

Grocery Diary – Food Groups and Eat a Rainbow

Date: _____

Several times during your pregnancy, take this chart along to the grocery store. When you're almost done gathering the items you plan to purchase, ask yourself these questions.

Is half my cart fruits and vegetables?

Do I have plenty of whole grains?

Have I chosen healthy low-fat protein options?

It's fine to choose some treats that just aren't healthy but make you happy. But do look at your "junk food" options, and ask yourself: are those the choices you want to make or are there other healthier things you would find just as satisfying? Or other things you'd like to "spend your junk food credits" on?

Have you bought foods that will help you "eat the rainbow"? If not, here's a reminder of things you could consider. And remember, fresh and frozen fruits and vegetables have the most nutrients, and if you're buying canned or dried, watch for extra salt, sugar and other ingredients.

Red: strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, pomegranate

Orange: carrots, sweet potatoes, oranges, tangerines, mango, pumpkin, winter squash, cantaloupe, peaches

Yellow: bananas, pineapple, corn, yellow peppers, yellow summer squash

Green: spinach, chard, kale, collard greens, Brussels sprouts, avocado, asparagus, artichokes, broccoli, Romaine, edamame, kiwi, green herbs

Blue: blueberries

Purple: blackberries, concord grapes, raisins, eggplant, plums, prunes, purple cabbage

White: onions, garlic, daikon radish, parsnips, cauliflower

Brown: mushrooms, potatoes

Before you check out, can you make one healthy change to what's in your cart? (Swap out something unhealthy for something healthy.)