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*Loving Your Baby
Before She Is Born*





Congratulations on your pregnancy!
You have been given a wonderful gift. Begin loving your baby now by making healthy choices while you are pregnant.

A healthy pregnancy is the best gift you can give your baby. A healthy pregnancy begins with eating the right foods.

The information in this handout can help you:

- Grow a strong and healthy baby.
- Keep your body strong and healthy while you are pregnant.
- Gain the right amount of weight during your pregnancy.
- Keep your baby safe inside of you.

You can make a difference now by eating well and staying safe to help give your baby a good start in life.

Make half your grains whole

Grains are full of healthy vitamins and minerals like:

- **Folate** to help protect your baby from certain birth defects like spina bifida.
- **Fiber** to help you go to the bathroom if you are constipated and keep you regular.
- **Iron** to boost your baby's brain power.

You need to eat at least 6 ounces of grains every day. One slice of bread, one cup of cereal, or ½ cup of cooked rice, pasta, or cereal all are about one ounce each.

Choosing “whole” grains is especially healthy! Try to eat at least 3 ounces of whole grains every day.

Tips To Help You Eat Whole Grains

1. Look for the word “whole” before the grain name on the list of ingredients.
2. Eat 100% whole wheat bread instead of white bread.
3. Try whole-wheat pasta for dinner.
4. Choose brown rice instead of white rice.
5. Snack on ready to eat, whole grain cereals such as toasted oats or shredded wheat.
6. Popcorn, a whole grain, can be a healthy snack with little or no added salt or butter.



Vary your veggies

Vegetables help keep you and your baby healthy by:

- Lowering the risk for Type II Diabetes
- Lowering the risk for heart disease
- Protecting you from certain types of cancer
- Lowering your baby's risk of being born with a certain type of birth defect

You need to eat at least 2 ½ cups of vegetables every day.

Vary your veggie colors! Eat plenty of dark green vegetables like broccoli and spinach. Eat more orange vegetables like carrots and sweet potatoes.

Did you know that beans are a vegetable too? Eat plenty of dry beans and peas like pinto beans, kidney beans, and lentils.

Add Veggies To Your Meal

1. Plan some meals around a vegetable main dish like vegetable stir-fry or vegetable soup.
2. Try a salad for lunch.
3. Shred carrots or zucchini into meatloaf, casseroles and stews.
4. Put chopped vegetables in sauces.
5. Add veggies to your pizza like mushrooms, green peppers and onions.
6. Add salsa, lettuce, tomatoes or other veggies to tacos, burritos, hamburgers and sandwiches.

Focus on fruits

Fruit is filled with vitamins like:

- Vitamin C to help keep your teeth and gums healthy
- Folate to help protect your baby from being born with a certain type of birth defect
- Vitamin A to help develop eyesight and healthy skin

You need to eat at least 2 cups of fruit every day.

Snack On Fruit

1. Cut-up fruit makes a great snack! Also try whole fresh berries or grapes.
2. Dried fruits also make a great snack. They are easy to carry and store well. Keep a package of dried fruit in your desk or purse. Some fruits that come dried are apricots, apples, pineapple, bananas, figs, dates, cranberries, prunes, and raisins.
3. Spread peanut butter on apple slices.
4. Top yogurt with fresh berries.
5. Frozen fruit bars (100% fruit juice) make a healthy snack.
6. Make a fruit smoothie. Blend 100% fruit juice, milk, ice, and fresh or frozen fruit.

Nutrition Facts

Total Fat	5g	8%
Cholesterol	25mg	8%
Sodium	130mg	8%

Protein	10g	Vitamin A	10%	Vitamin C	4%	Iron	0%
		Calcium	35%	Vitamin D	25%		

INGREDIENTS: Milk, Skim Milk, Vitamin A Palmitate, Vitamin D3

Keep Refrigerated 36 to 40



Get your calcium-rich foods

Milk and milk products are full of calcium. Your baby needs calcium to build healthy bones and teeth. Give your baby calcium by eating plenty of foods with calcium while you are pregnant.

Milk and milk products include foods like cheese, yogurt, and desserts such as ice cream and pudding made with milk.

You need 3 cups of milk or milk products every day. 8 ounces of yogurt, 1½ ounces of cheese, and 1/3 cup of shredded cheese all equal to about 1 cup of milk.

Go low-fat or fat-free when you choose milk, yogurt, and other milk products!

Tips For Making Wise Choices

1. Drink milk with meals. Choose fat-free (skim) or low-fat (1%) milk.
2. If you usually drink whole milk, switch slowly to fat-free (skim) milk. Try reduced fat (2%) milk, then low-fat (1%) milk, and then finally fat-free (skim) milk.
3. Add fat-free (skim) or low-fat milk (1%) instead of water to oatmeal and other hot cereals.
4. Have a fat-free or low-fat yogurt as a snack.
5. Make a dip for fruits and vegetables with yogurt.
6. For dessert, make chocolate pudding with fat-free (skim) or low-fat (1%) milk.
7. Top casseroles, soups, stews, or vegetables with shredded low-fat cheese like part-skim mozzarella cheese.

If you have problems tolerating milk, please ask your WIC staff about lactose-free milk.

Go Lean With Protein

Beans, also a vegetable, and meat are full of protein and iron. You need protein and iron while you are pregnant so that you can give your baby a healthy start.

Protein will help your body stay strong to grow your baby. Iron helps make blood strong. When you are pregnant, you need extra iron so your baby is born healthy.

You need 5½ ounce of protein foods every day. You can choose meat, chicken, fish, eggs, beans, peas, peanut butter, nuts or seeds. 1 ounce is equal to 1 ounce of meat, chicken or fish, 1 egg, 1 tablespoon peanut butter, ½ ounce (or 1½ tablespoons) nuts and ¼ cup dried beans.

Keep It Lean

1. Trim away the fat from meat and chicken before cooking.
2. Broil, grill, roast, poach, or boil meat, chicken, or fish instead of frying.
3. Drain off any fat you can see during cooking.
4. Use little or no breading on your meat, chicken, or fish.
5. Cook dry beans and peas without a lot of added fat such as butter, shortening, or lard.





Fats

Fats in the form of oil can be a healthy part of your diet while you are pregnant when you use them in small amounts. Some oils have healthy fats and Vitamin E, which will help your baby grow healthy and strong.

Healthy oils you can use are:

- Canola
- Olive

Unhealthy fats should only be included in your diet occasionally. These include:

- Vegetable oils
- Fried foods like French fries, fried chicken, fry bread
- Chips
- Whole milk and other whole dairy products

Sugars

Eating too much sugar can make you gain too much weight and takes the place of healthy foods. Excess sugar can cause extra weight gain or you to eat less of the healthy foods.

Enjoy small amounts of sugar with your healthy foods:

- Enjoy low-fat puddings, gelatins, graham crackers or fruit salads for dessert
- Eat smaller portions of your favorite desserts. Share with a friend!
- Limit soda and other sugary beverages
- Eat only one or two small portions of sweets
 - 1-2 small oatmeal or peanut butter cookies
 - ½ cup or 1 scoop ice cream

Growing A Healthy Baby Means Gaining the Right Amount of Weight While You Are Pregnant

The amount of weight you should gain depends on your weight before pregnancy.

IF YOU ARE:

YOU SHOULD GAIN ABOUT:

Underweight	28 – 40 pounds
Healthy weight	25 – 35 pounds
Overweight	15 – 25 pounds

In the first 3 months of pregnancy you should gain only a little weight.

- If you were a healthy weight before pregnancy you should gain about 3-4 pounds.
- If you were overweight before pregnancy you should gain about 2-3 pounds.

In the last 6 months of pregnancy you should gain more weight.

- If you were a healthy weight before pregnancy you should gain about 1 pound every week.
- If you were overweight before pregnancy you should gain about ½ -1 pound every week.

The weight you gain during pregnancy helps your baby grow. The weight goes not only to your baby, but to other parts of your body.

Baby	7 ½ pounds
Placenta	1 ½ pounds
Amniotic Fluid	2 pounds
Mother's breasts	2 pounds
Mother's uterus	2 pounds
Mother's body fluids	4 pounds
Mother's blood	4 pounds
Mother's extra stores of fat, protein, and other nutrients	7 pounds
<i>(only needed if you are underweight or a healthy weight)</i>	

TOTAL 30 pounds



You can protect your baby even before she is born.

Keep It Safe To Eat:

- Wash your hands before and after you prepare or eat food. Wash your hands after you use the bathroom.
- Don't leave cooked foods at room temperature for more than 2 hours. Refrigerate or freeze leftovers soon after you are done eating.
- Separate raw, cooked, and ready to eat foods.
- Rinse raw fruits and vegetables under running water before eating.
- Wash all utensils, dishes, counter tops, and cutting boards with hot soapy water.

These foods can hurt your baby while you are pregnant:

- Unpasteurized cheeses such as Mexican style soft cheeses like asadero and queso blanco, brie, camembert and feta or other goat cheeses. Look on the label for the word pasteurized.
- Unpasteurized (raw) milk
- Certain types of fish such as swordfish, shark, king mackerel, and tilefish
- Raw or undercooked meats, chicken, eggs, and fish
- Hotdogs or luncheon meats unless you reheat them steaming hot

If you have morning sickness, try these ideas:

- Eat 5 or 6 small meals throughout the day. Never go for long periods without food.
- Try bland foods like crackers or dry toast before you get out of bed in the morning. It may help to leave them by your bedside.
- Chew gum or suck on peppermint candies.
- Add fresh ginger root to tea.
- Drink plenty of water.
- Take your prenatal vitamin with food.
- Make sure you tell your doctor how you are feeling.

ALWAYS REMEMBER TO TAKE YOUR PRENATAL VITAMIN EVERY DAY!

WHAT I WILL DO FOR MY BABY:

Write down one thing that you will try to change in the way you eat while you are pregnant.

