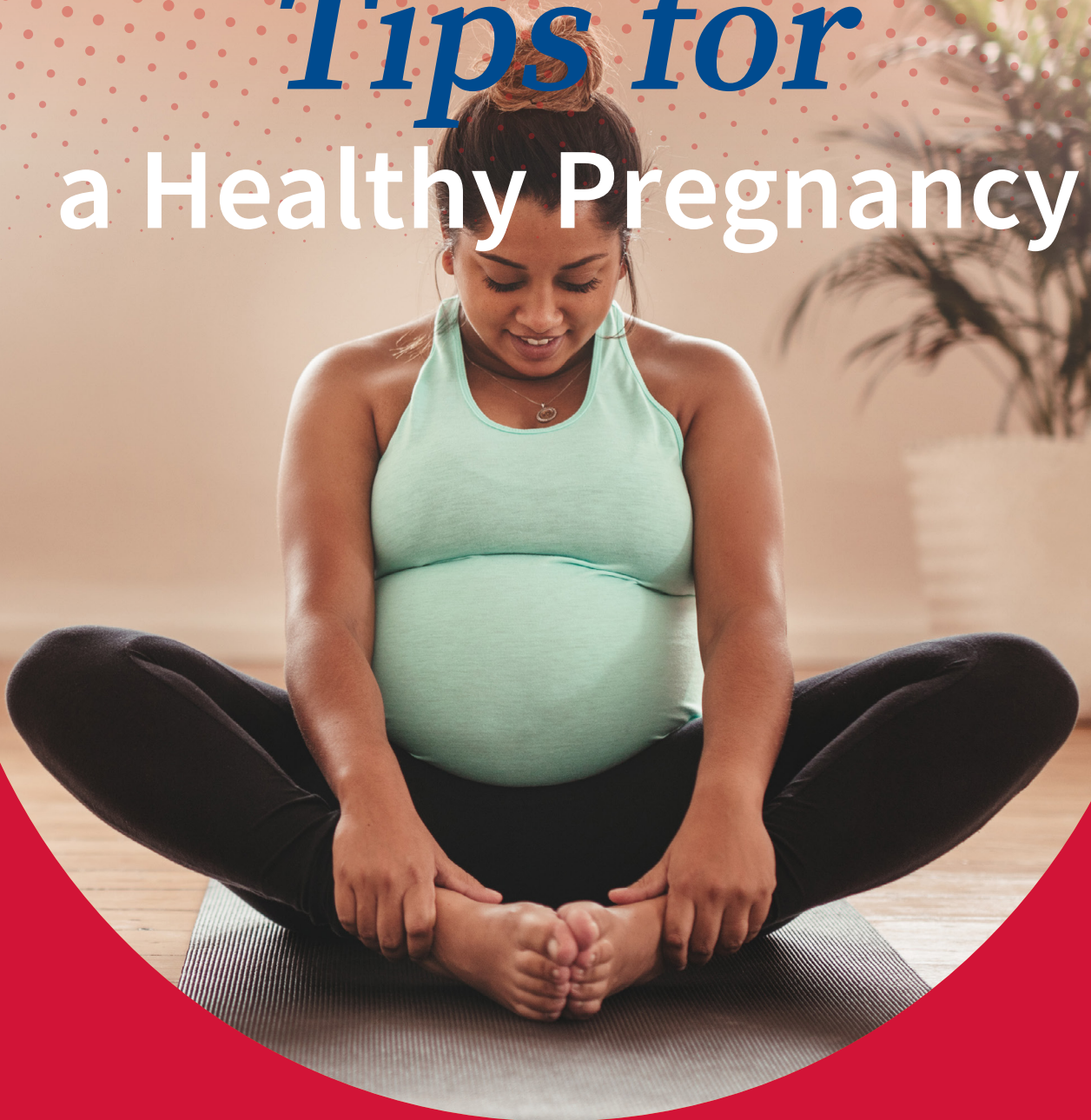


Tips for a Healthy Pregnancy



**Department of
Health**

Women, Infants, and
Children Program (WIC)

Tips for a healthy pregnancy

Dear Mom-to-be,

You want to have a healthy baby and stay healthy, too. Eating right and seeing a healthcare provider regularly can help you reach your goal. The WIC program helps you:

- ♥ Learn how to get healthcare and other services.
- ♥ Learn to make healthy food choices.
- ♥ Learn ways to keep your baby safe.
- ♥ Learn about breastfeeding.
- ♥ Get benefits to buy healthy foods.

The tips in this booklet do not replace your healthcare provider's advice. Talk with your healthcare provider at your prenatal checkups. Write down questions to ask before you go.

When you pick up your WIC benefits, you can learn more about healthy eating. WIC has nutrition sessions for you and other moms to learn, share ideas, and ask questions. We hope you enjoy taking part in the WIC program.

Sincerely,

The WIC program staff



Get prenatal care

Prenatal care is healthcare for pregnant women. A healthcare provider checks that you and your baby are healthy. Your prenatal checkups will likely include:

- ♥ One checkup each month for the first 6 months.
- ♥ Two checkups each month in the 7th and 8th months.
- ♥ One checkup each week in the 9th month.
- ♥ One checkup 6 weeks after your baby is born (postpartum).

Get prenatal care as soon as you think you are pregnant. Go to every checkup. You can learn more about your baby's growth and how your body is changing.

If you need help to pay for prenatal care, ask WIC about Healthy Start and Healthy Families Medicaid or call 1-800-324-8680 to find out more. The application can be found at <http://benefits.ohio.gov>.



Choose foods for you and your baby

- ♥ Your baby grows best when you eat right.
- ♥ Every day, eat foods from all five food groups.

<div>Grains</div> <div>6 servings</div> <div>My servings</div>	ONE SERVING IS	TIP
	1 slice bread or tortilla ½ bagel or hamburger bun ½ cup cooked rice, noodles, or cereal 1 cup flake-type cereal	Eat whole grains like: <ul style="list-style-type: none">♥ Corn or whole wheat tortillas♥ Whole wheat or rye bread♥ Brown rice♥ Oatmeal
<div>Vegetables</div> <div>5 servings</div> <div>My servings</div>	ONE SERVING IS	TIP
	½ cup chopped or cooked 1 cup lettuce or other leafy greens ½ cup vegetable or tomato juice	Eat many kinds and colors – dark green, orange, red, yellow, purple, and white. Add to scrambled eggs, rice, noodles, salads, and casseroles.
<div>Fruits</div> <div>4 servings</div> <div>My servings</div>	ONE SERVING IS	TIP
	½ cup chopped or cooked 1 fruit – apple, orange, peach ½ cup 100% fruit juice	Eat many kinds and colors – red, yellow, orange, blue, green, and white. Add sliced or chopped fruit to cereal, pancakes, pudding, and frozen yogurt.
<div>Dairy</div> <div>3 servings</div> <div>My servings</div>	ONE SERVING IS	TIP
	1 cup milk 1 cup yogurt 1 to 2 slices cheese	Buy low-fat (1%) or fat-free milk and low-fat cheese. If it is hard to drink milk, get ideas from WIC.
<div>Protein</div> <div>6 servings</div> <div>My servings</div>	ONE SERVING IS	TIP
	1 ounce of meat, chicken, turkey, or fish ¼ cup canned light tuna 1 egg ½ cup cooked beans or tofu 2 tablespoons peanut butter or nuts	A three ounce serving is the size of a deck of cards. Eat more beans. Ask WIC for recipes or visit celebrateyourplate.org . Choose lean meats. Bake, broil, or grill them.

Sample menu

Eating balanced meals will help keep you and your baby healthy. Here is a healthy meal plan for one day.

Breakfast

- ½ cup strawberries
- 1 egg scrambled with ¼ cup mushrooms and bell peppers
- 1 slice whole wheat toast
- 1 cup skim milk



Morning Snack

- Medium apple
- 2 tablespoons peanut butter

Lunch

- Sandwich with 2 slices of whole wheat bread
- 2 ounces cooked chicken breast, lettuce, and tomato
- 1 cup carrot and celery sticks
- ½ cup grapes
- 1 cup skim milk



Afternoon Snack

- 1 cup trail mix (mixed nuts, dried fruit, and granola)

Dinner

- 2 ounces roast beef
- ½ cup brown rice
- ½ cup broccoli
- 1 cup tossed salad with lite dressing
- 1 cup skim milk



Snack

- 8 ounces low-fat vanilla yogurt
- 2 graham crackers

Total servings for sample menu: 4 fruits, 5 vegetables, 6 grains, 6 protein and 4 dairy.

Snack smart

When you want a snack, choose one of these:

- ♥ Grapes
- ♥ Low-fat milk
- ♥ Apple slices or banana with peanut butter
- ♥ Cottage cheese
- ♥ Cheese slice on whole wheat tortilla
- ♥ Celery and carrot sticks
- ♥ Nuts and raisins
- ♥ Low-fat yogurt
- ♥ Tomato juice
- ♥ Hard-boiled egg
- ♥ WIC cereal



Fast food tips

Choose these	Do not choose these
Grilled chicken sandwich	Crispy chicken or chicken nuggets
Single hamburger or cheeseburger	Double or triple hamburgers or cheeseburgers
Side salad	French fries
Pizza topped with vegetables	Pizza topped with pepperoni, sausage, extra cheese
Baked potato	Loaded baked potato
Fruit	Dessert
Water, low-fat milk, or 100% juice	Soda pop or sweet tea

Mini-meals

If you don't feel like eating, try a mini-meal.
Pick a food from each group. You decide how much.
Example: Cold cereal + Low-fat Milk + Apple

GROUP 1	GROUP 2	GROUP 3
Bagel	Cheese	Apple
Baked potato	Cottage cheese	Banana
Whole-grain bread	Frozen yogurt	Grapes
Cold cereal	Low-fat milk	Melon
Crackers*	Milkshake	Orange
English muffin	Pudding	Peach
Graham crackers	Yogurt	Pineapple
Hamburger bun*	Beans/peas/lentils	Raisins
Noodles	Cooked chicken	Strawberries
Noodle soup	Cooked meat	Broccoli
Oatmeal or grits	Egg, hard-boiled	Carrots
Pita bread	Egg salad	Green peppers
Raisin bread	Egg, scrambled	Raw spinach
Brown rice	Hamburger	Tomato
Roll*	Nuts (like walnuts)	Green beans
Tortilla*	Peanut butter	Vegetable soup



*Make half of your grains whole grains.

Food safety tips

- ♥ Wipe countertops before preparing food.
- ♥ Wash your hands with soap and water before you prepare or eat food.
- ♥ Wash vegetables and fruit with water before slicing, cooking or eating.
- ♥ Cook eggs, meat, chicken, turkey, fish, and seafood to the well-done stage. Use a meat thermometer.
- ♥ Cook hot dogs, or heat cold cuts and deli meats like bologna, salami, or ham until steaming hot before eating.
- ♥ If you eat fish more than once a week, ask WIC or your healthcare provider for more information.

Some foods can make you sick or hurt your baby.

Do not eat:

- ♥ Tilefish, swordfish, king mackerel, or shark.
- ♥ Raw oysters or fish like sushi or sashimi.
- ♥ Rare or raw meat, chicken or turkey.
- ♥ Deli meat spreads or patés.
- ♥ Raw or soft-cooked eggs.
- ♥ Feta, blue-veined, Brie, or Mexican-style (queso blanco or queso fresco) cheeses.
- ♥ Unpasteurized (raw) milk or cheese.
- ♥ Unpasteurized juice or cider.
- ♥ Raw sprouts, like alfalfa sprouts.
- ♥ Homemade sauces made with raw eggs like Caesar dressings or mayonnaise.
- ♥ Uncooked cookie or cake batters.



What about vitamins?

Your healthcare provider will tell you to take a prenatal vitamin. It has extra iron and folic acid to help your baby grow. Take the pill with water. If it is hard to take, talk with your healthcare provider. Do not take any other vitamins unless approved by your healthcare provider.

Keep your teeth healthy

To keep your teeth and gums healthy, be sure to:

- ♥ Brush your teeth and tongue with fluoride toothpaste at least two times a day.
- ♥ Floss your teeth at least once a day.
- ♥ Drink water or low-fat milk instead of juice, fruit flavored drinks, or soda pop.
- ♥ Get a dental checkup.

Use a soft-bristled toothbrush. Brush gently. If your gums bleed when you brush or floss, tell your healthcare provider. Most dental work is safe throughout pregnancy.



Be active for a healthy body

Your body stays fit when you move it.

If your healthcare provider says it is okay, try to keep active. Walking and swimming are two great ways to get exercise. This will help you:

- ♥ Have more energy and feel less tired.
- ♥ Sleep better.
- ♥ Work off stress.
- ♥ Tone your muscles.
- ♥ Have better posture.

Find time to be active for 30 minutes a day.
You can break the time up like this:

- ♥ Walk 10 minutes in the morning.
- ♥ Walk 10 minutes after lunch.
- ♥ Walk 10 minutes after dinner.



Weight gain

You need to gain weight to help your baby grow.

Before pregnancy, you were:	Recommended weight gain
Underweight:	28-40 pounds
Normal weight:	25-35 pounds
Overweight:	15-25 pounds
Obese:	11-20 pounds

Ask your healthcare provider how much weight you should gain.

First trimester weight gain should be 1-4 pounds for a single pregnancy.

After the 3rd month, expect to gain about ½ to 1 pound a week.

To keep a steady weight gain:

- ♥ Eat when you feel hungry.
- ♥ Choose healthy foods to eat.
- ♥ Drink water when you get thirsty.
- ♥ Keep active by walking.

If your weight gain is:

- ♥ Just right? Congratulations.
- ♥ Too little or too much? It can be harmful to you and your baby.

Notes



Keep your baby safe

Don't smoke.

If you smoke, your baby:

- ♥ May be born too small or too sick to live.
- ♥ May be at risk for sudden infant death syndrome (SIDS)
- ♥ May be at risk for lung problems like asthma.
- ♥ May be at risk for more colds and ear infections.
- ♥ May have behavioral issues and decreased intelligence



Get help to cut back or quit.

Talk with your healthcare provider or call the Ohio Tobacco Quit Line at 1-800-QUIT-NOW.

Don't drink beer, wine, liquor, or mixed drinks.

If you drink, your baby:

- ♥ May be born with birth defects.
- ♥ May have health or learning problems for life.

Even a drink once in a while could hurt your baby. **Get help to quit.** Talk with your healthcare provider or call Ohio Department of Mental Health and Addiction Services (OhioMHAS) 1-877-275-6364 or check the website:

www.mha.ohio.gov.

Do not use:

- Crack/cocaine - PCP or Angel Dust
- Speed or uppers - LSD
- Downers - Bath salts
- Heroin - Meth
- Marijuana - Any illegal drug

Don't use drugs.

If you use drugs, your baby:

- ♥ May be born too small or too sick to live.
- ♥ May be born with birth defects.
- ♥ May have health or learning problems for life.

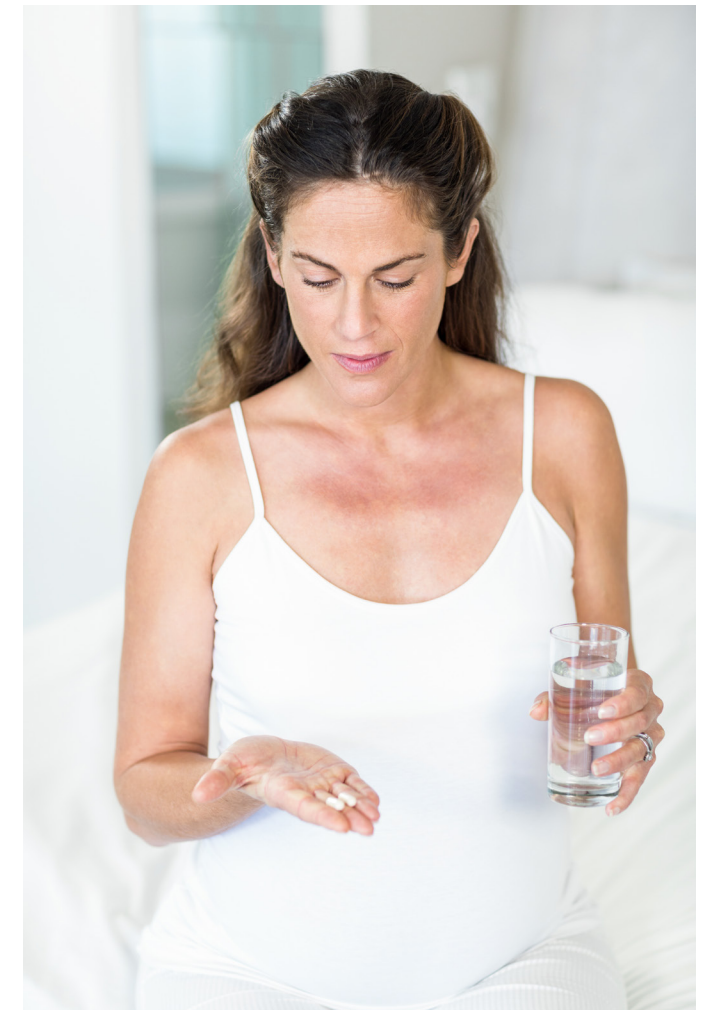
Get help to quit. Talk with your healthcare provider or call OhioMHAS 1-877-275-6364.

Don't take medicine without your healthcare provider's OK

Before you take any medicine, ask your healthcare provider if it is safe for your baby. Let your healthcare provider know about all the medicines you take. Any medicine – even aspirin, laxatives, pain pills, or cold tablets – could hurt your baby.

Don't take herbal supplements or drink herbal teas.

Some herbs might hurt your baby. If you take herbs or drink herbal teas, ask your healthcare provider if it is safe.



Pregnancy discomforts

Your body changes when you are pregnant. You might feel sick (morning sickness) to your stomach the first 3 or 4 months. Some smells and foods might make you throw up.

If you feel sick...

- ♥ Open the window to let fresh air in and stale air out.
- ♥ Get up slowly when you wake up.
- ♥ Stay away from smells that make you sick.
- ♥ Eat cold foods if the smell of food makes you sick.
- ♥ Eat any food that stays down.
- ♥ Eat small amounts of food every one to two hours.
- ♥ Drink liquids, but take small sips.

Even if you feel sick, you still need food and liquids.

Seek medical attention if you:

- ♥ Cannot stop vomiting.
- ♥ Have dark urine.
- ♥ Feel dizzy and weak.



As your baby grows, you might get an upset stomach when you eat. It might be hard to move your bowels (constipation). Talk to your healthcare provider if you get these problems. Do not take medicine unless your healthcare provider says to. Here are some tips:

If you have heartburn ...

(Indigestion)

- ♥ Eat 5 to 6 small meals, not 2 or 3 large ones.
- ♥ Eat less fried or greasy foods.
- ♥ Eat less spicy foods.
- ♥ Drink small sips of water with your meals.
- ♥ Don't drink sodas, coffee, or tea with caffeine.
- ♥ Walk after you eat.

If you can't move your bowels:

- ♥ Eat high-fiber foods like
 - 🌾 Vegetables
 - 🌾 Fruit
 - 🌾 Beans
 - 🌾 Whole-grain cereal
 - 🌾 Whole-wheat bread and crackers
 - 🌾 Whole-wheat noodles
 - 🌾 Brown rice
 - 🌾 Corn tortillas
- ♥ Drink plenty of fluids like water.
- ♥ Walk after you eat.



Give your baby the best start by breastfeeding

Breastfeeding is the natural way to feed your baby.

- ♥ Breast milk has the right ingredients in the right amounts to give your baby a healthy start. It is all your baby needs for the first 6 months.
- ♥ Breast milk is easy to digest and changes every day to meet baby's needs. Bowel movements are softer and easier to pass.

Breastfeeding is good for mom, too.

- ♥ Mother's milk is always ready and at the right temperature.
- ♥ It helps you relax and feel close to your baby.
- ♥ Moms feel proud that their babies grow as a result of something only they can do.



Did you know?

Babies who do not get breast milk have more:

- ♥ Allergies and asthma.
- ♥ Illnesses and hospital stays.
- ♥ Earaches and colds.
- ♥ Diarrhea and constipation.
- ♥ Tooth decay.
- ♥ Vision problems.

Moms who do not breastfeed their babies may:

- ♥ Bleed longer after giving birth.
- ♥ Take longer to get back into shape.
- ♥ Have a higher risk for some types of cancers.
- ♥ Have weaker bones as they get older.



Breastfeeding basics

♥ Nursing should not hurt.

Your breasts might be tender for a few days, but this should pass. Learning the right way to put the baby to breast helps prevent problems. If you have discomfort, ask for help.

♥ A mom can make all the milk her baby needs.

How much milk you make depends on how often your baby nurses, not on the size of your breasts. The more your baby nurses, the more milk you make.

♥ Nursing will not make breasts sag.

Breasts change due to pregnancy.

♥ Nursing involves the whole family.

Family members and friends can help take care of mom and baby. They can help with cooking and cleaning and bath, play, and cuddle time. Moms and babies need lots of love and support.

♥ Moms who nurse can eat their favorite foods.

Your diet does not have to be perfect, and you do not have to avoid any foods.

♥ Babies can be nursed anywhere.

WIC staff can teach you ways to feel comfortable when nursing around others.

♥ Moms can nurse if they go back to work or school.

You can:

- ✂ Have the baby brought to you for feeding.
- ✂ Pump breast milk for feeding your baby.
- ✂ WIC staff can share tips to make breastfeeding work for you.

♥ Moms can nurse if the baby was born by C-section.

The surgery and pain medicine do not affect how much milk is made.

♥ Most over-the-counter and prescription drugs are safe while nursing.

Ask your healthcare provider before taking any medicines including birth control.

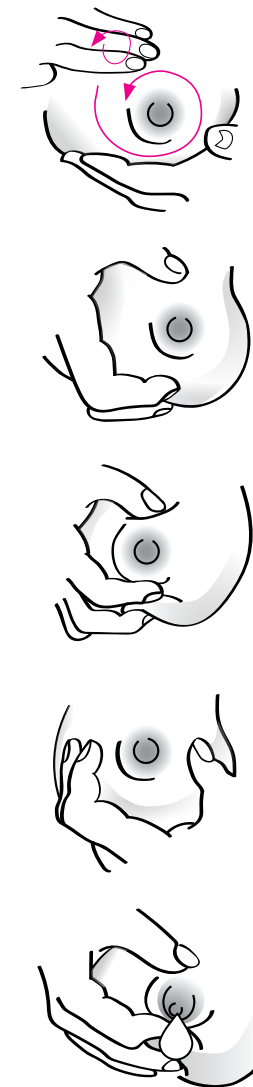


Hand expression

Hand expression can be used instead of a pump to relieve pressure, help baby latch, and collect milk.

How to hand express:

1. Sit up and lean forward slightly.
2. Gently massage your breast for a few minutes.
3. Place your thumb and index finger an inch away from your nipple in the shape of a C.
4. Press back into your breast. Gently and firmly squeeze together toward nipple, release, and repeat. **Do not** expect to see milk right away.
5. Keeping your fingers in a C shape, rotate your hand around your breast and repeat step 4.
6. If expressing to relieve discomfort or latch problems related to breast fullness, hand express until breast has softened. For milk collection, continue this process for 10 minutes, or until milk flow slows, and use a clean container to collect milk.



Make time for yourself

Being pregnant is hard work. At times you may feel tired and grumpy. You might even feel sad. Find time to relax and get some rest. If you feel overwhelmed, get help.

- ♥ Ask for help from family and friends.
- ♥ Find someone to talk to.
- ♥ Call the Ohio Department of Mental Health and Addiction Services (OhioMHAS) at 1-877-275-6364 or check the website: www.mha.ohio.gov.

Adapted from Maryland WIC 's Tips for a Healthy Pregnancy

This institution is an equal opportunity provider.

Notes

