## **Almost Baby Time!**

Before your baby is born, start planning how you will feed him or her. Breastmilk is the best food for newborns. If possible, babies should have only breastmilk for the first 6 months. Breastfed babies have fewer infections and allergies. Also, their risk for obesity later in life may be lower.

If you decide to breastfeed, you may want to take a class or talk to friends who have breastfed. You can also ask your health care team for more information.

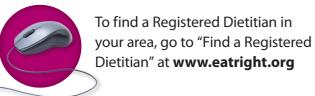
# Five Tips for Getting Your Body Back After Delivery

- Keep eating a balanced, healthy diet that includes whole grains, fruits, vegetables, lowfat dairy foods, lean meats, and beans. Skip the crash diets. They can lower your energy and lead to weight gain over the long term.
- Exercise when your doctor says it's safe for you.
- Understand that breastfeeding can help you lose extra weight—it's good for baby and good for you!
- Rest when the baby rests. When you lack sleep, you have less energy to make healthy meals or exercise.
- If you are struggling to reach a healthy weight, talk to your health care provider or a registered dietitian. They can help you lose the baby weight safely.

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**Additional Information** 

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# Pregnancy Nutrition



When you are pregnant, eating well is one of the best things you can do for your growing baby. Healthy foods provide nutrients for your baby's bones, heart, brain, and more! Eating well can also keep you healthy and help you recover after you give birth.

## What Should I Eat?

During your pregnancy, you can choose from many tasty foods that are healthy for you and your baby. Here are some ideas about good choices and the amounts to eat each day.

#### Grains

Many grain foods provide fiber, magnesium, and folate. Great choices include whole wheat bread, brown rice, whole wheat pasta, whole grain cereals, and oatmeal.

Daily Goal	What Equals 1 Ounce?
First trimester: 6 ounces	1 slice of toast
	½ cup brown rice
Second and third trimesters: 8 ounces	1 cup ready-to-eat cereal





### **Vegetables**

Choose colorful vegetables for fiber, vitamins, and minerals. Sweet potatoes are a good way to get vitamin A and vitamin C. Peppers have lots of vitamin C, too. Eat green vegetables like spinach, broccoli, asparagus, brussels sprouts, kale, and collard greens for fiber, vitamin A, vitamin K, and folate.

Daily Goal	What Equals 1 Cup?
First trimester: 2½ cups	1 cup cooked or raw vegetables
Second and third trimesters: 3 cups	2 cups leafy greens

#### Fruits

Enjoy fruits like kiwi fruit, oranges, strawberries, cantaloupe, and peaches. They provide vitamin C, vitamin A, and other healthy nutrients.

Daily Goal	What Equals 1 Cup?
All trimesters: 2 cups	1 cup cut-up fruit
	1 cup (8 ounces) 100% fruit juice
	½ cup dried fruit

#### Milk

Milk and dairy foods provide calcium, vitamin D, and protein. Great choices include fat-free (skim) or 1% fat milk, low-fat plain yogurt, and low-fat cheese.



Daily Goal	What Equals 1 Cup?
All trimesters: 3 cups	1 cup (8 ounces) fat-free or 1% fat milk
	8 ounces yogurt
	1½ ounces natural cheese
	2 ounces processed cheese

#### **Meats and Beans**

Lean meats, chicken, and eggs provide protein and iron to you and your baby. Salmon, canned light tuna, and sardines also have protein, and they provide DHA, a type of fat that helps your baby's eyes and brain develop.

Choose kidney beans, black beans, lentils, and other dried beans and peas for protein, fiber, and iron. Nuts like almonds, brazil nuts, and walnuts offer protein and vitamin E.



Daily Goal	What Equals 1 Ounce?
First trimester: 5½ ounces	1 ounce lean meat, fish, or poultry
Second and third trimesters: 6½ ounces	½ cup cooked beans
	1 egg
	1 tablespoon peanut butter

# Supplements

Your health care team may recommend that you take a prenatal vitamin every day. Prenatal vitamins can help you get enough iron, folic acid, iodine, and calcium. Keep eating a healthy diet even when you take vitamins!

# What Should I Avoid During Pregnancy?

During pregnancy, you want to be especially careful to make safe choices. Here are some things to avoid.

- Raw or undercooked meat, fish, or eggs:
  Raw and undercooked meat and fish (like rare hamburger or sushi made with raw fish) may contain bacteria that can make you and your baby sick. Raw eggs, such as in raw cookie dough, are also unsafe. Make sure these foods are cooked through.
- Deli meats and hot dogs—unless they are steaming hot: Some deli meats (such as ham, turkey, and bologna) and hot dogs may contain bacteria that can make you sick or lead to a miscarriage. To be safe, make sure that deli meats and hot dogs are cooked until they are steaming before you eat them.
- Shark, swordfish, king mackerel, or tilefish: These fish may have certain chemicals that can harm your growing baby's brain. Other types of fish can be healthy choices. You can safely eat up to 12 ounces a week of salmon, canned light tuna, shrimp, pollock, or catfish.

- Unpasteurized milk, juice, or soft cheeses: When choosing these foods, make sure the label says "pasteurized." Unpasteurized milk, juice, or soft cheeses may contain bacteria that can make you or your baby sick.
- Raw sprouts: Raw sprouts may contain bacteria that can make you or your baby sick. Cooked sprouts are safe.
- **Cigarette smoke:** Smoking while pregnant (or being around someone who smokes) is bad for your baby. If you smoke, talk to your health care provider about how to quit.
- Alcohol and drugs: These can harm your baby. Avoid alcohol and drugs completely while pregnant or nursing.

## **Caffeine and Artificial Sweeteners**

A little caffeine may be safe for you and your baby, but limit yourself each day to less than the amount in 2 cups of coffee.

When thinking about your limits, remember that colas, tea, and energy drinks also have caffeine.

Usually, pregnant women can safely have moderate amounts of artificial sweeteners, such as those in diet soft drinks. Talk to your doctor about the types of artificial sweeteners that are right for you and what amounts you can have.

## Weight Gain

Eating healthy helps you gain the right amount of weight during pregnancy. It also helps you lose weight after delivery. The amount of weight you need to gain depends on your weight before pregnancy. In general:

- Underweight women should gain 28 to 40 pounds.
- Normal weight women should gain 25 to 35 pounds.
- Overweight women should gain 15 to 25 pounds.
- Obese women should gain 11 to 20 pounds.

Women who are pregnant with more than one baby may need to gain more weight. Work closely with your health care provider to make sure your weight gain is on track.



# **Exercise and Pregnancy**

Most pregnant women can exercise safely. Exercise helps you sleep and feel better, and it can boost your energy levels. Exercise can also make your delivery easier. It prevents too much weight gain and helps you lose weight after your baby is born. Talk to your doctor about exercise during your pregnancy.

## **Dealing with Discomfort**

Being pregnant can sometimes be uncomfortable. Here are some ways to deal with the discomforts.

### **Nausea and Vomiting**

- Eat small, frequent meals.
- Try cold foods like smoothies and fruit yogurt.
- Eat easy-to-digest food, such as crackers, fruit, and toast.
- Avoid foods with strong odors and any other foods that cause you discomfort.

#### **Constipation**

- Drink plenty of water—8 to 12 cups a day.
- Eat beans, vegetables, fruits, whole grains, cereal, and oatmeal for fiber.
- Exercise at least 30 minutes every day.
- Do not take laxatives unless your doctor prescribes them.

#### Heartburn

- Eat small, frequent meals.
- Avoid laying down right after eating.
- Limit soft drinks and foods and drinks with caffeine.

