MANAGING WEIGHT & EATING WELL

WHY IT’S IMPORTANT
A growing bump is a beautiful thing – especially when your baby is getting the necessary nutrients it needs. Most moms-to-be are happy to consume more calories, but the trick is balancing diet and weight, while protecting your baby’s health.

WHAT YOU CAN DO
• Eating well during pregnancy doesn’t necessarily mean eating for two! Most medical providers say adding 300 calories to a healthy adult diet is enough to give your body the fuel it needs to care for your baby.
• Even if you had a healthy diet before you became pregnant, you may begin to look at what you eat and how you eat differently now that you’re expecting.
  • Instead of three meals, eat smaller meals more frequently.
  • Eat a variety of foods to get all the nutrients you need.
  • Take a prenatal vitamin daily.
  • Drink plenty of water and avoid alcohol.
  • Treat yourself to something sweet on occasion.

GETTING HELP
• Eating well is not always easy. Ask your family and friends to support you. It is easier to choose fruits and vegetables if you have them available and others are eating them too.
• Be sure to talk with your medical provider about your diet and your weight. Your medical provider will be able to tell you if you are gaining weight too quickly or if you are not gaining enough, as well as offer advice on how to eat well and maintain a healthy diet for you and your baby.
• Contact your local health department. They have information on WIC services and healthy eating for you and your baby.