

## GUIDE TO DAILY FOOD CHOICES FOR MOTHER

FOOD GROUP	RECOMMENDED MINIMUM DAILY SERVICES				
	Pregnant		Breastfeeding	Non-Pregnant	
<b>Meat &amp; Meat Alternatives:</b> Animal Protein: 2oz. Lean beef, pork, chicken or turkey, fish, liver, veal, lamb, game meats; 2 eggs, ½ cup canned tuna or salmon; 2 hot dogs, 4 fish sticks, 4 slices deli or luncheon meat Vegetable Protein: ½ cup nuts, 4 Tbsp peanut butter, 1 cup cooked dried beans, split peas or lentils, ½ cup pumpkin or sunflower seeds	Adult	11-24 years		11-24 yrs	25+ yrs
		3½	3½	3½	2 ½
	7oz daily	7oz daily	7 oz daily	5oz daily	5oz daily
<b>Milk and Milk Products:</b> 1 cup (8 oz) milk (whole, 2%, lowfat, skim, buttermilk, reconstituted dry milk, reconstituted evaporated milk); 1 cup (8 oz) yogurt, pudding; 1 cup milkshake; 1 ½ cups cream soup (made with milk); 1 ½ cups ice cream; 1 ½ oz. Natural cheese, ½ cup grated cheese, 4 Tbsp, parmesan cheese; 2 oz. American cheese; 2 cups cottage cheese	4	5	4	3	2
<b>Bread, Cereals, and Grains:</b> Whenever possible choose whole grain items: 1 slice bread; 1 dinner roll, biscuit or muffin; 1 piece cornbread (2" square); ½ hamburger/hot dog bun or bagel; ½ English muffin or pita bread; 1 small tortilla; 2 4-in. pancakes; 1 waffle; 5 crackers; 3 graham cracker squares; ½ cup pasta, rice or hot cereals; ¾ cup ready to eat cereal; ¼ cup wheat germ	6	6	7	6	6
<b>Fruits and Vegetables:</b> Vitamin C Foods: *Excellent sources are ¼ cup orange, grapefruit or fruit juice enriched with vitamin C; 1 medium orange; ½ cup fresh cantaloupe; ½ cup broccoli. **High sources are ½ cup strawberries; ½ medium grapefruit; 2 fresh tangerines; ½ cup Brussels sprouts; ½ cup green pepper; ½ cup cauliflower; ¾ cup tomato juice and 2 fresh tomatoes. Vitamin A Foods: *Excellent sources are ½ medium sweet potato; ½ cup carrots; ½ cup cooked spinach or greens. **High sources are 1 cup raw spinach; ½ cup winter squash; 2 fresh tomatoes; ½ cup cantaloupe; ¾ cup apricot nectar; and ¼ cup dried apricots Other Fruits and Vegetables: ¾ cup fruit juice (if not listed above); 1 medium or ½ cup sliced fruit (banana, apple, pear, peach); ½ cup berries (other than strawberries); grapes, cherries, pineapple, watermelon; ¼ cup dried fruits; 1 cup lettuce, ½ cup sliced vegetables (not listed above e.g., beets, green beans, celery, corn, eggplant, mushrooms, peas, potatoes, summer squash, zucchini)	1	1	1	1	1
	1	1	1	1	1
	3	3	3	3	3
<b>Folate Foods:</b> *Excellent sources are 3 oz. Chicken liver or giblets; 1 cup dried beans or peas. ** High sources are 3 oz. Beef or pork liver; 1 oz. cereal fortified with folate; ¼ cup what germ; 1 cup raw or ½ cup cooked spinach; ½ cup asparagus, ½ cup turnip greens; ½ cup Brussels sprouts; and ¾ cup orange juice from concentrate	One or more servings daily				
<b>Fats and Oils:</b> 1 tsp. Margarine, butter, cooking oil, mayonnaise; 2 Tbsp. Mayonnaise-based salad dressing, sour cream, cream cheese, heavy cream; 1 slice bacon; 1 Tbsp. Gravy	In Moderation			In Moderation	
<b>Other Foods:</b> Sugars: cookies, cake, pastry, jelly, candy, soda pop; Salty: potato chips, pretzels, salt pork	These foods should be eaten on occasional basis only				
Foods containing artificial sweeteners such as diet soda or other sugar-free desserts or candies should be used in moderation 1-2 servings daily	2 or less		2 or less		
Beverages containing caffeine should be used in moderation	2 or less		2 or less		
Water: drink to thirst or about 8 cups per day	8		8	8	
*Excellent Source = ≥ 50% Reference Daily Intakes (RDI) **High Source = ≥ 20% RDI					