 1 cup tofu
- 1/4 cup geanur butter
- 1/2 cup nuts

FIGURE 3-1-2. Good food source. From The March of Dimes, Eating for your nutrition during pregnancy. White Plains, NY, 1992. Adapted from the Food Guide Pyramid.