MyPyramid For Moms

Based on the information you provided, these are your recommended amounts from each food group. For more information, go to MyPyramid.gov.

	GRAINS Make half your grains whole	VEGETABLES Vary your veggies	FRUITS Focus on fruits	MILK Get your calcium-rich foods	MEAT & BEANS Choose lean with protein
Birth to 6 Months **months1** br1calpat	**br1grains1** br1grains2	**br1veg1** br1veg2	**br1fruit** Eat a variety of fruit Go easy on fruit juices	**br1milk** Go low-fat or fat-free when you choose milk, yogurt, or cheese	**br1meat** Choose low-fat or lean meats and poultry. Vary your protein routine—choose more fish, beans, peas, nuts, and seeds.
6 to 12 Months **months2** br2calpat	**br2grains1** br2grains2	**br2veg1** br2veg2	**br2fruit** Eat a variety of fruit Go easy on fruit juices	**br2milk** Go low-fat or fat-free when you choose milk, yogurt, or cheese	**br2meat** Choose low-fat or lean meats and poultry. Vary your protein routine—choose more fish, beans, peas, nuts, and seeds.

* These are only estimates of your needs while you breastfeed. Check with your health care provider to make sure you are losing the weight gained during pregnancy.

The calories and amounts of food you need change over time while you are breastfeeding. Your Plan may show different amounts of food for different months, to meet your changing nutritional needs.

Know your limits on fats, sugars, and sodium

	OILS Aim for this much:	**EXTRAS** Limit extras (solid fats and sugars) to this much:
Birth to 6 Months	br1oils	br1extras
6 to 12 Months	br2oils	br2extras