HOW MUCH WEIGHT SHOULD YOU GAIN?

If your weight was normal before pregnancy, you should gain at least 25-35 pounds during pregnancy.

Your baby accounts for only part of the weight you must gain. You will gain weight in other areas of your body to help support your growing baby.

1-1½ lbs.	breasts
1½-2 lbs.	placenta (afterbirth)
2½-3 lbs.	uterus (womb)
9-14 lbs.	increased blood & fluids
7-8 lbs.	baby
4-6½ lbs.	mother's stored fat protein & other nutrients
25-35 lbs.	

During the first three months expect to gain a total of about 2-4 pounds. During the last six months you need to gain about 1 pound each week. Pregnancy is not the time to lose weight. For your baby's health you should gain the amount listed below.

If you are	Overweight	15-25 lbs.
	Underweight	28-40 lbs.
	Expecting twins	35-45 lbs.

BREASTFEEDING

Have you thought about breastfeeding? Breast milk has just the right amount of nutrients to help your baby grow. It also contains substances which can prevent infections. When you breastfeed your baby, the bond between mother and child is loving and close. Ask your health care provider now about breastfeeding.

WHAT YOU EAT IS JUST AS IMPORTANT AS HOW MUCH

While you're pregnant, the food your baby gets comes from the food you eat.

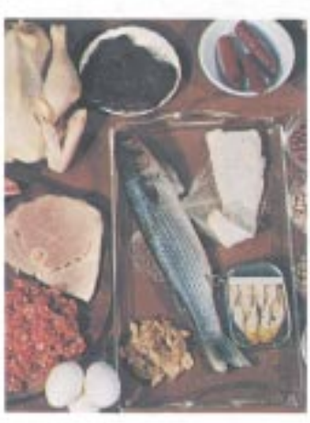
This pamphlet tells you what and how much to eat while you are pregnant. And remember to drink liquids daily - water, milk or fruit juices.

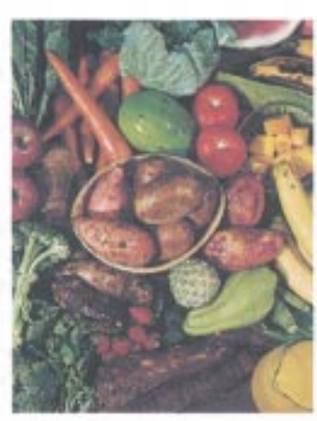
CAUTION

Everything you do can make a difference to your baby's health. If you smoke, drink alcohol (including wine and beer), or take drugs, your baby does too. These could harm your unborn baby. Be aware of the risks! Because caffeine may also be harmful to your baby, limit the use of coffee, tea and cola

EXERCISE

It is important even when you are pregnant. It can be very relaxing and help you feel good all over. Exercise also helps you get your figure back after the baby is born and reduces constipation. Be sure to talk to your doctor first before starting an exercise program.





Food For a Healthy Mother and Baby

Foods For You While You Are Pregnant and Breastfeeding Your Baby

	WHAT AND WHY	ONE SERVING IS:	YOU NEED DAILY
	MEAT, FISH, POULTRY, DRIED BEANS, EGGS & NUTS GROUP – These foods have protein for growth and repair of tissue and iron for blood building	2 ounces cooked meat, fish or poultry such as : 1 hamburger 1/2 cup tuna 1 chicken leg 1/2 cup cottage cheese 2/3 cup nuts 6 ounces tofu 4 tablespoons peanut butter 1 cup cooked dried beans 2 eggs	**3** SERVINGS
	MILK GROUP – These foods have calcium for strong bones and teeth	1 cup milk 1 1/2 slices American cheese 2 cups cottage cheese 1 cup yogurt fresh/frozen 1 1/2 cups ice cream 1 1/2 ounces cheddar cheese (2 one inch cubes)	**4** OR MORE SERVINGS
	BREADS, CEREALS, RICE & PASTA GROUP – These foods have calories for energy, iron and other vitamins and minérals	1 slice bread 1/2 cup hot cereal 3/4 cup cold cereal 1/2 cup cooked rice, noodles, pasta or grits 1 (6 inch) tortilla 4 to 5 crackers 1 biscuit 1 square corn bread 1/2 hot dog or hamburger bun	**9** SERVINGS
	FRUIT GROUP & VEGETABLE GROUP – These foods have vitamin A and vitamin C for healthy eyes, skin, gums and tissue Eat a good source of vitamin A and C daily such as: oranges/juice grapefruits/juice tomatoes/juice sweet potatoes carrots cooked greens	1 medium whole fruit such as: apple, banana, orange 1/2 cup raw or canned fruit 3/4 cup fruit juice unsweetened	FRUITS: **3** SERVINGS
		1/2 cup cooked greens 1 cup leafy, raw 1/2 cup non-leafy, raw chopped	VEGETABLES: **4** SERVINGS

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