What you eat has never been so important.

The food you eat nourishes you and your unborn baby. So eat a variety of good foods every day. Choose foods such as these, and be sure to select some from each group:

- Whole grain and enriched breads, cereals, rice, oats, grits, pasta, tortillas, cornbread

- Oranges, grapefruit, apples and other fruits and fruit juices; cabbage, broccoli, collard greens, spinach, potatoes, yams, squash, and other vegetables

- Chicken, hamburger and other meats, fish, eggs, pinto beans, nuts, peanut butter

- Milk, cheese, yogurt

Cut down on fats and sweets.

Fats and sweets (such as potato chips, soft drinks, and pastries) give you more calories and fewer body-building nutrients, and leave you with less appetite for foods you really need.

How much you eat is important, too. ·

Eating for two does not mean eating twice as much. It is best to gain weight slowly and steadily. The average woman gains about 25 pounds. But if you were overweight at the start, don't try to lose weight during pregnancy. Follow the advice of your doctor or nutritionist about how much weight gain is right for you.

Choose a variety of foods when you're pregnant.

healthy mothers, healthy babies

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