

My Healthy Pregnancy Plate Planner



Consider fruit as a healthy option for dessert.

The Plate Method is a simple way to plan your meals while you are pregnant.

You do not have to count anything or read long lists of foods.

All you need is a 9-inch plate.



1/4 protein. 1/4 grains. 1/2 fruits and vegetables.

9-inch plate



Take prenatal vitamin as directed by a health care provider.

Plan Your Meal

Avoid processed foods when possible. Look for food with less sodium and less added sugar by reading the Nutrition Facts label.



1/4 Grains

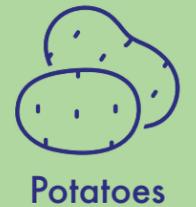
Whole grain has more fiber than refined grains.

Bake, broil, boil or steam your protein instead of frying. Low-fat proteins are better for your heart.

1/4 Protein

1/2 Fruits and Vegetables

Fill half your plate with more than one vegetable, so you will not get tired of your favorites. Eat a variety of vegetables including dark green, red, orange and starchy.



When eating dairy products, choose low-fat or nonfat and unsweetened products.



Unsweetened Nondairy Milk Alternative



Lentils, tofu and beans are healthy sources of protein. Lentils and beans can also count as vegetables.



Choose fish that is cooked, lower in mercury and high in healthy fats.

