

EAT  
GROW  
LIVE

# HEALTHY



TIPS FOR A HEALTHY PREGNANCY



INDIANAWVIC

# CONGRATULATIONS!

You're pregnant! Pregnancy is a time of hoping, dreaming . . . and waiting! But you don't have to wait until your baby is born to start caring for him. Start now by eating right and getting regular health care to feel your best and help your baby be healthy. The WIC program is here to help. Welcome to WIC!

WIC is a nutrition program that stands for Women, Infants and Children. WIC offers nutrition education for you to learn about good nutrition for you and your baby. The WIC program can help you:

- Buy healthy foods
- Learn about breastfeeding
- Make smart food choices for you and your family
- Get health care and other services
- Learn how to keep your baby safe

This booklet offers tips to help you give your baby the best start in life—but does not replace your doctor's advice. Talk with your doctor at your prenatal check-ups about your questions and concerns.

**NEXT STEPS/GOALS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## PRENATAL CARE: GETTING THE BEST CARE FOR BABY AND YOU

Seeing your doctor while you are pregnant is called “prenatal care.” It's important to get prenatal care as soon as you think you're pregnant. Your doctor will give you a schedule of prenatal check-ups: it's important to go to every appointment.

At each visit, your doctor will check your health and how your baby is growing. You'll also learn how to have a healthier pregnancy and how your body will change. Talk with your doctor about any concerns you have throughout your pregnancy. If you need help to pay for or find prenatal care, ask your local WIC office how to get help or call the MCH Moms Helpline at 1-844-624-6667.



# CHOOSE FOODS FOR YOU AND BABY, TOO.

FOOD GROUPS PER DAY:		1ST TRIMESTER (UP TO 13 WEEKS) 2000 CALORIES	2ND AND 3RD TRIMESTER (14 WEEKS TO DELIVERY) 2200-2400 CALORIES	WHAT COUNTS AS ...	TIPS
<b>GRAINS</b>		6 oz.	7-8 oz.	<b>1 OUNCE OF GRAINS?</b> <ul style="list-style-type: none"> <li>• 1 slice bread or tortilla</li> <li>• ½ bagel or hamburger bun</li> <li>• ½ cup cooked rice, noodles, or cereal</li> <li>• 1 cup flake-type cereal</li> </ul>	Eat whole grains like: <ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Whole wheat or rye bread</li> <li>- Brown rice</li> <li>- Corn tortillas</li> </ul>
<b>VEGETABLES</b>		2½ cups	3 cups	<b>½ CUP OF VEGGIES?</b> <ul style="list-style-type: none"> <li>• ½ cup raw or cooked</li> <li>• 1 cup lettuce or other leafy greens</li> <li>• ½ cup vegetable or tomato juice</li> </ul>	<ul style="list-style-type: none"> <li>• Eat many kinds and colors: dark green, orange, red, yellow, purple, and white.</li> <li>• Add to: scrambled eggs, rice, noodles, salads, and casseroles.</li> </ul>
<b>FRUITS</b>		2 cups	2 cups	<b>½ CUP OF FRUIT?</b> <ul style="list-style-type: none"> <li>• ½ cup raw or cooked</li> <li>• 1 small piece fruit - orange or peach</li> <li>• ½ cup 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• Eat many kinds and colors: red, yellow, orange, blue, green, and white.</li> <li>• Put sliced or chopped fruit on cereal, pancakes, pudding, and frozen yogurt.</li> </ul>
<b>DAIRY</b>		3 cups	3 cups	<b>1 CUP OF DAIRY?</b> <ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup yogurt</li> <li>• 1½ oz. natural cheese like cheddar</li> </ul>	<ul style="list-style-type: none"> <li>• Buy lowfat (1%) or fat free milk and low fat cheese.</li> <li>• If it is hard to drink milk, get ideas from WIC.</li> </ul>
<b>PROTEIN</b>		5½ oz.	6-6½ oz.	<b>1 OUNCE OF PROTEIN FOODS?</b> <ul style="list-style-type: none"> <li>• 1 ounce meat, chicken, turkey, or fish</li> <li>• ¼ cup canned light tuna</li> <li>• 1 egg</li> <li>• ¼ cup cooked beans or tofu</li> <li>• 1 tablespoon peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• A 3 ounce serving is the size of a deck of cards.</li> <li>• Eat seafood twice a week up to 12 ounces.</li> <li>• Choose lean meats. Bake, broil, or grill them.</li> </ul>
<b>OILS</b>		6 tsp	6 tsp	<b>1 OUNCE OF OILS?</b> <ul style="list-style-type: none"> <li>• 1 tsp canola, soybean, or olive oil</li> <li>• 1¼ tsp mayonnaise</li> <li>• 1¼ tsp tub margarine</li> </ul>	<ul style="list-style-type: none"> <li>• Choose soft margarine with zero trans fat listed on the label.</li> </ul>

Based on average height of 5'4", pre-pregnancy weight of 126 pounds, and age of 20. Use the MyPlate Checklist Calculator found at [www.choosemyplate.gov](http://www.choosemyplate.gov) for recommendations specific to your height, weight and age.

## BREAKFAST

Scrambled eggs with tomato or salsa and avocado  
Whole-wheat toast  
Apple slices  
Milk

## MORNING SNACK

Celery and whole-grain crackers with peanut butter  
Vegetable juice

## LUNCH

Chili with WIC beans and grated cheese  
Cornbread or corn tortilla  
Broccoli  
Grapes or strawberries  
Low-fat milk

## AFTERNOON SNACK

Cucumber and carrots with hummus dip  
Yogurt and graham crackers

## DINNER

Spinach salad with croutons, oil and vinegar  
Baked fish or chicken  
Baked sweet potato  
Garlic bread  
Orange slices  
Water

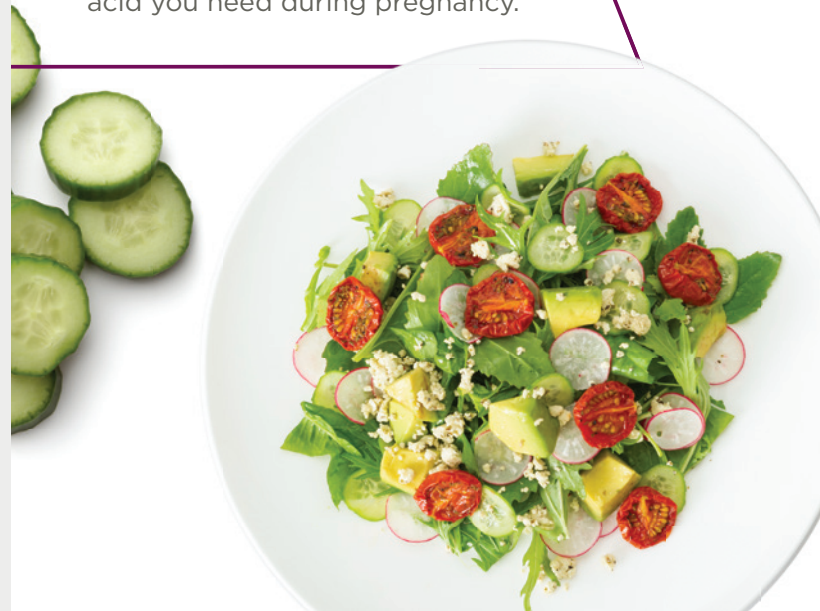
## BEDTIME SNACK

WIC cereal with low-fat milk and peaches



# SAMPLE MENU

Eating regular meals with two to three snacks is good for you and your baby. This will help you get the extra calcium, iron, and folic acid you need during pregnancy.



## SUPER SNACKS

Choose snacks from the five food groups. If you don't feel like eating or sitting down to a big meal, try a mini meal. Combine two or three snack ideas to make a mini meal.

### Some ideas:

- Apple slices or banana with peanut butter
- Cheese slice on whole-wheat toast
- Low-fat chocolate milk
- Pudding made with low-fat milk
- Carrot sticks with low-fat dip
- Tomato or vegetable juice
- Smoothie made with yogurt and frozen fruit
- Hard cooked egg
- Vanilla yogurt with berries
- WIC cereal and milk

### These smart snacks travel well in a purse or tote bag:

- Apple, grapes, or orange
- Nuts and raisins
- Fruit cup (bring a spoon)
- Whole-wheat or graham crackers

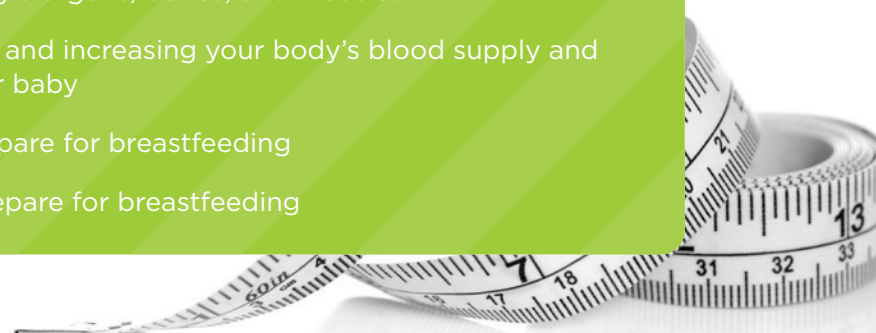
## FAST FOODS TIPS:

**On the go?** Here are some healthier choices at fast food restaurants:

- Single hamburger or cheeseburger
- Bean burrito
- Grilled chicken sandwich
- Salad with grilled chicken or a side salad
- Pizza topped with green peppers, tomatoes, and mushrooms
- Toasted sub sandwich on whole-grain bread with turkey breast, roast beef, or roasted chicken
- Baked potato with chili or vegetables
- Yogurt parfait with fruit
- Water, low-fat milk, or 100% juice

## THE WEIGHT YOU GAIN DURING PREGNANCY IS NEEDED FOR:

- Developing your baby's organs, bones, and muscles
- Building more tissue, and increasing your body's blood supply and fluids to nourish your baby
- Breast growth to prepare for breastfeeding
- Storing energy to prepare for breastfeeding



Your Pre-Pregnant Weight	How Much You Should Gain During your Whole Pregnancy?	How Much You Should Gain in the Second and Third Trimester?
UNDERWEIGHT	28-40 pounds	1 to 1½ pounds per week
HEALTHY WEIGHT RANGE	25-35 pounds	About 1 pound per week
OVERWEIGHT	15-25 pounds	½ to ¾ pound a week
VERY OVERWEIGHT	11-20 pounds	Up to about ½ pound per week

**During the first trimester, you only need to gain 1 to 4½ pounds.**

Source: The Institute of Medicine Weight Gain Recommendations for Pregnancy

If you're having twins or triplets, you will need to gain more; talk with your doctor.

## FOLLOW YOUR WEIGHT GAIN THROUGHOUT YOUR PREGNANCY

Fill in the table below to track the amount of weight you are gaining during your pregnancy. If you feel you are gaining too much or not enough weight, talk to your doctor or WIC nutritionist.

*Pre-pregnacy Weight:* \_\_\_\_\_

*Weight gain goal:* \_\_\_\_\_

Weeks of Pregnancy	Today's Date	Today's Weight	Amount of Weight Gain

## GET MOVING FOR BIG BENEFITS

**Your body stays fit when you move it.** If your doctor says it is okay, try to keep active. Walking and swimming are two good ways. Staying active can:

- Give you more energy
- Help you sleep better
- Boost your mood
- Tone your muscles
- Improve your posture

**Find time to be active for 30 minutes every day.**

You can break it up like this:

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



## HEALTHY SMILE: HEALTHY BABY

Follow these tips to keep your teeth and gums—and your baby—healthy:

- Brush your teeth (and tongue) gently at least twice a day with toothpaste and a soft-bristle toothbrush.
- Floss your teeth daily.
- Limit sugary drinks and sweets.
- Schedule a dental check-up and cleaning. Be sure to tell your dentist that you're pregnant.
- If your gums are painful or bleed a lot, or if you have bad breath that won't go away, see your dentist right away.

## WHAT ABOUT VITAMINS?

A prenatal vitamin is a pill with extra iron and folic acid to help your baby grow. Take this vitamin as directed by your doctor. Do not take other vitamins without your doctor's recommendation.





## KEEP FOOD SAFE

Food safety is important during pregnancy. When you're pregnant, you're more likely to get sick from food that is not handled properly.

Listeria is a harmful bacteria that can survive in the refrigerator. That is why you should avoid unpasteurized cheeses and foods from the deli, unless they are heated. Getting infected with listeria is more dangerous when you're pregnant—it can lead to miscarriage, premature delivery, and even death of a baby.

## FOLLOW THESE FOOD SAFETY TIPS TO HELP PROTECT YOU AND YOUR BABY:

### ••••• Clean:

Wash your hands and counters often. Use soap and water to clean your hands before you eat or prepare food. Wash fruits and vegetables with water before eating or cooking. You can sanitize your counters with one tablespoon of bleach added to 1 gallon of water.

### ••••• Separate:

Keep raw meats, chicken, and seafood from touching other foods in your grocery shopping cart, and in your refrigerator. Use a separate cutting board and plates for produce and for raw meats, poultry, seafood, and eggs.

### ••••• Cook:

Cook meat, poultry, eggs, and seafood to safe temperatures that kill bacteria. Use a food thermometer to check for doneness. Also heat foods and meats from the deli until steaming.

### ••••• Chill:

Don't leave food out more than an hour or two. Thaw or marinate food in the refrigerator, not on the kitchen counter. Put meat, poultry, eggs, and other perishable foods in the refrigerator or freezer as soon as you get them home from the store.



## KEEP YOU AND YOUR BABY SAFE.

### ✘ Don't smoke, be around smoke or use tobacco.

Tobacco smoke can cause your baby to be:

- Born too small or too sick to live
- At risk for Sudden Infant Death Syndrome (SIDS)
- At risk for breathing problems like asthma

Get help to cut back or quit. Talk with your doctor or call the Tobacco Quit Line: 1-800-QUITLINE (1-800-784-8669)

### ✘ Say No to Street Drugs and Alcohol!

Even a drink once in a while—like beer, wine or a mixed drink—could hurt your baby. If you drink or use drugs, your baby may be:

- Born too small or too sick to live
- Born with birth defects
- At risk for health or learning problems for life

Get help to quit. Talk with your doctor, call 211 or the Substance Abuse and Mental Health National Helpline 1-800-662-HELP (4357).

Don't take medicine, herbal supplements or herbal teas UNLESS you have your doctor's OK. Taking certain medications while you are pregnant could hurt your baby. Ask your doctor if the medicine is safe before you take it. Herbal supplements and teas haven't been tested for safety during pregnancy and could be dangerous.

## DON'T EAT CERTAIN FOODS.

Some foods can make you sick or hurt your baby.

Avoid these:

- ✘ Soft cheeses made from unpasteurized milk like Feta, blue-veined, Brie, queso blanco, or queso fresco
- ✘ Raw cookie dough or cake batter
- ✘ Tilefish, swordfish, king mackerel, or shark (if you eat freshly caught fish, check posted advisories at [www.fish4health.net](http://www.fish4health.net))
- ✘ Raw oysters, clams, or fish like sushi or sashimi
- ✘ Undercooked or raw meat, chicken, turkey, or seafood
- ✘ Deli meat spreads or pates
- ✘ Deli meats and smoked seafood unless heated to steaming
- ✘ Raw or soft-cooked eggs
- ✘ Unpasteurized (raw) milk or cheese
- ✘ Unpasteurized juice or cider, including fresh squeezed produce.
- ✘ Raw sprouts like alfalfa sprouts
- ✘ Salads made in a store such as ham salad, chicken salad, and seafood salad
- ✘ Anything that is not food such as laundry starch or clay. Talk to your doctor if you crave something that is not food.





## PREGNANCY DISCOMFORTS



### IF YOU FEEL SICK... (MORNING SICKNESS\*)

- Keep crackers by your bedside. Eat a few before you get out of bed in the morning.
- Get up slowly when you wake up.
- Stay away from smells that make you sick.
- Eat cold, bland foods if the smell of food cooking makes you sick.
- Try eating foods that are dry such as dry cereal, plain toast, and plain crackers.
- Eat small amounts of food every 1 or 2 hours.
- Drink liquids, but take small sips.
- Drink between instead of with meals.

\*"Morning" sickness can occur anytime of the day.

*Even if you feel sick, you still need food and liquids. If you can't keep anything down, call your doctor.*

### IF YOU HAVE HEARTBURN... (INDIGESTION)

- Eat 5 or 6 small meals, instead of 2 or 3 large ones.
- Avoid lying down or reclining for at least two hours after eating.
- Eat fewer fried or greasy foods.
- Wear comfortable clothes that are not too tight.
- Eat fewer spicy foods.
- Drink small sips of water with your meals and most of your liquids between meals.
- Don't drink sodas, coffee, or tea with caffeine.



### IF YOU HAVE CONSTIPATION... (PROBLEMS MAKING BOWEL MOVEMENTS):

- Eat high fiber foods like:
  - Vegetables
  - Fruit
  - WIC 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.



## BREASTFEED TO GIVE YOUR BABY THE BEST START

Breastfeeding provides the best nutrition and is recommended until your baby is at least 12 months old. Breast milk is a powerful gift that only mothers can give.

### Breastfeeding is best for you and your baby because it:

- Provides perfect nutrition made just for your baby
- Helps protect your baby from earaches, infections, allergies, diarrhea, and constipation
- Helps you feel close to your baby
- Helps you get back in shape
- Is convenient: Nighttime feedings are easy, it saves time (no mixing formula or cleaning bottles), and there is less to pack up when you go out.
- Saves money. There is no need to buy formula.
- Decreases risk of certain cancers for both of you.

Deciding how to feed your baby before birth makes it easier to make the best choice for you and your baby. You may have questions and concerns. Many moms who have the same concerns do very well with breastfeeding. Your local WIC office can offer tips and support.



## COMMON BREASTFEEDING QUESTIONS

- 1.** **Does breastfeeding hurt?**  
No, breastfeeding should not hurt. Your breasts may feel tender for a few days, but this should pass. Putting your baby “tummy-to-tummy” when you nurse helps prevent problems. Talk to your WIC office for tips to help with discomfort.

- 2.** **What if I can't make enough milk?**  
The amount of milk you make depends on how often your baby nurses, so the more often your baby nurses, the more milk you make. Talk to your WIC breastfeeding counselor right away if you're having problems with milk supply.
- 3.** **I heard that nursing makes breasts sag.**  
Breasts change due to pregnancy, not breastfeeding. Wearing a supportive bra during pregnancy and breastfeeding may help.
- 4.** **How will I be able to nurse if I go back to work or school?**  
You can pump or express your milk so others can feed your baby. You can have the baby brought to you for feeding. WIC staff can help you determine the best feeding plan for your situation. If providing all breast-milk is not an option, consider combination feeding and continue to breastfeed when you and baby are together. The key is maintaining a good milk supply. WIC staff can help you determine the best feeding plan to meet your goals.
- 5.** **If I breastfeed, no one will be able to help me take care of the baby.**  
Babies need lots of love and cuddling other than at feeding time. Family and friends can help with the baby at bath time, diaper change, and playtime. They can also help with household chores. If you freeze some of your breastmilk, others can give it to your baby when you are away.
- 6.** **Can I eat my favorite foods if I breastfeed?**  
Yes! A special diet is not needed. Drink enough water to satisfy thirst.
- 7.** **I'm worried about nursing in public.**  
A mother has the right to breastfeed anyplace she has the right to be. You can nurse without anyone else knowing by placing a blanket over your shoulder to cover the baby. Your WIC breastfeeding counselor can give you other helpful tips.
- 8.** **If I have a C-section, will I be able to nurse?**  
Yes! The surgery and pain medicine don't affect how much milk you make. There are special ways to hold your baby so that it doesn't hurt your incision.



## WHEN YOU BREASTFEED, HERE ARE SOME IMPORTANT THINGS TO KNOW...

- Many over-the-counter and prescription medicines are safe while nursing. However, you should tell the baby's doctor about any medicines (even birth control pills) you are taking.
- It is best to choose caffeine-free drinks. Drinks with caffeine, like coffee, tea, and some sodas, get into breast milk and can make some babies fussy.
- Alcohol passes into mother's milk. It is best to avoid beer, wine, mixed drinks, and liquor. If you have questions, ask your baby's doctor or a breastfeeding counselor.
- Nicotine from cigarettes passes into mother's milk. It is best if you can quit smoking. Call 1-800-QUIT-NOW for help and support. While you are working on it, you can still nurse if you:
  - Cut back smoking as much as possible.
  - Do not smoke when in the room with baby.
  - Smoke just after nursing instead of before or during a feeding.
- **Mothers who use street drugs should not breastfeed** and should stop using drugs.
- **If a mother or her partner is HIV-positive or has AIDS, she should not breastfeed.** If you think you have AIDS or are at risk for it, get tested.

## MY BREASTFEEDING PLAN AT THE HOSPITAL:

My name is \_\_\_\_\_ and my goal is to exclusively breastfeed my baby.

I ask that these guidelines be followed as long as it is medically safe for my baby and me.

### CHECK ALL THAT APPLY:

- Exclusive Breastfeeding**  
Please don't give my baby any formula, water or glucose water before speaking to my partner or me.
- No Bottles or Pacifiers**  
Please don't give my baby artificial nipples. This includes pacifiers or any type of bottle.
- Skin to Skin**  
During my stay, I want to hold my baby skin-to-skin as much as possible.
- Breastfeeding Support**  
Please help me with breastfeeding during the first hour after my delivery.
- Breast Pumps**  
If my baby is unable to breastfeed or is separated from me due to medical reasons, I want to use a breast pump as soon as possible. If I need to pump longer than my hospital stay, please remind me to call my local WIC office.
- Take-Home Bags**  
Please do not send any formula or information about formula home with us when we leave the hospital. Instead, please remind me that I'm giving my baby the best nutrition by choosing to breastfeed.



## MAKE TIME FOR YOURSELF

**Having a baby is hard work!** At times, you may feel tired and you might even feel sad. Find time to relax and get some rest.

Here are some ways to take care of you:

- Try to get enough sleep and rest
- Take a few minutes every day just for you
- Spend time with people you enjoy; avoid those you don't
- Join a support group such as a "new moms" group
- Ask for help from family and friends

If you feel unhappy, alone, or anxious after giving birth, you may have postpartum depression (PPD) or anxiety. Get help by calling your doctor or 211. Visit <http://www.postpartum.net/> for more information.

Here is how I will start taking better care of me so I can be the best mom I can be:

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- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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## QUESTIONS?

For more information or to find a clinic near you,  
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