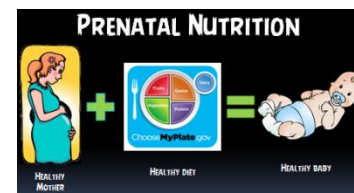


# MYPLATE FOR PREGNANCY & BREASTFEEDING

Go to [www.choosemyplate.gov](http://www.choosemyplate.gov) website to learn about MyPlate for the pregnant woman.



- Click on the link for “Pregnant & Breastfeeding Women”
- A.) Click on the link “Health & Nutrition Information for Pregnant & Breastfeeding Women”. Then click on the “Daily Food Plan for Moms”.
- B.) Login using the following information: **Username:** mommy345      **Password:** childdev
- This is for a pregnant woman who is 24 years of age, weighs 135 lbs., is due on May 6, 2014 and is moderately active for 30-60 minutes.
- C.) Click on the tab labeled “My Plan” to see the daily requirements.
- D.) Use this information to complete the following... **Total Calories** \_\_\_\_\_ **Empty Calories** \_\_\_\_\_

<b>MYPLATE FOOD GROUP NAME</b>	<b>COLOR FOR DESIGNATED FOOD GROUP</b>	<b>SERVINGS NEEDED DAILY FOR 1<sup>ST</sup> TRIMESTER</b>	<b>FOOD EXAMPLES FOR THIS GROUP(3)</b>	<b>WHAT COUNTS AS A SERVING...</b>	<b>ADVICE FOR THIS FOOD GROUP</b>
<b>1. GRAINS</b>					
<b>2. VEGETABLES</b>					

<b>MYPLATE FOOD GROUP NAME</b>	<b>COLOR FOR DESIGNATED FOOD GROUP</b>	<b>SERVINGS NEEDED DAILY FOR 1<sup>ST</sup> TRIMESTER</b>	<b>FOOD EXAMPLES FOR THIS GROUP(3)</b>	<b>WHAT COUNTS AS A SERVING...</b>	<b>ADVICE FOR THIS FOOD GROUP</b>
3. FRUITS					
4. DAIRY					
5. PROTEIN					