

Healthy Eating with Baby on the Way

Stark County Health Department
Community Nutrition Clinic
3969 Convenience Circle NW
Canton, Ohio 44718
330.493.9917

Give your baby the best start you can by eating right. "Eating for two" does not mean eating twice as much. It means choosing foods good for both you and your baby. You need 300 extra calories a day and lots more vitamins and minerals. That means plenty of grains, vegetables, and fruits. And foods rich in protein and calcium. These are the foods that give your growing baby what he or she needs to be healthy.





The Daily Food Guide below can help you make your food choices. You may find it easier to eat five or six small meals during the day instead of three big ones.



continues

continued

Daily Food Guide

Calcium-rich foods 	4 servings each day	Milk, cheese, broccoli, and refried beans. Cereals, orange juice, and tofu with calcium added.
Protein foods 	3 servings each day	Chicken, fish, lean meats, eggs, cooked dry beans, soy foods, and nuts.
Fruits and vegetables 	7 or more servings each day	Oranges, grapefruits, bananas, berries, peaches, potatoes, yams, broccoli, spinach, peas, green beans, corn, squash, and lima beans.
Grains 	6 to 11 servings each day	Oatmeal, cereal, bread, rice, and pasta.

MORE WAYS YOU CAN HELP YOUR UNBORN BABY

- **Do not smoke.** Smoking can make your baby be born too small. It also can hurt your baby's growing lungs.
- **Do not drink alcohol.** Drinking can hurt your baby's brain.



continues

continued

- **Do not eat raw fish or uncooked eggs.** “Bugs” in these foods can harm you and your baby. Do not eat sushi or raw cookie dough.
- **Keep food safe.** Cold foods need to be kept cold and hot foods kept hot. Defrost foods in the refrigerator, not out on the counter. Wash your hands and the counter after touching meat, chicken, or fish. Cook meat well-done.

Your doctor may suggest you take a prenatal vitamin pill. Take it between meals or at bedtime. Drink 10 glasses of water every day.

Have a healthy baby!

NOTES: