



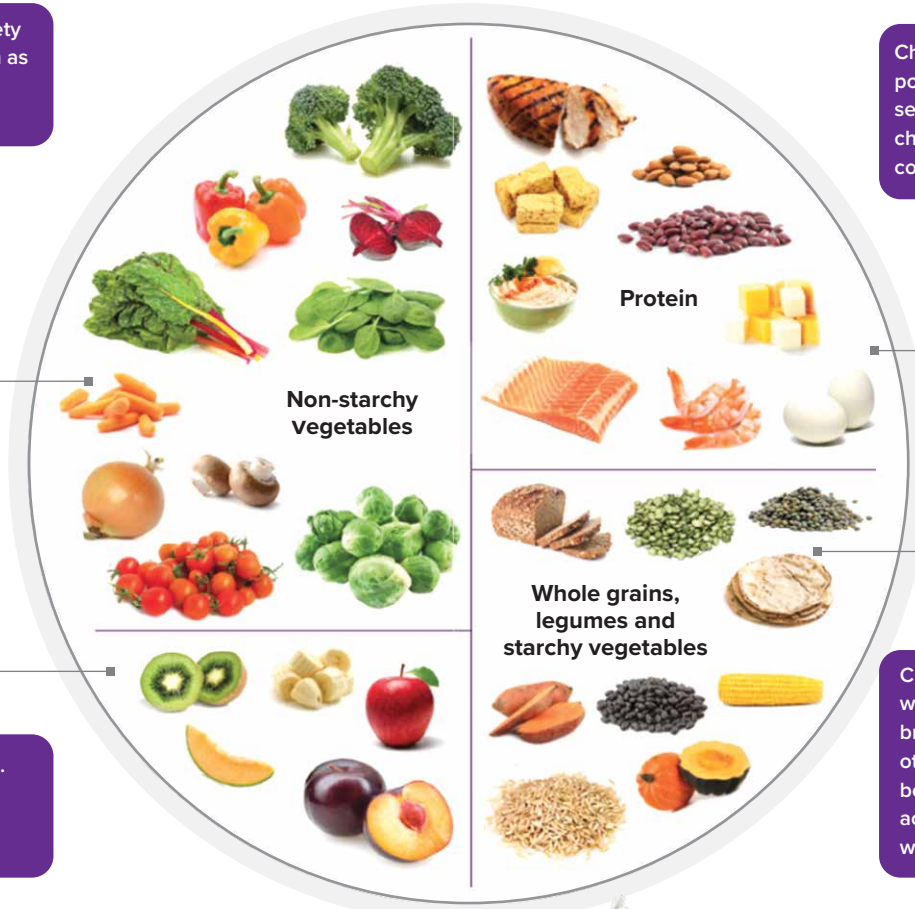
MY PREGNANCY PLATE*

Choose large portions of a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage.

Choose small amounts of healthy oils (olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados contain healthy fats.



Choose a variety of whole fruits. Limit juice and dried fruits. Fruits is great for snacks and dessert, too.



Choose protein sources such as poultry, beans, nuts, low-mercury seafood, eggs, tofu or low-fat cheese. Limit red meat and avoid cold cuts and other processed meat.

Choose 2 to 3 servings of nonfat or 1% milk or yogurt (cow, soy or almond). A serving is 1 cup. Choose yogurt with less than 15 g of sugar per serving.

Drink mainly water, decaf tea or decaf coffee and avoid sugary beverages.

Choose whole grains, such as whole wheat bread or pasta, brown rice, quino or oats and other healthy starches like beans, lentils, sweet potatoes or acorn squash, Limit white bread, white rice and fried potatoes.

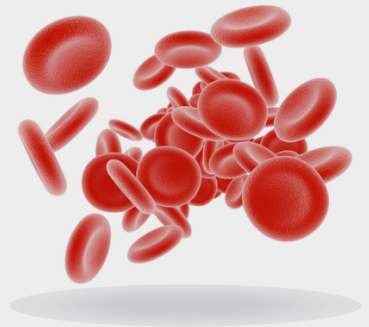
Aim for at least 30 minutes of walking or another physical activity each day.



Notes:

Avoiding simple sugars, processed foods, trans and saturated fats and limiting red and processed meats are recommended.

A diet that severely restricts any food group should be avoided, specifically the ketogenic diet that lacks carbohydrates, the Paleo diet because of dairy restriction (promoting deficiencies in calcium and vitamin D), and any diet containing excess saturated fats.



Source - *Adapted from Nicole E. Marshall et al; Nutrition in pregnancy: lifelong consequences; American Journal of Obstetrics & Gynecology MAY 2022

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