

EATING RIGHT! FEELING GOOD!
What You Can Do Now
To Have A Healthy Pregnancy

Check one or two behaviors you could do now:

- Eat four to six smaller meals instead of three bigger ones.
- Choose healthful snacks, such as cheese, yogurt, fruit and vegetables. Peanut butter and nuts are also good, healthful snacks if you are not allergic to them.
- Eat foods from each food group in the amounts you need every day. For help on how to do this, look at the back of this card.
- Limit fatty foods, like doughnuts and chips, and sweets like sodas, cookies and candy, which don't give your baby enough of what it needs to grow.
- Take your prenatal vitamin or a vitamin containing folic acid every day, especially early in pregnancy or before pregnancy if possible. Folic acid helps prevent birth defects.
- Eat foods that are good sources of folic acid and folate (the form of folic acid that naturally occurs in foods), such as fortified breakfast cereals, enriched grain products, beans, leafy green vegetables and orange juice.
- Don't eat uncooked hot dogs or deli meats, unpasteurized juice, raw milk, raw or soft-cooked eggs, raw sprouts or foods made with any of these products, such as homemade soft cheeses.
- Don't eat swordfish, shark, mackerel, tilefish or Wisconsin muskie. Intake of other types of fish may need to be avoided or limited, depending on the type of fish and where they were caught (go to www.dhfs.wisconsin.gov/eh/fish/FishFS/MercryBrchre.pdf or contact your local health department).
- Be physically active for at least 30 minutes most days.

Other Things You Can Do Now To Grow A Healthy Baby

- Don't smoke.
- Gain the right amount of weight.
- Don't drink alcohol.
- Don't take drugs without your health care provider's permission.
- Keep appointments with your health care provider.



What Should You Be Eating?

Below are the amounts of foods that most pregnant women should try to eat every day (you may need more). Ask your health care provider and/or dietitian about what is best for you.

Grains: Eat 6 to 8 ounces each day. One ounce is about 1 slice of bread, 1 cup of cereal or ½ cup of cooked rice, cereal or pasta. **Make half your grains whole.** Eat at least 3 ounces of whole grains a day.

Vegetables: Eat 2½ to 3 cups each day. **Vary your veggies.** Eat more dark green and orange vegetables like broccoli, dark leafy greens, carrots and sweet potatoes.

Fruits: Eat 2 cups each day. **Focus on fruits.** Eat a variety of fruit. Go easy on fruit juices.

Milk and milk products: Get 3 cups of milk or milk products each day. Count each as one cup: 1 cup milk or yogurt, 1½ ounces hard cheese or 2 ounces processed cheese. **Get your calcium-rich foods.** Go low-fat or fat-free.

Meat and beans: Eat 5½ to 6½ ounces each day. Choices include beef, pork, fish, dry beans or peas, eggs, nuts and seeds. **Go lean with protein.** Choose low-fat or lean meats or poultry.

Know your limit on fats, sugars and salt (sodium): Limit solid fats like butter, margarine, shortening and lard, as well as foods that contain these. Choose food and beverages low in added sugars and/or salt.

Find your balance between food and physical activity. Check with your health care provider about what type of physical activity is safe for you to enjoy on a regular basis. Be physically active at least **30 minutes** most days.

