

Pregnancy Daily Food Requirements

Grains - 1 slice of bread or ½ pita or tortilla or ½ cup cooked rice, pasta or couscous or cold cereal or ¾ cup hot cereal.

Dairy - 1 cup Milk, ¾ cup yogurt, or a slice of cheese.

Fruit & Veggies

Vitamin A - Broccoli, Carrots, Cantelope, Nectarines, Peaches, Peppers, Spinach, Tomatoes, Watermelon, Sweet potatoes

Vitamin C - Orange juice, grapefruit juice, strawberries, cantalope, oranges

Other Vitamins - Apples, bananas, berries, corn, cucumbers, green beans, grapes, lettuce, melons, pears, peas, zucchini

Protein - ½ cup cooked meat, 1 egg