

Food for a Healthy Mother and Baby

Eating a variety of foods during your pregnancy will help you get all the vitamins, minerals and nutrients you and your baby need for good health.

Follow the food guide below to give your baby the best possible start.



Grains: Eat 6 — 10 oz. of grams daily

- Grains include bread, cereal, crackers, rice, tortilla or pasta.
- Make at least 1/2 of your grains whole grains such as whole wheat bread, whole grain cereals, whole wheat pasta, etc.
- One oz. = one slice of bread, one cup of ready to eat cereal, or 1/2 cup of cooked cereal (oatmeal), 1/2 cup of cooked rice or pasta.



Vegetables: Eat 2 1/2 — 4 cups daily

- Vary your veggies. Choose a colorful selection of vegetables including dark green and orange vegetables such as broccoli, spinach, tomatoes, sweet potatoes and carrots.
- Two cups of raw leafy greens or one cup of cooked or raw vegetables or vegetable juice are considered one cup from this group.



Fruits: Eat 2 — 2 1/2 cups of fruit daily

- Focus on fruits. Choose more whole fruits instead of fruit juice and choose a colorful selection.
- One cup = one cup of fruit or 100% fruit juice, one small apple, one banana, one large orange, or 32 grapes.



Milk: Choose 3 — 4 cups of milk or dairy products daily

- Choose low fat or fat free milk and milk products.
- If you can't consume milk, choose lactose free products or other calcium sources.
- One cup = one cup of milk or yogurt, 1 1/2 oz. natural cheese or 2 oz. of American cheese.



Protein Foods (Meat, Beans and Eggs) 6 — 7 oz. daily.

- Try lean proteins, such as fish, skinless chicken, cooked dry beans and peas, and lean cuts of meat.
- One oz. = one oz. lean meat, fish or poultry, one egg, one tablespoon of peanut butter, 1/4 cup cooked dry beans or peas, or 1/2 oz. of nuts or seeds.



Oils: Keep intake to 6 — 8 teaspoons per day.

- Make wise choices
- Healthier monounsaturated and polyunsaturated fats found in nuts, fish, avocado, canola and olive oils are best.

Your Changing Body

Your chances of having a healthy baby are better when you gain enough weight during pregnancy.

The amount of weight you should gain depends on your weight before pregnancy. Gain at a steady rate throughout your pregnancy.

● Weight before pregnancy:	Suggested weight gain:
● Normal weight	25 – 35 pounds
● Underweight	28 – 40 pounds
● Overweight	15 – 20 pounds
● Very overweight	15 pounds

Wait until after delivery to try to lose weight. When your baby is born, you will lose 10 – 14 pounds. In the following months, you will continue to lose the rest of your pregnancy weight with regular exercise and a healthy diet.

Stay Active

Being physically active is important during pregnancy. Talk with your doctor about types of exercise that are right for you.

Alcohol, Tobacco and Other Drugs

Alcohol, tobacco and other drugs can harm you and your unborn baby. Risks include miscarriage, stillbirth, premature birth, birth defects and other complications. Don't use cigarettes, alcohol and other drugs.

Prenatal Care

Regular prenatal care is vital to your baby's health and your health. See your doctor as soon as you know you are pregnant.

Vitamins and Minerals

Sometimes we do not eat the right foods to get all the vitamins and minerals we need. Be sure to take any prenatal vitamins recommended by your health care provider. Folic acid is a vitamin that prevents birth defects. You can get this vitamin from your prenatal vitamin and foods such as green leafy vegetables, citrus fruits, and whole grain breads and cereals.



Other Good Habits During Pregnancy:

- Eat 3 – 5 meals and snacks a day.
- Drink plenty of fluids.
- Get adequate rest.
- Limit caffeine intake.

Good Oral Health Care

Mothers can pass the bacteria that causes tooth decay on to their children. Since your baby's teeth are formed during pregnancy, it is important for you to:

- Eat a healthy diet
- Brush after meals and snacks
- See a dentist regularly

Breastfeeding

Give your baby the right start by breastfeeding. It has all the right ingredients in the right amounts to meet all your baby's needs. It is easy to digest and helps keep your baby healthy.

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