**SIMPLE 3 POINT GUIDE TO BETTER NUTRITION**

This food plan is simple, workable and meets the needs of small children, pregnant women, non-pregnant women and everyone else in your family.

If you have a sweet tooth you just can't resist, you can have anything you want to eat, as long as you eat the three prescribed items first. Eating those items will help to ensure that your baby grows with quality calories and not just empty foods with little nutritional value.

Every time you eat, eat three foods which fall into these categories:

* A whole grain
* A fresh fruit or vegetable
* A protein food, including a calcium source

Adapted from Birth Works manual,

Debbie Hull

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