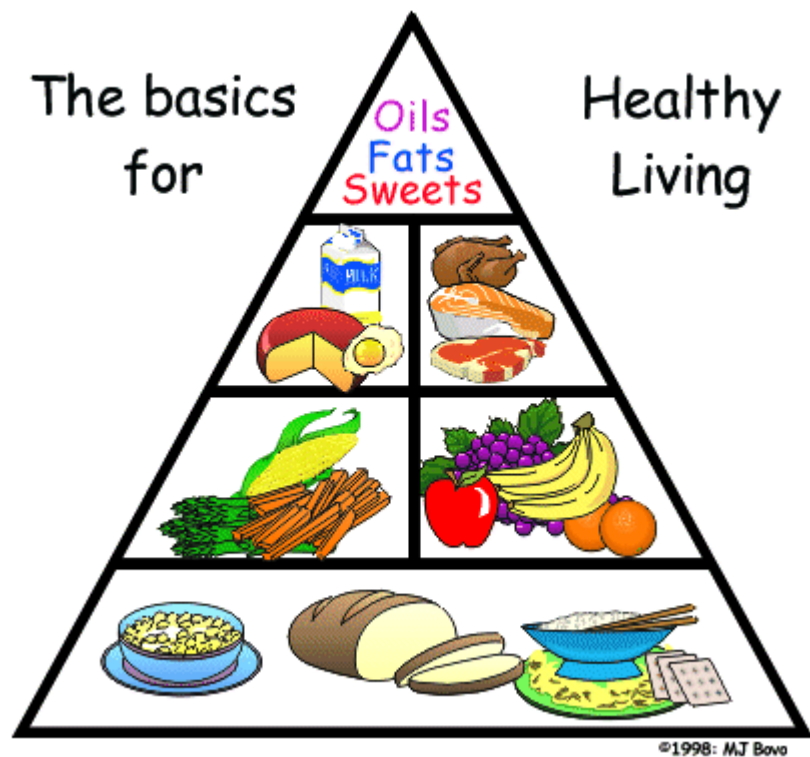


Healthy Eating



The following recommendations are for non-pregnant women.
 For Healthy Nutrition in Pregnancy, [check here](#).



Milk Group - 2-3 servings
 milk, yogurt, low-fat cheese

Protein - 2-4 servings

fish, chicken, turkey, beans, nuts, eggs



Vegetables - 3-5 servings

Fruit Group - 2-4 servings

At least one should be citrus



Bread, Cereal, Rice & Pasta

6-11 servings:



Drink at least eight glasses of water a day.



Limit excessive salt intake. Spices can spice up your food. Use caffeine in moderation.

Use fats, sugars, and oils in moderation



Eating out can be done, just watch the

What is One Serving?

[We have the answer for you.](#)

menu and tell the waiter exactly how you want food prepared. After all, you are paying for it.

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