

DIET GUIDELINES

This is a guideline for the EASIEST way to get all the nutrients and calories you need in pregnancy, especially a high level of protein and the calories you need to use the protein as building blocks rather than for fuel. There are other ways to do it if you are vegetarian, vegan, eat low fat, or don't like/tolerate a particular food.

Every Day, you should have: (examples given are one serving) (Remember, each category is separate and you cannot fill two with one food - if you eat 3 oz of cheese, it can be a protein or a milk, but not both!)

- ◇ 1 Quart of Milk (4 8-oz Glasses) - in any form: milk, cheese, yogurt, even ice cream (although try to watch the fat!)
- ◇ 2 Eggs (cooked any way, in French toast, added to other foods, etc)
- ◇ 2 Servings of Protein Foods -
 - 3 oz Meat or Fish
 - 3 oz Cheese
 - 1-1/2 Cup Beans
 - 1-1/2 Cup Tofu, etc.
- ◇ 1 Serving Green Vegetables, preferably leafy (1/4-1/2 Cup)
- ◇ 3 leaves of Romaine lettuce per day - preferably in a salad
- ◇ 4 Servings of Grains, preferably whole grain
 - Whole Wheat Bread - 1 slice
 - Brown or white Basmati Rice - 1 Cup
 - Tortilla - 1
 - Oatmeal - 1 Cup
- ◇ 1 Vitamin C Source - Citrus Fruit/Juice, Tomato, Cantaloupe, etc.
- ◇ 1 Serving Other Fruit
- ◇ 1 Serving Other Vegetables
- ◇ 3 Fat Servings - 1 tsp vegetable oil/real butter/sour cream/real mayonnaise
- ◇ 1 - 2 qts a day of water, juices, herbal tea. Avoid soda and coffee!
- ◇ NO NUTRASWEET (aspartame), SWEET ONE (acesulfame K), SLENDIA (sucralose), or SWEET 'N LOW (saccharin) !!! They are poisons!

Each Week, try to include:

- ◇ 5 Servings Yellow or Orange Colored Fruit/Vegetables
- ◇ 3 Whole Baked Potatoes

Salt your food to taste for safe blood volume!

If you substitute Proteins for Milk/Eggs, you must be sure your proteins are complete and that you get 70-80 grams of protein/day! You must also be sure to include all the elements of a well-balanced diet.

Purify your diet as much as possible, and get back to the basics of natural eating. Eat REAL foods that are minimally-processed and are as close to the way nature made them as possible. If Nature didn't make them at all, then maybe you don't want to be eating them! Don't eat artificial food substitutes and beware of "fat-free", "carb-free", "sugar-free". If you read the labels on "foods" such as these, you will see that they are filled with chemical ingredients. Become aware of all unnecessary chemicals hidden in your foods, and look for ingredient lists that contain mainly real food ingredients that you recognize. Drink more purified water than any other beverage

While this plan is not the only way to get everything you need in pregnancy, it is one of the easiest ways!