**Pregnant Mothers**
- Folate, folic acid
- More Foods from:
  - Dairy Group
  - Protein Foods Group
  - Fruit Group
  - Vegetable Group
  - Grains Group
- Should add 300 calories a day to diet
- Average weight gain – 25 to 35 pounds
- Pre-natal vitamin and mineral supplement
- No alcohol

**Infants**
- Birth to 6 months
  - Breast milk
  - Infant formula
  - No cow’s milk
  - 4 to 6 months
    - Cereal introduced
  - 6 to 8 months
    - Mashed fruits and vegetables
  - Single item foods
  - 7 to 10 months
    - Finger foods
    - Dry cereal
    - Teething biscuits
  - 8 to 12 months
    - Soft or cooked table foods
  - 1 to 2 years
    - Feed themselves
    - Enjoy same food as family

**Children**
- 1,000 calories per day
- Grain Group
  - at least half of all grains eaten should be whole grains
- Vegetable group
  - Encourage to eat and enjoy
- Fruit
- Dairy
- Protein

**Teenagers**
- Follow ChooseMyPlate guidelines
- Choose drinks wisely
- Eat more fruits and vegetables
- Add lean protein
- Include whole grains
- Don’t forget low-fat dairy
- Be active!

**Adults**
- Nutrition needs rise
- Calorie needs drop
- Balance calories eaten with calories used
- Healthful low-calorie foods are good choices
- Add physical activity