

EAT WELL

Don't "Eat for Two!"

Unlike what you may have heard, pregnancy isn't a time to eat whatever you want. You may gain too much weight. In the first three months, most women don't need any extra food. In the last six months, you only need an extra 200-300 calories a day.

Try one of these snacks which will give you 200-300 calories:

- Apple with peanut butter
- Carrots with hummus
- Low-fat yogurt with fruit or nuts
- 1/2 an avocado with whole-grain crackers

Limit Junk Food. Most of the food you put in your body, especially during pregnancy, should be healthy. It is fuel for you and your baby! Junk food doesn't give you energy and can lead to unhealthy weight gain. Foods to limit include:

- Candy
- Energy drinks
- Soda
- Fried foods
- Sugary cereals
- Potato chips

Feeling Sick? Feeling sick while you are pregnant can keep you from eating healthy foods. Here are some tips to help:

- Eat small meals five or six times a day.
- Eat bland foods. Stay away from those with strong smells or flavors.
- Drink as much fluid as possible.
- For fiber, eat fruit instead of grains.
- Try your prenatal vitamin at a different time of the day.



FEEL BETTER

Rest Up!

Sleep is a priority! Try for at least 8 hours of sleep, and take short naps if you are still tired. Find time to relax. Take 10 minutes a day of quiet time to refocus and energize.

Prioritize Your Mental Health

Call your health care provider or come in for a visit if you have symptoms of depression or if you have lost interest or pleasure in doing things. If you think your stress/anxiety is becoming too much to handle, talk to your family, friends and especially your health care provider.

NOTES:

For additional information on maternal, child and family planning services, call the Iowa Families Line:

1-800-369-2229



This brochure was adapted from LetsGo.org by the Iowa Department of Public Health and 5-2-1-0 Healthy Choices Count! initiative. Learn more at IowaHealthiestState.com/5210

HEALTHY HABITS DURING YOUR PREGNANCY



Eat Well • Move More • Feel Better

HEALTHY HABITS DURING YOUR PREGNANCY

Eat healthy, be active, and aim for healthy weight gain during your pregnancy. It's important for you and your baby.

How Much Weight Should I Gain?

How much weight you should gain is based on what you weighed before pregnancy. Here are the usual amounts, but check with your doctor about what is right for you.

If <i>before</i> pregnancy you were:	Then you should gain this much:
Underweight (BMI = <18.5)	28-40 pounds
Normal weight (18.5-24.9)	25-35 pounds
Overweight (25-29.9)	15-25 pounds
Obese (>30 or more)	11-20 pounds

BMI is a measure of body fat based on height and weight. To find out your BMI before pregnancy go to: <http://www.nhlbi.nih.gov> and search for "BMI calculator."

Be careful not to gain too much weight early in your pregnancy. Most women should gain only 1-4 pounds in the first three months.

MOVE MORE

It's safe to be active during pregnancy and it's good for you and your baby!

Movement can help:

- Ease side effects of pregnancy, such as tiredness and back pain
- Prevent gestational diabetes
- Strengthen your body for labor + delivery

Unless your doctor has told you not to exercise, try to get 150 minutes a week of activity. Don't do activities with a high chance of falling or getting hurt. Here are some activities that are safe for most women: Walking, gardening, swimming, dancing and pre-natal yoga.

EAT WELL

Eat Real Foods

Pregnancy is an important time to fill your body with healthy foods.

Fill half of your plate with fruits and veggies.

Eat different types and colors — it's good for you, and may even teach your baby to like different tastes! Try these:

- Put fruit on cereal or oatmeal
- Add vegetables to pizzas, sandwiches and casseroles
- Snack on an apple, carrots or a banana
- If raw vegetables bother your stomach, cook them (roast, steam or sauté).

Eat foods with protein. Your baby needs protein to grow. Try lean meats, chicken, turkey, eggs, beans, soy products, nuts and nut butters, and seeds.

Eat whole grains. Grains give you energy and have important vitamins for you and your baby. *(continued on next page...)*



Make at least half of the grains you eat whole grains. Look for a whole grain as the first ingredient. Try these:

- Whole-grain cereal, bread or pasta
- Brown rice or quinoa
- Barley in a soup or casserole

Eat seafood two or three times each week.

Seafood is healthy for you and your baby. It has omega-3 fatty acids, plus vitamins like D and B-6 and minerals like zinc and potassium. Some seafood isn't safe to eat during pregnancy (fish high in mercury: shark, swordfish). Also, uncooked fish (sushi, raw oysters) can be unsafe. Ask your doctor for more information.

Drink plenty of water. Your body needs more water during pregnancy. Drinking water can also help with constipation, which some women have during pregnancy. Try to drink about 10 cups of water each day. Stay away from sugary drinks, like soda and energy drinks. If you drink coffee or tea, ask your doctor about how much caffeine is safe during pregnancy.

Get your dairy! Dairy products (like yogurt, cheese and milk) have calcium, which helps build your baby's bones and teeth. If dairy bothered your stomach before pregnancy, it may actually get better during pregnancy. But if it still bothers you, try these:

- Orange juice or cereal with added calcium
- Sardines or salmon with bones
- Tofu
- Broccoli
- Spinach

There is also a pill that can make dairy products easier on your stomach — ask your doctor or at the pharmacy.