

Where you gain the weight

Blood	3 pounds
Breasts	2 pounds
Womb	2 pounds
Baby	7.5 pounds
Placenta	1.5 pounds
Amniotic fluid	2 pounds
Fat & protein	7 pounds
Retained water	4 pounds

Being Physically Active

Unless your doctor advises you not to be physically active, include 2 ½ hours each week of physical activity such as brisk walking, dancing, gardening, or swimming.

The activity can be done for at least 10 minute at a time, and preferably spread throughout the week. Avoid activities with a high risk of falling or injury.



The total amount of weight you should gain depends on your weight before you became pregnant.

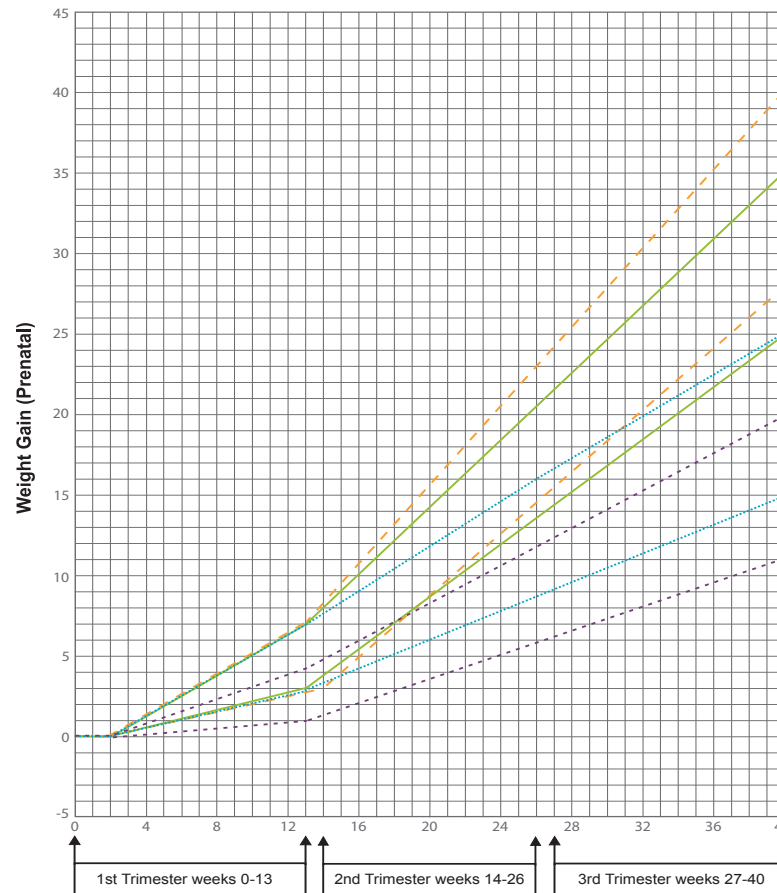
TODAY'S DATE:

PREPREGNANCY WEIGHT:

HEIGHT: **BMI:**

RECOMMENDED WEIGHT GAIN:

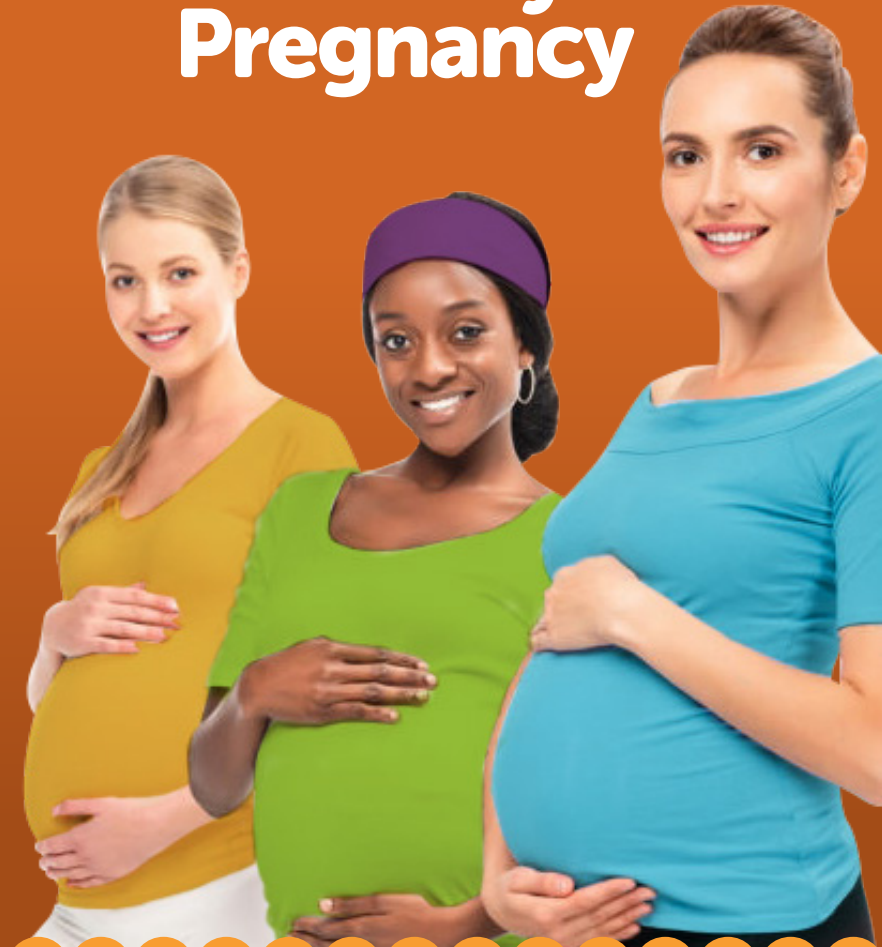
Prenatal Weight Gain Chart



Recommended Weight Gain - Circle			
Underweight	20 - 40 lbs	High Under	Low Under
Normal weight	25 - 35 lbs	High Normal	Low Normal
Over weight	15 - 25 lbs	High Over	Low Over
Obese	11 - 20 lbs	High Obese	Low Obese



Tips for Healthy Pregnancy



Making healthy food choices along with regular physical activity will help fuel your baby's growth and keep you healthy during pregnancy.



Extra Nutrients Your Baby Needs

Folic Acid

Folic Acid is a B vitamin that is needed to make new cells. Since your body makes new cells every day for blood, skin, hair, nails and the baby while pregnant, it is vital to get a minimum of 400 mcg per day. Food sources of folic acid include leafy dark green vegetables, citrus fruits and juices, and beans. Many grains such as breads, cereals, rice, and pasta have folic acid added. Check to make sure your prenatal vitamin has at least 600 mcg.

Iron

Iron helps carry oxygen to your cells and to your baby's cells. You need a minimum of 27 mg per day. Good sources of iron include red meat, eggs, dark leafy vegetables, broccoli, dried beans, and peanut butter. WIC cereals have iron added to them. Vitamin C rich foods such as fresh fruit like oranges, kiwi, strawberries, cantaloupe, red and green peppers, tomatoes, vegetable juice, or 100% orange juice helps your body use the iron in foods better. Ingredients found in Caffeine found in coffee, teas, soda, and chocolate prevent the body from using all the iron you eat.

Calcium

Extra calcium is needed for healthy bones and teeth for you and your baby. Low fat dairy milk, yogurt, pudding and cheese are great sources of calcium. Some cereals and juices have calcium added.

Vitamin D

Vitamin D is needed for healthy bones, cell growth, and a healthy immune system. New research suggests it may prevent preterm delivery. Sources include salmon, tuna, mackerel, eggs, milk, WIC cereals, and fortified orange juice.

Immunizations

All pregnant women should receive the Tdap vaccine in the third trimester to prevent whooping cough in the baby and mom.

If pregnant during flu season, be sure to get the flu vaccine to protect yourself and your unborn baby.

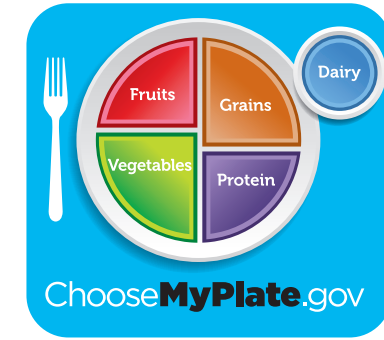
Food Group	1st Trimester	2nd and 3rd Trimester	What counts as a serving
Fruits	2 Cups	2 Cups	1 cup fruit or 100% juice ½ cup dried fruit
Vegetables	2 Cups	3 Cups	1 cup raw or cooked vegetables and juice 2 cups raw leafy vegetables
Grains	6 ounces	8 ounces	1 slice bread 1 ounce ready to eat cereal ½ cup cooked pasta or rice
Protein	5 ½ ounces	6 ½ ounces	1 ounce lean meat, poultry or seafood ¼ cup cooked beans ¼ cup nuts 1 Tbsp. peanut butter 1 egg
Dairy	3 Cups	3 Cups	1 cup milk 8 ounces yogurt 1 ½ ounce natural cheese 2 ounces processed cheese

Get a Daily Food Checklist for Moms designed just for you. Go to ChooseMyPlate.gov/Checklist

Sample Menu				
Breakfast	Snack	Lunch	Snack	Dinner
WIC cereal Fat free milk Banana	Peanut butter and crackers	Egg salad sandwich on wheat bread Sliced tomatoes Orange slices	8 ounces yogurt	4–6 ounces chicken breast Baked sweet potato 1 cup collard greens Cornbread 1 cup milk

Find your Healthy Eating Style

Choose a variety of foods and beverages to build your own healthy eating style. Include foods from all food groups.



Make Healthy Food Choices:

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Move to low fat and fat free milk, yogurt, or cheese.
- Vary your protein routine. Choose seafood, lean meat, poultry, eggs, beans and peas, nuts and seeds.
- Use the nutrition facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars.
- Drink water instead of sugary drinks.

Food Safety

- Protect your baby and yourself by practicing safe food handling. Go to www.fightbac.org for more information on keeping food safe.
- Heat all foods and deli meats until steaming hot.
- Add avoid soft cheeses.
- Avoid eating out of date food.
- Wash your hands often especially after touching soil, sand, raw meat, or unwashed vegetables.
- Do not eat tilefish, shark, swordfish, and king mackerel since they are high in mercury