



During Pregnancy

Health Tips for Moms

EAT RIGHT FOR GOOD HEALTH

- “MyPlate” helps you choose good foods and portions for you and your growing baby. www.choosemyplate.gov
- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening and lard, as well as foods containing these fats.
- Check the nutrition facts label and choose foods that are low in saturated fats, trans fats, and sodium.
- Choose food and beverages low in added sugars.

FRUITS

Focus on Fruits

Enjoy a variety of fruit.

Choose fresh, frozen, canned, and dried fruit.

Go easy on fruit juice.

Daily Goal
2 cups

GRAINS

Make Half their Grains Whole

Eat at least 3 oz. of whole grain cereals, breads, crackers, rice, or pasta every day.

1 oz. is about:

- 1 slice of bread
- 1 cup of breakfast cereal
- ½ cup of cooked rice, cereal, or pasta

Daily Goal
6 ½ - 9 ½ oz.

VEGETABLES

Vary the Veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.

Include more orange vegetables like carrots and sweet potatoes.

Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

Daily Goal
3 - 3 ½ cups

DAIRY

Serve Calcium-rich Foods

Choose reduced fat, lowfat, or nonfat when you choose milk, yogurt, and other milk products.

If you don't or can't drink milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

Daily Goal
3 cups

MEAT & BEANS

Go Lean with Protein

Choose lean meats and poultry. Bake it, broil it, or grill it.

Vary your protein routine.

- Choose more fish, beans, peas, nuts, and seeds.

3 oz. of protein is about the size of a deck of playing cards.

Daily Goal
6 - 7 oz.

HEALTHY TIPS

WEIGHT MANAGEMENT

- Ask your healthcare provider about the amount of weight gain that is right for you.
- Stay within your daily calorie needs.
- If your healthcare 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 ok 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



This publication was issued by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at documents.ok.gov. | Issued May 2020 | 20094WIC | ODH No. P383 |

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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 drugs.
- 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.
- 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.

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 ≥ 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.