

Easy Tasty Foods to Eat While You Pump!

Choose from each group

Group 1: Foods High in Protein

Cheese cubes or slices	Thicker yogurt to use for dip	Peanut butter	Falafel balls or patties	Meat stuffed boiled dumplings	Hummus or Baba Ghanouj (Eggplant dip)	Glass of low-fat milk	Nuts and seeds: <ul style="list-style-type: none"> ▪ almonds ▪ walnuts ▪ sunflower seeds 	Deli meat slices: <ul style="list-style-type: none"> ▪ turkey ▪ chicken ▪ roast beef ▪ low-sodium ham
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Group 2: Foods with Grains

Whole grain crackers	Pretzel sticks	Sliced Pita	Whole-grain rice cakes	Whole grain English muffin or bagel	Unleavened crackers such as matzah	Whole grain flour or corn tortilla whole grain bread	Mixed finger-food cereal in a bag: <ul style="list-style-type: none"> ▪ wheat chex ▪ toated oats ▪ mini wheats
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Group 3: Fruits and Vegetables

Any combination of prepared vegetables: <ul style="list-style-type: none"> ▪ celery sticks ▪ carrots sticks ▪ pepper slices ▪ cucumber slices ▪ tomato slices ▪ radishes ▪ olives 	Any combination of prepared fruit: <ul style="list-style-type: none"> ▪ apple slices ▪ peach slices ▪ cut-up cantaloupe ▪ cut-up watermelon ▪ orange slices ▪ hulled strawberries ▪ seedless grapes ▪ banana or plantain slices 	Dried fruits with no added sugar: <ul style="list-style-type: none"> ▪ raisins ▪ apricots ▪ craisins ▪ prunes ▪ plantains 	Any combination of canned, frozen, soaked or dried beans: <ul style="list-style-type: none"> ▪ kidney beans ▪ pinto beans ▪ chickpeas ▪ lima beans ▪ soy beans ▪ fava beans
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