

## Weight Gain During Pregnancy:

- Gain weight gradually during pregnancy.
- Total amount of weight you should gain during your pregnancy depends on what you weighed before you got pregnant.
- A woman at a healthy weight before pregnancy should gain 25 to 35 pounds during pregnancy.
  - 2 to 4 pounds in your first three months.
  - 3 to 4 pounds per month in your fourth through ninth month.
- The advice is different for an underweight or overweight woman. Ask your doctor or health care provider what is the right weight gain for you.

## Ways to Control Your Weight – During or After Pregnancy:

Eat fewer “extras.” Extras are the foods that are high in fat or sugar. Examples of these include:

- Soft Drinks and Whole Milk
- Candies and Desserts
- Fried or Fast Foods
- Sausage or Bacon
- Fatty Meats
- Biscuits

Increasing physical activity is another way to control weight gain. Walking or swimming for 30 minutes per day is a good way to burn extra calories. Be sure to check with your doctor before doing any physical activity.



After your baby is born wait at least six weeks before exercising. And be sure your doctor agrees it's all right, too.

## Food Safety During Pregnancy and Breastfeeding:

Protect you and your baby's health by practicing safe food handling. There are many health risks to not preparing foods properly. See the chart below for details on common risks.

Health Risk	Where is it?	How to prevent it?
<b>Listeria:</b> Bacteria that can cause stillborn birth, premature birth or severe illness or death of your newborn.	Raw meat, unpasteurized milk and milk products, deli meats, hot dogs and soft cheeses	<ul style="list-style-type: none"> <li>• Heat all foods and deli meats until steaming hot.</li> <li>• Make sure label states “Made with pasteurized milk.”</li> <li>• Don't eat foods past the expiration date.</li> </ul>
<b>Toxoplasma:</b> Parasite that might cause an infection that can be passed to your baby.	 Uncooked meats, unwashed fruits and vegetables, and in small animal feces.	<ul style="list-style-type: none"> <li>• Wash your hands after touching soil, sand, raw meat or unwashed vegetables.</li> <li>• Wash and peel all fruits and vegetables before eating.</li> <li>• Have someone else clean the animal litter box or cage. Or wear gloves if you clean it.</li> </ul>
<b>Mercury:</b> Toxic metal that can be harmful on your pregnancy or baby.	Fish 	<ul style="list-style-type: none"> <li>• Do not eat shark, swordfish, king mackerel or tile fish.</li> <li>• Limit albacore “white” tuna to 6 oz per week.</li> <li>• Eat up to 12 oz of shrimp, canned light tuna, salmon, pollock or catfish per week instead</li> </ul>

# Choose MyPlate

for Pregnant, Breastfeeding & Postpartum





# Daily Amounts During and After the Pregnancy



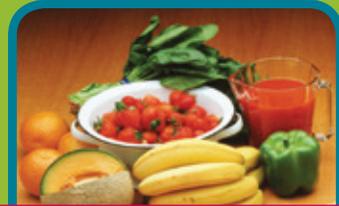
## Grain Group

Make half your grains whole



## Vegetable Group

Vary your veggies



## Fruit Group

Eat a variety of fruits



## Milk Group

Low fat is recommended



## Meat and Beans Group

Go lean with protein

Daily needs for women who are:

Pregnant

Breastfeeding

Postpartum\*  
(not breastfeeding)

Counting Cups and Ounces

	Grain Group		Vegetable Group		Fruit Group		Milk Group		Meat and Beans Group	
<b>1st Trimester</b>	6 ounces		2½ cups		2 cups		3 cups		5½ ounces	
<b>2nd and 3rd Trimester</b>	8 ounces		3 cups		2 cups		3 cups		6½ ounces	
<b>Breastfeeding Only</b>	8 ounces		3 cups		2 cups		3 cups		6½ ounces	
<b>Breastfeeding Plus Formula</b>	7 ounces		3 cups		2 cups		3 cups		6 ounces	
<b>Postpartum* (not breastfeeding)</b>	6 ounces		2½ cups		1½ cup		3 cups		5 ounces	
<b>Counting Cups and Ounces</b>	1 ounce = 1 slice bread, 1 ounce ready-to-eat cereal OR ½ cup cooked pasta, rice or cereal		1 cup = 1 cup raw or cooked vegetables or juice, OR 2 cups leafy vegetables		1 cup = 1 cup fruit or juice, OR ½ cup dried fruit		1 cup = 1 cup milk, 8 ounces yogurt, 1½ ounces cheese, OR 2 ounces processed cheese		1 ounce = 1 ounce lean meat, poultry or fish, 1 egg, ¼ cup cooked dry beans, ½ ounce nuts, OR 1 tablespoon peanut butter	

\* Information for Postpartum women is based on an 1800 calorie diet. This is for most inactive women. If you exercise 30 minutes or more per day, you may need slightly more calories.

## Extra Needs For You and Your Baby

**Folic Acid (Folate)-600 mcg:** Is a B vitamin that can help protect your unborn baby from birth defects of the brain and spinal cord. These can occur during the first weeks of pregnancy. All women during childbearing years should receive good source of folic acid daily.

### Good sources of folic acid:

Fortified cereals, dark leafy vegetables, dried beans, liver, and citrus fruit

**Iron – 27 mg:** Iron helps carry oxygen to your cells and to your baby's cells.

### Foods that contain iron:

Liver, red meats, eggs, dried beans, dark leafy vegetables, broccoli, WIC cereals and peanut butter

**Vitamin C** helps your body use the iron in foods better.

**Avoid caffeine** during pregnancy as it makes it hard for your body to use the iron.

### Caffeine is found in:

coffee, tea, sodas and chocolate

**Calcium:** Extra calcium is needed for bone development in your baby. The baby will take calcium from your bones and teeth if you don't get enough in your diet.

### Good sources of calcium:

Low-fat dairy such as milk, yogurt, pudding and cheese; collard greens, broccoli, and fortified whole grain cereals and juices

