

Snack Attack?

Eat something good for you and your baby!

Snacks should be healthy foods that your baby can use to **grow**.

All pregnant women need more nutrients—like protein, calcium, vitamins and minerals. Snacks can be a good way to get them.

When you have a “snack attack” use the MyPyramid website as your guide.

www.mypyramid.gov



Helpful Hints

- Plan what you will have for a snack. Then you won't just grab the easiest thing.
- Try taking a snack with you to work or school.



Snacks I will eat to grow a healthy baby.

Circle your choices!

- Apples
- Baby carrots
- Bagels
- Bananas
- Berries
- Bread sticks
- Cereal
- Cheese and crackers
- Cheese curds
- Hard-boiled eggs
- Milk (low-fat or fat-free)
- Nuts
- Popcorn
- Pretzels
- Raisins
- Raw broccoli
- Raw cauliflower
- String cheese
- Tortillas
- Yogurt



Put this list up on your refrigerator!

Other snacks I will choose to grow a healthy baby:

This institution is an equal opportunity provider.