

4 Ways to Choose Healthy Foods

1 Eat three meals and three snacks throughout the day.

That's the best way to keep your energy up, and your weight gain on target. Here is an example, using all the food groups.

You can get most of these foods with your **WIC checks.**

BREAKFAST

Cereal + lowfat milk + walnuts
Whole wheat toast + peanut butter
Banana
Orange juice

MORNING SNACK

Plain lowfat yogurt
Berries or pineapple chunks

LUNCH

Chili with beans
Shredded lowfat cheese
Corn tortilla
Lettuce
Tomato
Avocado
Water

AFTERNOON SNACK

Celery sticks + apple wedges
+ peanut butter

DINNER

Baked chicken
Brown rice
Carrots
Broccoli
Lowfat milk

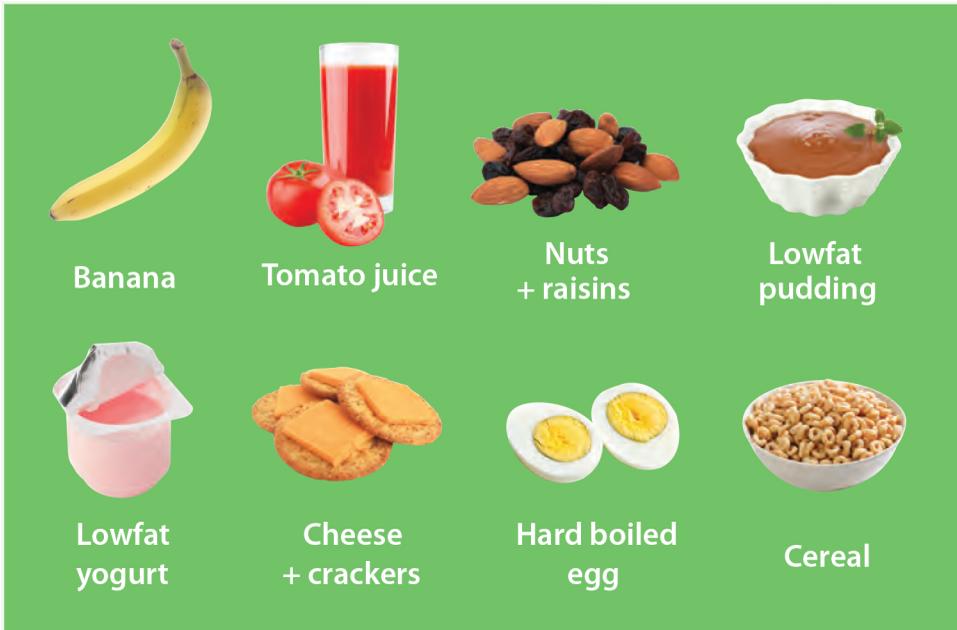
EVENING SNACK

Fruit salad



2 Snack smart.

Hungry between meals? For healthy weight gain, pick a favorite from the five food groups, like one of these:



3 Get good food on the go.

Your life is really busy, and it doesn't slow down just because you're pregnant. When you're out and about and need a quick meal, ask about the calories in your favorite foods. Fast food shops must give you that information. These are most likely to be good choices:

- Grilled chicken sandwich with lettuce and tomato
- Single hamburger or cheeseburger with a side of coleslaw
- Main dish salad or side salad
- Pizza slice topped with green peppers, tomatoes, and mushrooms
- Fruit
- Water, lowfat milk, or 100% juice

4 Try mini meals.

Most women have morning sickness sometime in the first three months of pregnancy. Other women feel there is little room left for food right before their baby is born. At other times they're just too tired to cook. If you don't feel like cooking or eating very much, try a mini meal.

Pick a food from each food group in the chart below. Mix and match your favorites. You decide how much.

GRAINS	DAIRY & PROTEIN	FRUITS & VEGETABLES
Bagel	Lowfat cheese	Apple
Baked potato	Cottage cheese	Banana
Cold cereal	Frozen lowfat yogurt	Grapes
Crackers	Lowfat milk	Melon
English muffin	Milkshake	Orange
Graham crackers	Lowfat pudding	Peach
Whole wheat bun	Lowfat yogurt	Pineapple
Noodles	Canned beans	Raisins
Noodle soup	Cooked chicken	Strawberries
Oatmeal or grits	Cooked meat	Broccoli
Pita bread	Hard-boiled egg	Carrots
Raisin bread	Egg salad	Green peppers
Rice	Hamburger	Raw spinach
Roll	Nuts (like walnuts)	Tomato
Whole wheat bread	Peanut butter	Tomato soup
Corn or whole wheat tortilla	Sunflower seeds	Vegetable soup