

Eating for a Healthy Pregnancy

Eating Guide

Food Group	Major Nutrients	Servings Per Day	Serving Sizes	Food Sources
Protein	Protein Iron	3	2 to 3 ounces 1 egg ½ cup beans or peas	Dried beans, cheese, eggs, peanut butter, split peas , beef, cottage cheese, fish, nuts, pork, poultry, tofu, tuna fish
Milk Products	Calcium Protein	4	1 ounce cheese 1 cup milk or yogurt	Whole milk, low fat milk, skim milk, powdered milk, evaporated milk, cheese , yogurt
Vegetables And Fruits	Vitamin A Fiber	1	½ cup	Apricots, broccoli, cantaloupe, carrots, mangos, nectarines, peaches, pumpkin, peppers, spinach, tomatoes, watermelon, winter squash, sweet potatoes
	Vitamin C Fiber (not in juice)	1	½ cup	Juices fortified with vitamin C, orange juice, grapefruit juice, cabbage, cantaloupe, cauliflower, grapefruit, oranges, peppers, strawberries
	Other Vitamins and Minerals Fiber	3	½ cup	Apples, bananas, berries, celery, cherries, corn, cucumbers, grapes, green beans, lettuce, melons, pears, peas, turnips, zucchini
Breads And Cereals	Carbohydrates B Vitamins Iron Fiber	6	1 slice bread, roll or tortilla, 3 to 4 crackers ½ cup rice, pasta or hot cereal ¾ cup cold cereal	Cold Cereal, hot cereal, crackers, macaroni, noodles, spaghetti, rice, rolls, tortillas, white bread, whole wheat bread
Fats and Sugars	These foods provide calories with few nutrients			Butter, margarine, salad dressing, sugar, candy, jam, syrup, soda pop, cake, pie, chips, bacon, Koolaid
WIC foods printed in Bold.				

Weight Gain During Pregnancy

During the first three months expect to gain 3-4 pounds. The last six months you should gain 3-4 pounds each month. Overall, 25-35 pounds is best for most women. If you were thin or a teenager when you got pregnant, you should gain a little more. If heavy, you can gain a little less.

Baby	7-8 lb
Blood and Fluids	7-8 lb
Breast Increase	1-3 lb
Fat Stores	4-8 lb
Placenta	1-2 lb
Uterus Increase	2-5 lb
Total Weight Gain	25-35 lb

Pregnancy is not the time to try to lose weight!

Warning

- The best advice is to not drink any alcohol or take any street drugs while you are pregnant. Drinking alcohol or taking street drugs can cause babies to be born with birth defects, poor growth and other health problems. No one knows how much is safe.
- Don't take any medication before talking to your doctor or nurse. Even common medicines like aspirin, Tylenol, cough syrup and antacids can be harmful to your baby.
- Smoking during pregnancy slows your baby's growth. Small babies are more likely to have health problems.

Morning Sickness

- Nausea or vomiting is also called morning sickness. It can happen anytime during the day. It usually goes away after the third month.
- Before you get out of bed eat a few crackers, a handful of cereal, plain popcorn, dry toast or bread.
- Eat 5 or 6 small meals a day. If you are on the go, take food along.
- If you have an upset stomach between meals, drink small amounts of apple juice, grape juice, or soda pop.
- Avoid fatty foods like butter, margarine, mayonnaise, bacon, gravy, pastries, fried meats, and french fries.
- Eat lightly seasoned foods. Avoid foods cooked with pepper, chili, and garlic.
- Open windows and use the stove exhaust fan to get rid of odors when you cook.
- Cold foods have less odor so they may be easier to eat without getting an upset stomach.

Heartburn

- Heartburn can be a problem during the last months of pregnancy. As your baby grows there is pressure on your stomach.
- Eat 5 or 6 small meals a day.
- Limit fatty, fried or spicy foods.
- Wear clothes that are loose around your waist.
- Elevate your head when you lie down or go to bed.

Constipation

- Body changes during pregnancy may make you constipated. Too little exercise or not enough fiber in your diet also may cause constipation.
- Eat more raw fruits and vegetables, including skins. Also try dried fruits, stewed prunes, and prune juice.
- Use whole grain cereals and breads such as oatmeal, whole wheat bread, and brown rice. Try bran flakes cereal or eat a bran muffin.
- Drink more liquids. Include water, milk, cocoa, fruit juices and broth soups. A glass of warm water as soon as you get up may help.
- Exercise regularly. Fast walking is a good exercise.

