

# • Your Quick Guide to Pregnancy •



**WIC is here to support you while you are pregnant! Taking care of yourself during pregnancy is important for you and your baby.**

**Make your pregnancy a healthy one by:**

- Visiting your health care provider for regular checkups.
- Visiting the dentist. Did you know that being pregnant puts you at a greater risk of gingivitis and tooth decay?
- Including a healthy variety of foods from each of the food groups daily.
- Avoiding tobacco, alcohol, marijuana, and illegal drugs.
- Taking a prenatal vitamin daily.
- Gaining a healthy amount of weight.
- Knowing your HIV status.

# How You Feel

It is common not to 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 liquid between meals rather than with meals. Try cold water flavored with lemon juice.
- Eat small meals frequently throughout the day.
- Avoid smells that bother you; 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 made with real ginger or ginger tea, or snack on crystalized ginger pieces.
- Eat toast, crackers or dry cereal before getting out of bed.
- Focus on the foods you can tolerate.
- 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.
- Be active every day.

*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 on hard candies.
- Walk after you eat.
- Eat slowly.

*Talk to your medical provider before taking antacids.*

# Weight Gain

for You & Your Baby



Gaining weight is a natural and healthy part of pregnancy, as your baby begins to grow. 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.

## 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?

- Eat a variety of healthy foods. See the 'What to Eat' section for ideas.
- Limit sweets, fatty foods, soda, juice and juice drinks.
- Keep active. Ask your doctor if you have any questions about the amount of physical activity you can do.
- Drink about 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.

**Gaining  
the Right  
Amount  
of Weight...**

**Building  
Blocks for Baby  
and Beyond!**

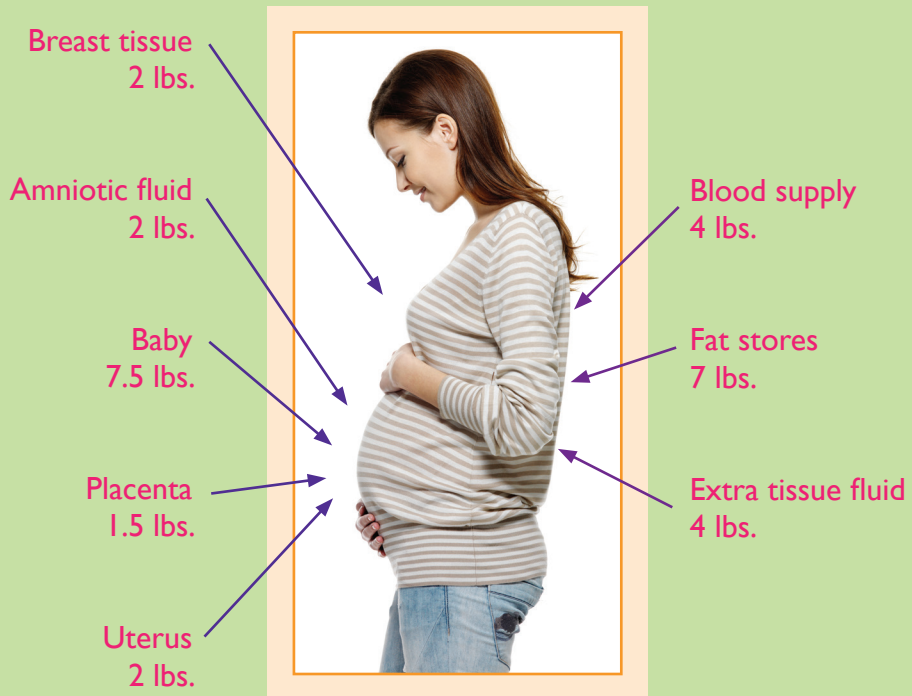


You might think that gaining the right amount of weight during pregnancy is only important for a healthy newborn and to make it easier for mom to get to a healthy weight after delivery. But there's more to it than that!

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.

# Where does the weight I gain go?

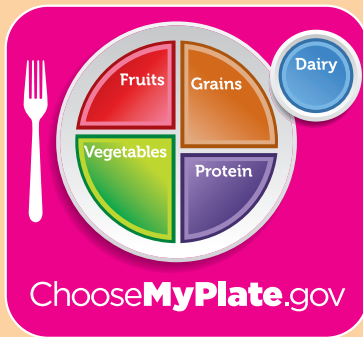
The weight you gain helps your baby to grow and gets your body ready for your delivery!



# What to Eat

Variety is key! Eating a healthy range of foods is important for you and your growing baby. The types of foods you eat while pregnant can affect your baby's growth and development, birth weight, teeth, brain cells, bones, eyes, muscles and blood.

Eating foods from all of the food groups offers you important nutritional benefits such as:



- **Fiber**
- **B-vitamins and Folate**
- **Minerals like Iron, Potassium, and Zinc**
- **Vitamin D and Calcium**
- **Vitamin C**
- **Vitamin A**

Check with your WIC nutritionist or visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information.

# Grains

**Make at least half your grains whole!**

**Tips:**

*Look for 100% whole wheat or whole grain on the label. Not all “wheat” products are whole wheat.*

*Try having 1 serving of whole grains at every meal; it might be easier than you think! WIC has many options to choose from.*

*Enjoy 6 – 8 oz each day.*

## What equals 1 oz?

1 slice of 100% whole wheat bread



1 small whole wheat tortilla



1 cup whole grain cereal

½ cup brown rice



½ cup whole wheat pasta

5 – 6 whole grain crackers



# Vegetables

## Vary your veggies!

### Tips:

*Frozen and canned vegetables are great options for quick cooking. Use them in soups and stews, or sauté them in a pan with your favorite seasonings!*

*Try chopping up raw veggies such as carrots, celery, and peppers at the beginning of the week. Keep them available for easy snacking!*

**Enjoy 2 ½ – 3 cups each day.**

## What counts as 1 cup?

1 cup raw, cooked, or canned vegetables

2 cups raw, leafy greens

1 cup vegetable juice



# Fruits

## Focus on fruits!

### Tips:

*Eat a variety of fruits by choosing different colors.*

*Add frozen fruit to your oatmeal and microwave.*

*Enjoy sliced fruit in your yogurt or have it for a snack.*

*Fruit is sweet – have some for dessert!*

*Enjoy 2 cups each day.*

## What counts as 1 cup?

1 small or ½ large piece of fruit

1 cup cut-up fresh or frozen fruit

1 cup canned fruit (canned in 100% juice or water)

1 cup 100% fruit juice

½ cup dried fruit



# Dairy

**Choose low-fat or non-fat.**

**Tips:**

*Add milk, yogurt, or cheese to soups and stews.*

*Blend milk or yogurt with frozen fruit for your morning smoothie. Use soy milk for a non-dairy option.*

*Enjoy a slice of cheese with a small apple for a delicious snack!*

*Enjoy 3 cups each day.*

## What counts as 1 cup?

1 cup milk or yogurt

1½ oz cheese or 2 oz processed cheese (such as American)

1 cup calcium-fortified soymilk

½ cup evaporated milk

½ cup calcium-fortified tofu



# Protein

**Go lean with protein!**

**Tips:**

*Choose low-fat and lean pieces of meat and poultry.*

*For extra protein and fiber, add beans to brown rice, sautéed vegetables, or your favorite soup or casserole.*

*A 3-oz serving of meat, poultry or fish is about the size of your palm.*

*Enjoy 5 ½ – 6 ½ oz each day.*

## What counts as 1 oz?

1 oz. meat, poultry, or fish

¼ cup cooked beans or peas

1 egg

1 tablespoon peanut butter or ½ oz nuts (about 10 – 12 pieces or ¼ cup)



# What Else?

## 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.

## Water

Drink about 8 cups a day. Keeping hydrated is important for you as well as for the healthy development of your baby.

## Fiber

You can make sure you eat enough fiber by eating plenty of fruits, vegetables and whole grains. Fiber helps you feel full and helps prevent constipation.

## Fats & Oils

Choose most of your fat from healthy sources such as fish, nuts, avocados, and olive and vegetable oils. These offer you healthy nutrients that are important for the development of your baby's brain. Limit solid fats such as butter, lard, and shortening.

## Sweets

Enjoy sweets and desserts once in a while but it is best to avoid these. They are low in nutrients and high in calories and sugar. Satisfy your sweet tooth with fruit!

# Safe Eating

**Food safety is even more important during pregnancy. 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.

**Choose safe seafood options and protect your baby from mercury poisoning:**

- Fish contain a healthy source of nutrients that are important for you during your pregnancy. However, it is important to be aware of how much you eat due to mercury concerns.
- Limit all fish, including canned tuna, to 12 ounces per week.
- Canned light tuna is lower in mercury than canned albacore/white tuna.
- It is important to avoid sword fish, shark, bigeye tuna, tile fish, king mackerel, marlin, orange roughy, and locally caught freshwater fish.
- Ask your nutritionist for more information on eating seafood safely.

Keep Cold Foods **COLD** & Hot Foods **HOT**.  
When in doubt, throw it out!

## What about ...



### **Sugar substitutes?**

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

### **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? Marijuana? Energy drinks? Malta?**

Avoid these altogether to help ensure a healthy pregnancy and a healthy baby. If you need help, talk with your 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!

# Feeding Your Baby

It's never too soon to start thinking about how to feed your baby. Have you thought about breastfeeding?

Did you know that breastfeeding your baby:

- Can help protect your newborn from infections and getting sick
- Reduces the risk of allergies
- Helps develop a strong immune system
- May help you lose the weight you gained during pregnancy
- Helps promote a healthy weight as your baby grows



**These are just some of the many benefits of breastfeeding.**

**Talk to your nutritionist for more information and helpful tips!**



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