






# EATING FOR YOU AND YOUR BABY

Your baby grows best when you eat healthy foods. Limit fats and sugars in your diet to help you gain just the right amount of weight. The right weight gain depends on your weight when you became pregnant. Your doctor and WIC staff will talk to you about what is best for you. Your recommended amount of weight gain is \_\_\_\_\_ pounds. It is best to gain weight gradually. For most, this means gaining 1 to 4 pounds during the first 3 months and then 2 to 4 pounds each month from the 4th to the 9th month.

Food Group	1 <sup>st</sup> Trimester	2 <sup>nd</sup> & 3 <sup>rd</sup> Trimesters	What counts as 1 cup or 1 ounce?
Eat this amount from each group daily.*			
Fruits 	2 cups	2 cups	1 cup fruit or 100% juice ½ cup dried fruit
Vegetables 	2 ½ cups	3 cups	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables
Grains 	6 ounces	8 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice or cereal
Protein Foods 	5 ½ ounces	6 ½ ounces	1 ounce lean meat, poultry or seafood ¼ cup cooked beans ½ ounce nuts or 1 Tbsp. peanut butter 1 egg
Dairy 	3 cups	3 cups	1 cup milk 8 ounces yogurt 1 ½ ounces natural cheese 2 ounces processed cheese

\*If you are not gaining weight or gaining too slowly, you may need to eat a little more from each food group. If you are gaining weight too fast, you may need to cut back by decreasing the amount or change the types of food you are eating.



## BEING PHYSICALLY ACTIVE

Unless your doctor tells you not to be physically active, include 2 ½ hours each week of physical activity such as walking, jogging or swimming. This could be done 10 minutes at a time throughout the week. Avoid activities with a high risk of falling or injury.

## SEAFOOD

Seafood is part of a healthy diet. Omega-3 fats in seafood can have important health benefits for you and your developing baby. Eat 8-12 ounces of a variety of seafood each week from choices that are lower in mercury. (Examples: salmon, sardines, trout or light canned tuna).

## HEALTHY PREGNANCY TIPS

- Make half your plate fruits and vegetables
- Make at least half your grains whole grains
- Move to low-fat or fat-free milk, yogurt or cheese
- Go to all of your doctor appointments
- Drink several glasses of water every day
- Take your prenatal vitamin and any other medicine or vitamin/supplements your doctor recommends
- Stop smoking and ask others not to smoke around you
- Avoid beer, wine, liquor and illegal drugs

## WHERE DOES THE PREGNANCY WEIGHT GO?

- Baby . . . . . 7 – 7 ½ lbs.
- Amniotic fluid . . . . . 2 lbs.
- Placenta . . . . . 1 - 2 lbs.
- Uterus . . . . . 2 lbs.
- Maternal blood . . . . . 3 lbs.
- Breasts . . . . . 1 lbs.
- Maternal fluid, fat & other tissues . . . 9 - 17 lbs.

## FOR MORE INFORMATION

Talk to your local WIC agency staff. For contact information, call 515-281-6650, or visit <http://hhs.iowa.gov/wic/how-to-apply> or [www.signupwic.com](http://www.signupwic.com).



Adapted from USDA's Tips for Pregnant Moms FNS-451 December 2016.  
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