

Sensible Eating

**Especially designed for women in the WIC program.*

Good Nutrition for the Two of You

How you eat will affect your health as well as the health of your baby. During pregnancy, your body needs additional vitamins, minerals, protein and calories. These added nutrients help keep the baby inside you healthy and growing. Extra nutrients also help prepare your body for delivering the baby and for breast feeding.

If you are less than 17 years old, your body is also growing. Therefore, you need even more nutrients than other pregnant women.

No single food contains all the nutrients you and your baby need. Eating a large amount of one nutritious food will not make up for the lack of another food. For example, oranges and grapefruit are good sources of vitamin C. And milk is a good source of calcium. Eating lots of oranges and grapefruit cannot make up for skipping milk. You need the nutrients supplied by both of these types of foods as well as by many other foods.

The key to good health for you and your baby is eating foods from all of the Basic Food Groups. Foods in each of the groups provide certain important nutrients. And every day, foods from each group should be part of your meals and snacks.

THE BASIC FOOD GROUPS

The Vegetable/Fruit Group



Foods with Vitamin C and Vitamin A: All fruits and vegetables are part of this group. These are especially good for vitamin C: broccoli, grapefruit and grapefruit juice, green pepper oranges and orange juice, tomatoes and tomato juice. These are high in vitamin A: dark green and deep yellow vegetables and some fruits. Examples are broccoli, carrots, cantaloupe, cooked greens, peaches, spinach, sweet potatoes and winter squash.

These provide folic acid, which is very important for pregnant women: Asparagus, broccoli, Brussels sprouts, mustard greens and spinach. Liver, in the Meat group, also contributes folic acid.

The Milk Group



Foods offering calcium, phosphorus, protein, riboflavin, vitamin A and vitamin D: Milk - Whole, 2%, 1%, skim, buttermilk, dry and evaporated Cheese - cottage, natural and processed Yogurt, Ice Milk, Ice Cream. Note: Choose milk which is fortified with vitamin D. Also, low-fat milk should be fortified with vitamin A.

The Meat Group



Foods providing protein, iron and B vitamins: Meat, Fish, Nuts, Dried peas, beans and lentils, Poultry, Eggs, Peanut butter, Cheese

The Bread/Cereal Group



Foods supplying carbohydrates, iron and B vitamins: Breads & rolls, Cereal, Cornmeal, Crackers, Flour, Grits, Spaghetti, Macaroni, Noodles, Rice, Tortillas. Note: Read the package label and select products which are whole grain, enriched or fortified.

Other Foods



These foods add flavor and variety to meals: Butter, Margarine, Other fats and oils, Sugar.