

Eating For A Healthy Pregnancy and Baby



**Mom's
Healthy
Weight
Gain = Baby's
Healthy
Weight
Gain**



Every woman needs to gain some weight during pregnancy; how much depends on her weight before pregnancy. A healthy birth weight for babies is 6 to 8 1/2 pounds.

Gaining the right amount of weight is important:

- Weight gain should be slow and steady
- Dieting to lose weight can hurt your baby
- Report weight loss or sudden weight gain to your doctor

If you need to slow your weight gain:

- Avoid pop or drinks with added sugar
- Limit juice to 8 ounces a day
- Drink lowfat or skim milk. Limit milk to 4 cups a day
- Drink water when thirsty
- Snack on raw vegetables and fruits
- Limit fried foods, salad dressings and high fat meats like hot dogs and luncheon meat
- Consult a nutritionist as needed

If you need to increase your weight gain:

- Eat at least 6 times a day - 3 meals and 3 snacks
- Eat more foods from the Food Guide Pyramid
- Consult a nutritionist as needed

Take your prenatal vitamin daily!



Folic Acid

All women who can become or who are pregnant need 400 micrograms of Folic Acid a day. This amount is in your prenatal vitamin.

Eat a wide variety of basic foods:

- Drink 8 cups of water or other fluid daily
- Eat 3 cups of fruit and 4 cups of vegetables daily, choosing a variety of them
- Eat 6-9 servings of grains daily, choosing 4 of these from whole grains

1 slice Whole grain bread	1/2 Brown rice
1/2 c. Whole grain pasta	1/2 c. Oatmeal
3 sq. Graham crackers	1 c. Granola
4-6 Whole grain crackers	
1 c. Whole grain cereal	

- Eat 2-3 small servings of meat daily (6-8 oz. total)
- Have 3-4 servings of dairy products daily (serving: 1 cup milk, 2 oz. cheese, 1 cup yogurt)

To increase milk:

- Drink a glass of milk at every meal or with snacks
- Use milk to make pudding or custard
- Eat low fat yogurt for a snack - can add fruit or dry cereal
- Cook hot cereals using milk instead of water

Common Problems

Forgetting to take your prenatal vitamin?

- Take the vitamin at the same time before a task
- you do every day, like brushing your teeth
- Take the vitamin with a meal - it may cause less stomach upset

If you feel sick to your stomach or are throwing up:

- Eat crackers or dry toast before getting out of bed in the morning
- Eat 6 small meals during the day instead of 3 larger ones
- Make sure stomach is never empty - munch on crackers or cereal often
- Drink juice or other liquids 1/2 hour before or after meals
- Avoid fried, spicy and greasy foods
- When cooking, open a window or ask someone else to cook

If having heartburn:

- Eat 6 small meals a day
- Decrease spicy foods
- Bake foods instead of frying them
- Walk after you eat and wait at least one hour before lying down
- Check with doctor if problem continues

If constipated:

- Keep active, by walking daily, cleaning the house, playing with children
- Drink plenty of liquids (8 cups or more daily)
- Eat raw vegetables and fruits
- Eat more whole grain foods
- Eat more cooked, dry beans, lentils, and peas
- Eat high fiber cereal

Cautions

- Limit caffeine
- Avoid alcoholic beverages
- Avoid soft cheeses, sprouts, uncooked or undercooked eggs
- Heat deli meats thoroughly
- Cook all meats well
- Limit fish to those that you can eat safely (check with doctor)



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