

## DIET AND NUTRITION

| FOOD GROUPS                  | FIRST TRIMESTER | SECOND TRIMESTER | THIRD TRIMESTER | POST-PARTUM  |
|------------------------------|-----------------|------------------|-----------------|--------------|
| CALCIUM – RICH FOODS         | 2 SERVINGS      | 3 SERVINGS       | 3 SERVINGS      | 3-4 SERVINGS |
| VEGETABLES                   | 5 SERVINGS      | 6 SERVINGS       | 6 SERVINGS      | 6 SERVINGS   |
| FRUITS                       | 3 SERVINGS      | 4 SERVINGS       | 4 SERVINGS      | 4 SERVINGS   |
| GRAINS                       | 6 SERVINGS      | 7 SERVINGS       | 7 SERVINGS      | 9 SERVINGS   |
| EXTRA LEAN MEATS AND LEGUMES | 2 SERVINGS      | 3 SERVINGS       | 3 SERVINGS      | 3 SERVINGS   |
| QUENCHERS                    | 5 SERVINGS      | 6 SERVINGS       | 6 SERVINGS      | 8 SERVINGS   |