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.

Eating healthy while you are pregnant is important.

Talk to your CHN nutritionist for more information.
What do I eat?

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

Get protein from:
- Chicken
- Eggs
- Tofu
- 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
- 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.
- 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.