

# 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.



### 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.



### 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.

### 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.



## MyPlan | For Pregnant and New Parents including Breastfeeding

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.**

Food Group/Healthy Lifestyle Choice	Action Plan
Example: <i>Vegetables</i>	Example: <i>I will increase my vegetable intake by adding a handful of spinach to my breakfast omelet.</i>

If you need additional support, ask your doctor to connect you with a Registered Dietitian/Nutritionist.



Cereal with Added Sugars

Cereal with Minimal Added Sugars



High-Sodium Meats

Ground Lean Meats



Fried Potatoes

Roasted Sweet Potatoes

### 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.