

# Avoiding Junk Food during Pregnancy: Nutritious Treats

During pregnancy, your baby needs good nutrition to be healthy. Junk food does not have much nutrition for you or your baby. These foods are often high in sugar, fat, salt or artificial ingredients. By limiting the amount of junk food you eat during pregnancy, you will help your baby get better nutrition. It will also help you from gaining too much weight during pregnancy.

## Avoid These Foods

Do not eat more than a few times a week.

- Fast foods such as hamburgers, fried chicken, pizza and French fries
- Snack chips such as potato chips, cheese puffs and Doritos
- Candy, ice cream, soda pop, pastries, cookies and cakes

## Choose These Foods

- **Fruit Snacks**
  - ▶ Fresh fruit
  - ▶ Dried apples, dates, raisins, prunes, pineapple, apricots and peaches
  - ▶ Frozen, unsweetened Bing cherries, strawberries, peaches and grapes
  - ▶ Fruit "canned in its own juice" and not in a heavy syrup

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- **Desserts**

- ▶ Make cookies with whole wheat flour, applesauce, raisins, nuts or oatmeal.
- ▶ Reduce sugar and fat in favorite recipes. Use 2 tablespoons less than the recipe calls for.
- ▶ Try rice or bread puddings, low-fat ice milk, custard, pudding and flavored yogurts.
- ▶ Vanilla wafers, ginger snaps, animal crackers and graham crackers make better choices for snacking.

## **Nutritious Nibbles**

- 100% whole grain crackers and pretzels
- Unbuttered or lite popcorn
- Dry cereals, such as Cheerios
- Raw carrots, celery, radishes, zucchini, mushrooms, peppers and cherry tomatoes with lite ranch dressing or hummus as a dip
- Dips or spreads made with yogurt, cottage cheese and peanut butter
- Nuts or seeds – limit to about a ¼ cup a day unless you need to gain weight
- A mixture of dried fruit, nuts or seeds

## **Nutritious Snack Recipes**

- **Peanut Butter Balls**

- ▶ Mix 1 cup peanut butter, ¾ cup honey, and 1½ cups powdered dry milk. Add raisins or sunflower seeds if desired. Roll into balls.

- **Yogurt Popsicles**

- ▶ Freeze ¾ cup of low fat yogurt mixed with 2 tablespoons of frozen juice concentrate.

## **Read Package Labels**

- The ingredients for any food product are listed by weight. The first ingredient weighs the most and is in the greatest amount in the food.
- Be sure that sugar, corn syrup or any word ending in -ose such as fructose is not one of the first four ingredients.
- Avoid any food with “partially hydrogenated” oils. These oils have trans fats and are unhealthy for you and your baby. Trans fats are often found in fried foods, packaged cookies and frozen pizzas.

✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**