





















Carbohydrates & Non-Carbohydrates

The foods listed on this side of the page are **CARBOHYDRATE CONTAINING** foods.












1 SERVING = 15g

2 – 3 Servings (30-45g) at Meals & 1-2 Servings (15 – 30g) at Snacks

Grains & Starches: 5 – 6 servings per day
















Bread  1 slice	Oatmeal  ¾ c. cooked	Cereal  ½ c.	Bagel  ¼ large	Rice  ⅓ c. cooked	Pancakes  1 (4in.)	Bun  ½ reg size	Pasta or Couscous  ½ c. cooked
Taco Shells  2 (5 inch)	Pita  ½ (6inch)	Crackers  6	Rice cakes  2 large	Soup, Thick  1 c.	Potato  ½ medium or ½ cup	Corn Kernel  ½ cup	Bannock  1 small (2 inch)
Wild Rice  ½ c. cooked	Quinoa  ½ c. cooked	Sweet Potato  ½ medium or ½ cup	French Fries  10 fries				

Fruit: 3 – 4 servings per day

Apple  1 medium	Banana  ½ medium	Melon  1 c.	Blueberries  1 c.	Strawberries  2 c.	Cherries or Grapes  15	Juice  ½ c.	Watermelon  1 c.
Pineapple  ¾ c.	Kiwi  2 medium	Pear  1 medium	Orange  1 medium	Mango  ½ medium	Peach  1 Large	Dried Fruit  ¼ c.	

Milk / Alternatives: 3 servings per day

Treats: limit to 0 – 1 servings per day















Low Fat Milk  1 c.	Chocolate Milk  ½ c.	Soy Milk  1 c.	Sweetened or Greek Yogurt  ⅓ c. or 100g	Muffin  ¼ regular	Granola Bars  1	Popcorn  3 c.	Cookies  3 small
Sugar Free Yogurt  ¾ c.	Sweetened Almond Milk  1 cup	Unsweetened Almond Milk  No carbs		Jam or Jelly  1 Tbsp.	Pudding, low calorie  ½ c.	Cake, unfrosted  2" square	Chips  10 chips

Carbohydrate Goals: For pregnant women, it is recommended that you get in at least 180g of carbohydrates per day. This would equal 12 servings of carbohydrates per day. For those having twins your carbohydrate goal is approximately 250g per day (or 16 servings per day).













Carbohydrates & Non-Carbohydrates

The foods listed on this side of the page **DO NOT** contain significant amounts of carbohydrates.









Vegetables

Carrots 	Celery 	Broccoli 	Cucumber 	Tomato 	Beets 	Peppers 	Eggplant 
Mushroom 	Cauliflower 	Squash 	Asparagus 	Peas 	Salad 		

Meat and Alternatives

Egg  1 medium	Low Fat Cheese  1 oz.	Cottage Cheese  1c.	Legumes*  ¼ c.	Peanut Butter  2 Tbsp.	Fish  3 oz.	Canned Fish, Drained  ⅓ can	Poultry  3 oz.
Meat  3 oz.	Egg white  ¼ c.	Tofu  3 oz.	Hummus  2 Tbsp.				

Fats

Margarine  1 tsp.	Butter  1 tsp.	Olive Oil  1 tsp.	Mayonnaise  1 Tbsp.	Salad Dressing  1 Tbsp.	Nuts  ¼ c.	Avocado  ⅓	Bacon  1 slice cooked
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Nutrition Facts

Valeur nutritive

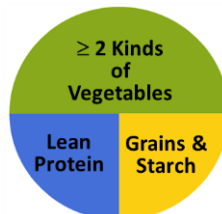
Per 1 cup (122 g)
pour 1 tasse (122 g)

Calories 140	% Daily Value *
Fat / Lipides 8 g	11 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 5 mg	1 %
Potassium 200 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 0.5 mg	3 %

Healthy Snack



Balanced Plate



Important Nutrients in Pregnancy

Folic Acid * usually in prenatal vitamin: Legumes, lentils, black beans, chickpeas, edamame, sunflower seeds, spinach, broccoli, avocado

Iron: Beef, lamb, chicken, fish, organ meats, oysters, mussels, clams, pumpkin seeds, cashews, pine nuts, hazel nuts, lentils, spinach, fortified cereals

Omega-3's: Fatty fish such as salmon, mackerel, herring, sardines, and walnuts, ground flaxseed, chia seeds, soy products and fortified eggs

Calcium: milk or alternatives, cheese, yogurt, cooked or frozen kale or spinach, canned fish with bones in, tofu, legumes, tahini, almonds

Limit Caffeine: Maximum of 2 cups coffee per day or 4 cups of tea