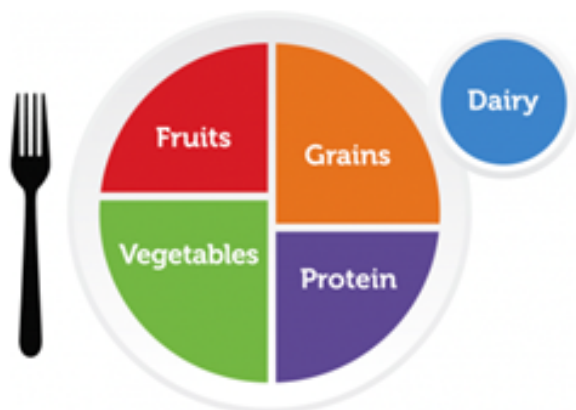




WHAT'S ON MY PLATE?

This is what an ideal plate looks like. It's ok that your meals won't always look exactly like this! Make sure to eat different kinds of foods, rather than a lot of just one.



LIMIT:

- **Unhealthy fats** (saturated and trans fats). You can eat more fish instead of meat high in fat.
- **Salt** (sodium). Buy low sodium alternatives and limit processed food.
- **Sugar**. Be aware of the sugar in drinks and try drinking more water.



Vegetables and Fruits

- Try to get different colors of vegetables!
- Many fruit juices have a lot of sugar.



Grains

- Examples: bread, pasta, tortillas
- Half of your grains should be whole grain, which are healthier than heavily processed grains.
- Be careful about labeling and check ingredients: "Wheat bread" usually is not whole grain but "100% whole-wheat bread" is.

Protein

- Examples: meat, beans, nuts, seeds, eggs
- Packaged lunch meat contains a lot of sodium; look for low-sodium options.



Dairy

- Examples: milk, cheese
- Many of these products are high in fat or added sugar. Double check the ingredients and eat this in moderation.

Pregnant? *Nourishing Pregnancy* might be a good fit for you! Free weekly online (Zoom) cooking/nutrition classes, postpartum classes and free grocery delivery for Latinx and Black/AA people in 2nd & 3rd trimesters. [Nourishing Pregnancy Email](#)