

## How much weight should I gain?

Work with your nutritionist to figure out how much weight is healthy to gain.

I am...	I can gain...

## Exercise during pregnancy.

**Exercise** helps you:

- Control your weight gain.
- Get stronger for labor.
- Recover faster after you have your baby
- Keep you and your baby healthy!



**Do safe exercises** while you are pregnant, like fast walking, swimming, or yoga.

**Avoid risky activities** where you may fall or activities with a lot of jumping.

**Drink water** when you exercise.

**Stop and call your doctor** if you have belly pain, bleeding, chest pain, trouble catching your breath, or labor pains.

## Write down your goals for a healthy pregnancy:

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**Eating healthy while you are pregnant is important.**

**Talk to your CHN nutritionist for more information.**

# Nutrition for a healthy pregnancy



## What do I eat?

**Protein.** Eat 5 1/2 ounces (the size of 2 decks of cards) every day.

Get protein from:

- Chicken
- Beef
- Eggs
- Beans
- Tofu
- Nuts
- Fish



**Grains.** Try brown rice, pasta, oatmeal, quinoa, and whole grain bread.

**Calcium.** Eat 3 foods with calcium each day: yogurt, milk, cheese, canned salmon, sardines, almonds, leafy greens, and tofu.



**Vegetables.** Eat 2 cups raw or 1-2 cups cooked vegetables every day. Try:

- Spinach
- Peppers
- Broccoli
- Carrots

**Fruits.** Eat 2 every day. Try watermelons, pears, bananas, and raisins.



**Fluids.** Drink 8-10 cups of water every day. Drink less sugary drinks like soda and juice.

## What are prenatal supplements?

**Prenatal supplements** are vitamins that you take every day.



Talk to your doctor about which supplements are right for you.

## What should I limit?

- Caffeine like coffee and soda.
- Organ meats like liver and heart.
- Artificial sweeteners like Equal or Splenda.
- Some types of fish like catfish, snapper, tuna, and cod.

## Stay away from:

- Alcohol.
- Any food that is raw, smoked or undercooked.
- Some types of fish like shark or fresh tuna.
- Juices or cheese that are not pasteurized.
- Cold deli meats—only eat deli meat if heated steaming hot.
- Heating your food in plastic or Styrofoam containers.

**Talk to your nutritionist to learn more.**

## Tips for common pains during pregnancy:

### “Morning” sickness

- When you wake up in the morning, don't drink fluids. Eat dry food like toast without butter or crackers.
- Eat small meals every 2-4 hours.
- Drink fluids between meals.
- Try ginger or mint tea. Also try chewing ginger gum.
- Avoid trigger foods.

### Constipation

- Eat more fruits, vegetables, beans and whole grains.
- Drink 1/2 cup of prune juice or eat 4-5 dried prunes each day.
- Drink 8-10 cups of water every day.
- Ask your doctor about taking Colace.



### Heartburn

- Eat slowly.
- Eat 5-6 small meals during the day.
- Eat less fatty and greasy foods.
- Don't lie down right after eating.
- Drink low fat milk instead of whole milk.