



# During Pregnancy

Health Tips  
for Moms

## EAT RIGHT FOR GOOD HEALTH

Eat a variety of whole foods throughout the day, including fruits, vegetables, protein, dairy, and whole grains.



Incorporate healthy fats from foods like nuts, seeds, seafood, avocados, olives, and eggs.

Stay hydrated by drinking water and other unsweetened beverages throughout the day.

Pay attention to portion sizes.

Reduce saturated fat, trans fat, added sugars, and sodium by avoiding highly processed foods.

# FRUITS

**Daily Goal**  
~ 2 cups

## Focus on Fruits

- Enjoy a variety of fruit.
- Choose fresh, frozen, canned, and dried fruit.
- Go easy on fruit juice.

# PROTEIN

## Go Lean with Protein

- Vary your protein routine. Choose from meats, poultry, eggs, seafood, beans, peas, lentils, legumes, soy, nuts, and seeds.
- Use cooking methods like baking, broiling, grilling, roasting, and stir-frying.
- 3 oz. of protein is about the size of a deck of playing cards.
- Aim for high quality protein with every meal.

# DAIRY

**Daily Goal**  
3 cups

## Serve Calcium-rich Foods

- Choose milk, yogurt, cheese, and other dairy without added sugars.
- If you don't or can't drink milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

# TIPS FOR GOOD HEALTH

- Avoid the use of alcohol, drugs, cigarettes and e-cigarettes (vaping) during pregnancy and breastfeeding. These substances may harm your developing baby. Check with your doctor before taking any over-the-counter medications.
- Human milk is the perfect food for your baby. Breastfeeding your baby for the first year and beyond will help you and your baby be healthier.

# WHOLE GRAINS

## Choose Fiber-Rich Whole Grains

Eat 2-4 servings of whole grains every day.

1 serving is:

- 1 slice of whole grain bread
- ½ cup of oatmeal
- ½ cup cooked brown or wild rice, whole grain pasta, quinoa, etc.

# VEGETABLES

**Daily Goal**  
At least 3 cups

## Vary Your Veggies

- Eat a variety of vegetables. Vegetables of different colors provide different nutrients.
- Enjoy vegetables raw or cooked, plain or flavored with healthy fats, herbs, and spices.

# HEALTHY FATS

- Focus on healthy fats from whole foods such as seafood, avocados, olives and olive oils, nuts, seeds, dairy, meat, poultry, and eggs.



- Take your prenatal vitamin as directed by your doctor to ensure you are getting adequate iron and folic acid.
  - Folic acid reduces the risk of birth defects. Eat a variety of foods including leafy green vegetables, kidney beans and enriched breakfast cereals.
  - Iron helps to supply your baby with oxygen. Iron is found in meat as well as egg yolks, tofu, beans, whole wheat bread, and enriched breakfast cereals.



## WEIGHT MANAGEMENT

- Ask your health care provider about the amount of weight gain that is right for you.
- Stay within your daily calorie needs.
- If your health care provider approves, be physically active for at least 30 minutes most days of the week.
- Avoid activities that may cause you to fall or have abdominal injury.

## KEEP YOUR FOOD SAFE

During pregnancy, your immune system is lower so it is easier to get sick. Foodborne illness can cause serious health problems for you and your unborn baby. Keep yourself and your baby safe from **Listeria** and **Mercury**.

**Listeria** is a bacteria that can grow on refrigerated, ready-to-eat foods and can cause pre-term labor or even the loss of your baby. You should avoid eating the following:

- Hot dogs and luncheon meats. Only eat these if you reheat them until steaming hot.
- Soft cheeses (including feta, Brie, Camembert, blue-veined cheeses, queso blanco, queso fresco, and Panela). Check the label. These are only okay to eat if the label says they are made with pasteurized milk.
- Refrigerated meat spreads.
- Refrigerated smoked seafood. They are only okay to eat in a cooked dish such as a casserole.
- Raw (unpasteurized) milk or foods that contain unpasteurized milk.

**Mercury** is a metal that can be found in certain fish. At high levels, it can hurt your unborn baby's developing nervous system.

- Do not eat shark, tilefish, king mackerel, or swordfish.
- It is okay to eat up to 12 ounces (2 average meals) per week of a variety of fish and shellfish that are lower in mercury. Commonly eaten fish that are low in mercury include canned light tuna, salmon, shrimp, and catfish.
- Check with your Department of Environmental Quality about the mercury content of locally caught fish in your area.

Source: FDA Resources for Health Educators

# BMI GUIDE FOR A SINGLE PREGNANCY

## Underweight < 18.5

The average recommended weight gain for an underweight BMI is 28 to 40 pounds. Attempt to gain a total of 2 to 6 pounds in the 1st through the 3rd month, and slightly more than 1 pound per week from the 4th through the 9th month of pregnancy.

## Normal 18.5 - 24.9

The average recommended weight gain for normal BMI is 25 to 35 pounds. Attempt to gain a total of 2 to 6 pounds in the 1st through the 3rd month, and slightly more than 1 pound per week from the 4th through the 9th month of pregnancy.

## Overweight 25.0 - 29.9

The average recommended weight gain for overweight BMI is 15 to 25 pounds. Attempt to gain a total of 2 to 6 pounds in the 1st through the 3rd month, and about 2/3 pound per week from the 4th through the 9th month of pregnancy.

## Obese $\geq 30$

The average recommended weight gain for obese BMI is 11 to 20 pounds. Try to gain 1 to 4 pounds in the 1st through the 3rd month, and about 1/2 pound per week from the 4th through the 9th month of pregnancy.

