Your Quick Guide to Pregnancy

Place a photo
of your pregnancy
or ultrasound
to cherish.

Keeping Track...

Medical Provider: _____

WIC Office: _____

WIC Nutrition Staff: _____

Breastfeeding Peer Counselor: _____

How You Feel

It is common to not feel your best in the first few weeks of your pregnancy. Many women have what is called morning sickness, which can include nausea and vomiting. Although morning sickness sounds like it just happens in the morning, it can actually happen at any time of the day.

Heartburn and constipation are other common symptoms of pregnancy and they are considered a normal part of a healthy pregnancy - but there are things you can do to feel better. The following are some mom-to-be tested tips that may help. If symptoms don't go away or get worse, talk with your WIC nutritionist or medical provider.

Nausea and/or vomiting

- Drink small amounts of liquids between meals rather than with meals. Try cold water flavored with lemon juice.
- Eat small meals frequently throughout the day.
- Avoid strong odors; the smell of cooking certain foods may cause nausea.
- Take your prenatal vitamin with a snack at night if it makes you feel sick.
- Drink ginger ale, ginger tea or eat crystalized ginger pieces.
- Eat toast, crackers or dry cereal before getting out of bed.
- Eat what and when you can.
- Limit fatty foods.
- Eat slowly.

Constipation

- Enjoy high-fiber foods such as vegetables, whole grains, fruit, bran cereal, and beans such as kidney or pinto.
- Drink at least 8 glasses of water daily.

Talk to your medical provider before taking laxatives.

Heartburn

Changes in your body can lead to heartburn, which is a burning feeling in your chest.

- Wait at least 2-3 hours after eating before lying down.
- Limit drinks with caffeine like coffee, tea or soda.
- Eat small meals frequently throughout the day.
- Drink small amounts of liquids between meals rather than with meals.
- Pass up greasy, fried and spicy foods.
- Elevate your head while sleeping.
- Suck hard candies.
- Walk after you eat.
- Eat slowly.

Talk to your medical provider before taking antacids.

Weight Gain

for You & Your Baby

As your baby begins to grow, you will notice your body slowly gaining weight. Gaining weight is a natural and healthy part of pregnancy. The amount of weight you should gain depends on your weight before you were pregnant.

Although your healthy food choices are helping your baby to develop, you may notice less than a 5 pound weight gain during your first trimester.

You will want to gain weight gradually during your pregnancy, with most of the weight gained in the 2nd and 3rd trimesters.

Gaining the Right Amount of Weight... Building Blocks for Baby and Beyond!

You might think gaining the right amount of weight during pregnancy is only important for a healthy newborn and to make it easier for mom to get to a healthy weight after delivery. But there's more to it than that!

Studies show that gaining the right amount of weight during pregnancy builds a healthy future for your baby. You can actually decrease her risk of obesity, diabetes, heart disease and other conditions when she is older.

Your recommended total weight gain is:

Most women need the same amount of calories in the first trimester as they did before pregnancy. In the last 6 months of pregnancy, most women need an extra 300 calories per day.

Ask your WIC nutritionist for tips on what foods you can add to your diet to get the calories and nutrients you need to gain the right amount of weight for you and your baby.

What if you are gaining too much weight?

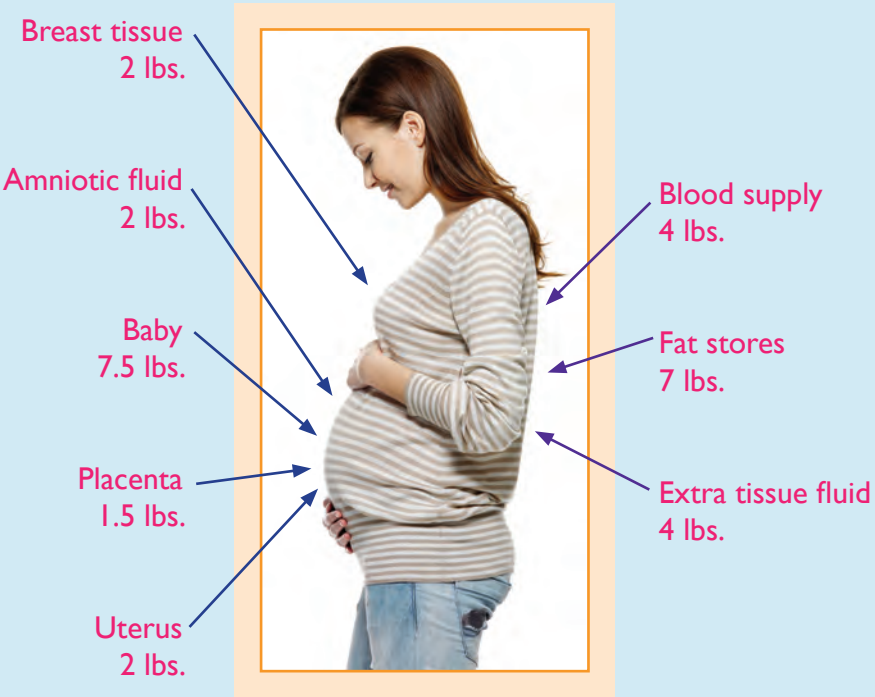
- Try to eat a variety of healthy foods. See 'What to Eat' for ideas.
- Limit sweets, fatty foods, soda, juice and juice drinks.
- Move your body. Ask your doctor if you have any questions about the amount of physical activity you can do.
- Drink at least 8 glasses of water each day.

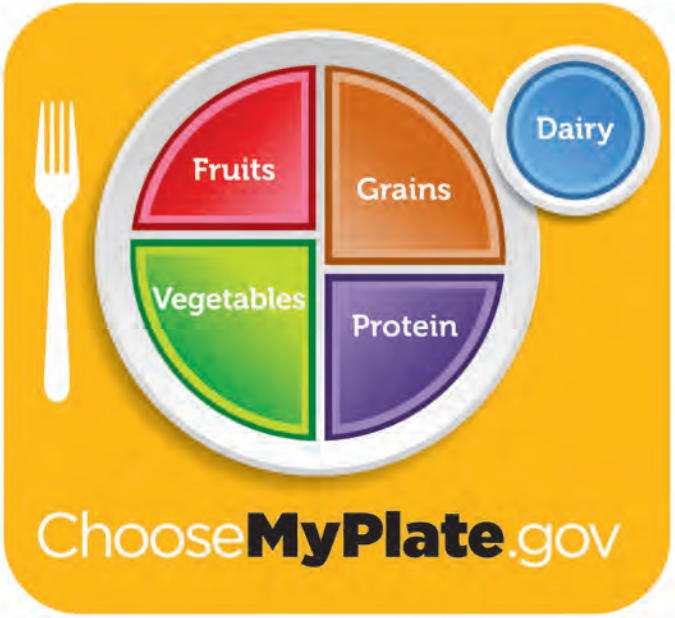
What if you are gaining too little weight?

- Get a calorie boost by adding peanut butter, cheese, egg, avocado, olive oil or chopped nuts to foods you eat.
- Try a milkshake or a fruit smoothie as a mid-day snack.
- Eat small meals frequently throughout the day.

Where does the weight I gain go?

The weight you gain helps your baby to grow and gets your body ready for your delivery!





What to Eat

Variety is key. Just try your best and remember no one is perfect.

Check with your WIC nutritionist or visit **www.choosemyplate.gov** for the amounts that are right for you.

GRAINS

Make Half of Your Grains Whole

6 - 8 oz each day

1 oz = 1 slice of whole wheat bread, 1 cup of cereal, ½ cup of brown rice

VEGETABLES

Vary Your Veggies

2½ - 3 cups each day

1 cup = about the size of your fist

FRUITS

Focus on Fruits

2 cups each day

1 cup = about the size of a baseball

DAIRY

Choose Lowfat or Non-fat

3 cups each day

1 cup = 8 oz of milk or yogurt
1 ½ oz cheese = size of your thumb

PROTEIN

Choose Lean with Protein

5½ - 6½ oz each day

3 oz = the size of your palm

VITAMINS

It is recommended that pregnant women take a prenatal vitamin every day in addition to eating a healthy diet. If you find it hard to take prenatal vitamins, ask your nutritionist or doctor about other options.

FATS AND OILS

Choose most of your fat sources from fish, nuts and vegetable oils. Limit solid fats like butter, lard and shortening.

SWEETS

Choose most of your sweet foods from fruits. Limit sweets from candies, cookies, ice cream and other foods low in nutrients.

WATER

At least 8 cups a day.

SAFE EATING

Keep Cold Foods COLD & Hot Foods HOT

When in doubt, throw it out!

Protect your baby from listeria bacteria:

- Reheat ready-to-eat foods such as hot dogs, luncheon or deli meats and sausages until steaming hot.
- Eat well-cooked meat, poultry and eggs.
- Don't eat raw, undercooked and smoked seafood, pâtés and meat spreads.
- Avoid unpasteurized milk or juice.
- Don't eat soft cheeses such as brie, feta, queso fresco and blue cheese, unless they are made from pasteurized milk.

Protect your baby from mercury poisoning:

- Avoid swordfish, shark, tuna steak, canned white tuna, tile fish, king mackerel and locally caught freshwater fish.
- Enjoy, but limit all other fish including canned light tuna to 12 oz per week.

What About ...

Sugar substitutes?

To be safe, try to avoid or limit sugar substitutes. If you have diabetes, please talk with your nutritionist.

Coffee, tea and soda with caffeine?

A small amount of caffeine (about one 12-oz cup) each day appears to be safe.

Smoking cigarettes? Drinking alcohol? Using illicit drugs? Energy drinks? Malta?

Avoid these altogether to ensure a healthy pregnancy and a healthy baby. If you need help, talk with your WIC nutritionist or medical provider.

Exercise?

If your medical provider gives you the okay, stay active! Walking, swimming, dancing, yoga and stretching are just a few safe, low-impact activities that will help you gain a healthy amount of weight, reduce stress, elevate mood and increase energy.

Exercise can be even more fun with other people. Grab a friend or two and get together for a walk. You'll get a chance to spend time with friends and knowing others are counting on you will make it easier to stick to your exercise plans!

1-800-WIC-1007

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