Healthy Eating in Indian Country: 9 Nutrition During Pregnancy

Pregnancy is a very special time for you and your baby. Eating healthy foods will help your baby to grow strong and healthy. Visit your Indian Health Service doctor or clinic regularly for checkups during your pregnancy.

What Should I Eat?

No single food gives you everything you need to stay healthy. Eat a variety of foods every day.

Choose These Foods	How Much?	What Is a Serving?
	9 or more servings	
Breads, crackers		1 slice bread, 3-4 crackers
Muffins, tortillas		1 muffin or tortilla
Cereal, rice, pasta		2/3 cup cooked cereal, rice, pasta
	3 or more servings	
Fruits		1 piece or 1/2 cup fruit
Fruit Juice		3/4 cup of juice
	4 or more servings	
Vegetables		1/2 cup, raw or cooked
Vegetable Juice		vegetables, 3/4 cup juice
	3 or more servings	
Meat, fish, poultry,		2-3 oz. cooked meats
Dry peas, beans,		1/2 cup cooked beans/peas
Peanut butter, nuts, eggs		2 tablespoons peanut butter, 1/3 cup nuts, 1 egg
	3 or more servings	
Milk		1 cup milk or yogurt
Foods made from milk		2 slices cheese

Healthy Eating Tips

When you eat well, you will feel better and have more energy during your pregnancy.

Bread, cereal, rice, and pasta. These starchy foods should be a part of every meal. They fill you up and are not fattening if you use only small amounts of mayonnaise, butter, sauce, or gravy.

Fruits. Fruits and fruit juices are good snacks and contain lots of important vitamins. For a new taste, mix two or more fruit juices together.

Vegetables. Use vegetables as a side dish and put them in soups, stews, or sauces. Chop or grate them, and mix with ground meat for hamburgers or meat loaf.

Meats and beans. Eat lean meat, poultry, and fish. You can mix beans with rice and add meat or beans to casseroles. Try making soups or stews with beans.

Dairy foods. Use all the milk in your food package. You can add milk to soups or pudding. Try lowfat cheeses melted on toast or tortillas, or mixed with scrambled eggs. If you have a problem drinking milk or eating dairy foods, read the fact sheet **Do You Have a Problem Drinking Milk?** (fact sheet number 12).

Healthy snacks. Snacks can come from any food group. Fruits and raw vegetables like carrots or celery are low-calorie snacks. Peanut butter on crackers, raisins, and prunes are high-energy snacks.

Iron-rich foods. Iron-fortified cereals and grains, meats, and beans are important when you are pregnant.

Be sure to ask your Indian Health Service doctor or clinic about **the Special Supplemental Food Program for Women, Infants, and Children (WIC). WIC** offers healthful foods and information about pregnancy.

REMEMBER

Don't smoke cigarettes, drink alcohol, or use street drugs. Unborn babies are not protected from the alcohol, cigarettes, and drugs that their mothers use. Ask your health clinic worker before you take any prescription or over-the-counter drugs. Visit your Indian Health Service doctor or clinic regularly.

BAKED RICE AND CHEESE

Makes 4 servings

2 cups cooked rice
1/4 cup dry egg mix, 1/4 cup water
2 tablespoons margarine or butter, melted
1/2 cup milk, made from nonfat dry milk powder
1/3 cup cheese, shredded
1/4 teaspoon onion powder
1/4 teaspoon dried mustard
1/8 teaspoon ground red pepper
1 teaspoon Worcestershire sauce

1. Combine all of the ingredients in a 1-quart baking dish.
2. Bake at 350 degrees for 30 minutes.

Nutrition information for 1 serving

Calories = 270 Carbohydrates = 33 grams Protein = 9 grams
Total Fat = 11 grams Saturated Fat = 4 grams Cholesterol = 57 milligrams Sodium = 208 milligrams
Calcium = 146 milligrams Iron = 2 milligrams Folacin = 9 milligrams