

6 Tips to Help You Eat Well During Pregnancy



Make Balanced Meals

**Combine protein,
fiber and healthy
fats for meals.**





Listen to Your Body



**Eat when you are
hungry, and stop
when you feel full.**



Prepare Snacks

**Store chopped
fruits and
vegetables, cheese
or yogurt for easy
snacks.**





Eat Slowly



**Enjoy your food
and try smaller
meals throughout
the day.**



Add Flavor to Food

**Use fresh herbs,
spices, citrus,
salsa or dressings.**



Stay Hydrated

**Choose water over
sugary drinks and
sodas.**



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