



Tips for a Healthy Pregnancy and Baby

Are you eating the right foods for you and your baby?

- Your baby will grow better
- You will have a healthier, safer pregnancy and birth
- You will reach a healthy weight easier after delivery



1. Eat the right foods

Mark an up ↑ or down ↓ in the next to any food group you feel you need to eat more (↑) or less (↓) from during your pregnancy. If you feel you are eating enough from any of the food groups draw a 😊 next to that food group.

Grains <input type="checkbox"/>	Vegetables <input type="checkbox"/>	Fruits <input type="checkbox"/>	Milk <input type="checkbox"/>	Meats & Beans <input type="checkbox"/>	Extras <input type="checkbox"/>
6 to 8 ounces	2 1/2 to 3 cups	2 cups	3 cups	5 1/2 to 6 1/2 ounces	Limit these Foods
WHOLE GRAIN Bread, pita, tortilla Pasta, noodles Rice Cereals <i>Make at least half your choices whole grain. This will add fiber, antioxidants, and minerals.</i>	VARIETY & COLOR Fresh Frozen Canned Power Choices <ul style="list-style-type: none"> • Asparagus • Broccoli • Spinach • Carrots • Sweet Potato • Tomato • Squash <i>Eat more dark-green, red, and orange vegetables and fruits.</i>	VARIETY & COLOR Fresh Frozen Canned Power Choices <ul style="list-style-type: none"> • Strawberries • Kiwi • Apricots • Cantaloupe • Oranges • 100% Juice 	LOW FAT Milk Cheese Yogurt Power Choices <ul style="list-style-type: none"> • Fat free Low fat milk offers the same calcium! <i>Do not eat soft, unpasteurized cheeses or raw, unpasteurized milk—they may contain harmful bacteria.</i>	LEAN Beef and pork Poultry Seafood (eat a variety) Beans and peas Nuts or peanut butter Eggs <i>Fully cook or reheat eggs, meat, poultry, or seafood.</i> <i>Do not eat swordfish, tilefish, king mackerel, or shark—they are high in mercury. Limit white (albacore) tuna.</i>	FOODS HIGH IN SUGAR OR FAT Soda Candy Cookies/cakes Butter Mayonnaise Fried foods <i>Avoid herbal supplements and tea.</i>

Daily amounts listed are for an average pregnant woman, you may need to eat more or less. For more information and to develop a plan just for you, go to www.choosemyplate.gov

2. Tips for a healthy pregnancy and delivery. (pick the bubbles you would like to learn more about or write in your own idea)

Take a
PRENATAL VITAMIN.

Go to
all my
**PRENATAL
CHECKUPS.**

BREASTFEEDING
my baby

Know
my baby's
FEEDING CUES

SKIN TO SKIN
contact with
my baby

Iron 27 mg
Iodine 150 mcg
Folic Acid 600 mcg

**BE ALCOHOL,
DRUG &
SMOKE FREE.**

Be **ACTIVE**
every day.

Eat **SAFE &
HEALTHY.**

3. How much weight should I gain during pregnancy?

Gaining too much or too little can be harmful to you and your baby. Healthy weight gain is also important for your weight management after pregnancy. How many pounds you need to add depends on your weight when you became pregnant. Below are some guidelines about weight gain during pregnancy. Talk to your healthcare provider about your specific pregnancy weight gain goals.

- 2-4 pounds total during the first 3 months
- 3-4 pounds per month during the remaining months of your pregnancy

Where does the weight go?

- About 1/2 of your added weight goes to support the growth of baby (placenta, extra blood, retained water).
- The other 1/2 is baby and maternal stores of fat, protein and nutrients - which averages about 7 pounds each.



4. My goals for a healthy pregnancy and delivery:

- ▣ Take prenatal vitamin daily
- ▣ Gain a healthy amount of weight
- ▣ Be active every day
- ▣ Eat safe, healthy foods everyday, including: _____
- ▣ Go to all my prenatal checkups
- ▣ Learn more about giving my baby the best start after birth
- ▣ Other _____

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