

# Good Nutrition for a Healthy Baby

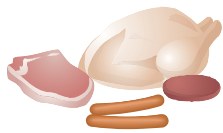
What you eat during your pregnancy is the foundation of good health for you and your baby.

Each day make sure you eat the recommended number of servings from every food group for the best chance of getting all the nutrients you and your baby need. Follow the guidelines from MyPyramid for Pregnancy & Breastfeeding\* for the minimum servings from each food group, based on your needs and current trimester.

The information provided here is only a guideline — be sure to discuss your individual needs with your doctor or dietitian.



**Milk:** Provides protein, calcium, potassium, phosphorus, and vitamins A, D, B12, riboflavin, and niacin. You need 3 or more servings each day of low-fat or fat-free dairy products such as milk, cheese and yogurt. One serving equals 1 cup milk or 1 cup yogurt or 1 1/2 ounces cheese.



**Meat & Beans:** Provide protein, B vitamins, vitamin E, iron, zinc and magnesium. Get at least 5 1/2 ounces every day.



**Fruits:** Provide potassium, fiber, vitamin C and folate (folic acid). Aim for 2 cups of fruit every day.



**Vegetables:** Provide potassium, fiber, folate, and vitamins A, C and E. Try to get 2 1/2 cups or more every day.



**Grains:** Provide fiber, several B vitamins (thiamin, riboflavin, niacin and folate). You need at least 6 servings (ounce equivalents) each day. Half of the servings should be whole grains. For example if you are eating 6 ounces of grains, make 3 ounces whole grains. An example of a 1 "ounce equivalent" is 1 slice of bread OR 1/2 cup of rice.

**Healthy snacks** can help you meet the recommended servings from each food group. This can include but is not limited to fruit and yogurt, cheese and whole grain crackers, vegetables with low-fat dip. Avoid "empty calorie" snacks such as chips, candy and soft drinks.

## Try these recipe and snack ideas for something healthy and tasty:

### Creamsicle In A Glass



**SERVINGS:** 4 **PREP TIME:** 10 minutes

#### INGREDIENTS

- 1 can (6 ounces) frozen orange juice concentrate
- 1 container (8 ounces) low-fat vanilla yogurt
- 1 cup low-fat milk
- 1 tablespoon sugar
- 1/2 teaspoon vanilla extract
- 3 ice cubes
- orange slices for garnish

#### NUTRITIONAL FACTS:

Calories	184
Protein	6 gm
Fat	3 gm
Carbohydrates	34 gm
Sodium	69 mg
Cholesterol	11 mg

Each serving provides  
1 serving of dairy.

#### PREPARATION

Place orange-juice concentrate, yogurt, milk, sugar and vanilla in blender. Process on medium until mixture is smooth.

Increase speed to high and drop ice cubes, one at a time, through opening in blender cover. Process until ice is crushed. Garnish, if desired, and serve immediately.

**Choco-Raspberry Chug:** Blend a cup of fat-free milk with frozen raspberries and sweetened cocoa

**Sweet Milk Steamer:** Microwave a cup of low-fat milk and honey

**Salsa Roll-Up:** Microwave string cheese wrapped in a tortilla and dip it in salsa

**Cheese Kabob:** Alternate small slices of apples and reduced-fat Cheddar cheese on skewers

**Tropical Smoothie:** Blend fresh orange slices with strawberry yogurt and ice

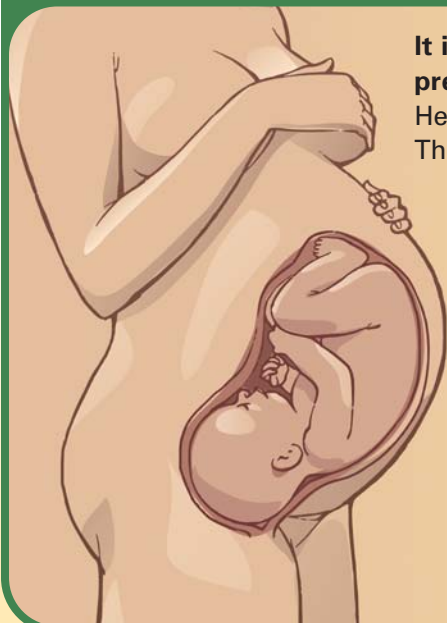
**Parfait Pleaser:** Layer granola and fresh fruit with your favorite low-fat yogurt

**Simple Shortcake:** Try pieces of angel food cake with a cup of strawberry yogurt for a heavenly treat

For more recipe and snack ideas visit [www.midwestdairy.com](http://www.midwestdairy.com)

\* For more information on MyPyramid for Pregnancy & Breastfeeding visit [www.MyPyramid.gov](http://www.MyPyramid.gov)

## A Baby is Worth the Weight!



**It is important for mothers to gain enough weight during pregnancy to build a healthy baby.**

Health professionals generally recommend gaining 25-35 pounds. This chart shows how the weight is usually distributed:

<b>Baby</b>	7 to 8 pounds
<b>Mother's stores</b> (Fat, protein, calcium and other nutrients)	4 to 9 pounds
<b>Blood</b>	4 pounds
<b>Fluid</b>	3 to 6 pounds
<b>Amniotic fluid</b>	2 pounds
<b>Breasts</b>	2 pounds
<b>Placenta</b>	2 pounds
<b>Uterus</b>	2 pounds