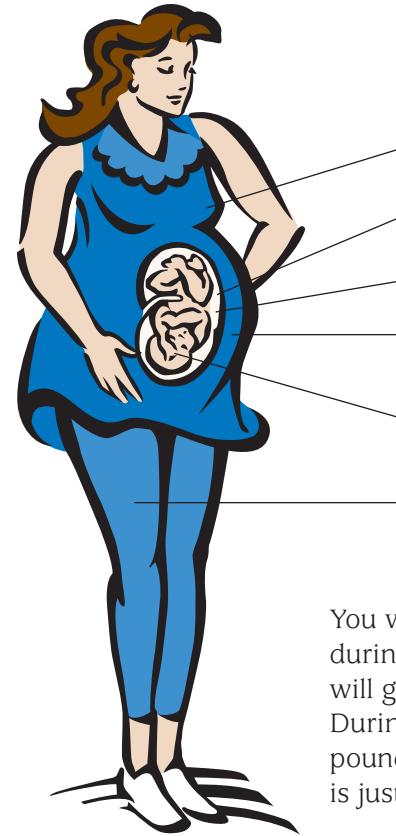


How much weight will I gain while I'm pregnant?

Most women should gain between 25 and 35 pounds (11–16 kilograms). You will need to gain a little more if you were thin when you got pregnant. You should gain a little less if you were heavy when you got pregnant.

Your baby will probably weigh between 6 and 9 pounds. And you will need to gain some extra weight to help your baby grow.



| | |
|---------------------------------|----------------------------------|
| 1 1/2 pounds (700 grams) | breasts |
| 1 1/2 pounds | uterus |
| 1 1/2 pounds | placenta |
| 3 pounds (1.5 kilograms) | blood and fluids |
| 7 1/2 pounds (3.5 kilograms) | baby |
| 10 pounds (4.5 kilograms) | mother's extra fat and muscle |

You will probably gain just a few pounds during the first few months, and then you will gain weight faster as your baby grows. During the last 6 months, gaining about a pound a week (or about 1/2 kilogram a week) is just about right.

Can I smoke or drink while I'm pregnant?

Cigarettes, drugs and alcohol (even beer or wine) could hurt your baby. If you need help to stop smoking, drinking or using drugs, ask your doctor or WIC staff for help.

Ask your doctor if it is OK before you take any pills, even aspirin.



Can I exercise while I'm pregnant?

Yes, unless your doctor says not to. Talk to your doctor about what is best for you. Walking or other gentle exercise helps you feel good. Think of a safe place, maybe a park or a mall, where you can take walks. Try to walk every day.

Who can I talk with if I have questions about my pregnancy?

Keep your appointments at your doctor's office. The people there will answer your questions. They will also listen to your baby's heartbeat and make sure you and your baby are fine. The WIC staff are also there to answer your questions.

I think I'd like to breastfeed my baby, but I don't know much about it.

Find out more about breastfeeding now, while you are still pregnant. The WIC staff can give you lots of information and help! Breastmilk is best for your baby. Breastfeeding will help keep your baby healthy. It can even help you get your body back in shape!



Having a healthy baby sounds like a lot of work. How can I do it all?

Do what you can. Make changes a little at a time. You CAN make a difference in how your baby grows. And, take good care of yourself. Babies need strong, healthy moms!

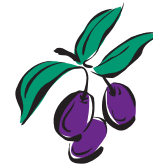
Give Your Baby a Healthy Start



This is my goal: _____

So, you are going to have a baby!

Give your baby a healthy start!



Good for you! There are lots of things you can do to make this a happy, healthy time.

Does it matter what I eat while I'm pregnant?

- ▲ Yes! Eating well while you are pregnant will help keep you strong and build a healthy baby.
- ▲ This food guide will help you plan healthy meals and snacks. Try to eat more foods from the bottom of the pyramid and only a little bit from the top!
- ▲ Drink lots of liquids, especially water. Drink milk and 100% fruit juices too. All milk has the same vitamins and minerals, whether it is nonfat, 2% or whole milk. Ask the WIC staff for more ideas.
- ▲ One cup of coffee, tea, or soda a day seems to be fine.
- ▲ Did your doctor tell you to take prenatal vitamins? These are important — don't forget them.



Food Guide Pyramid

One Serving Is About...

6 to 11 servings each day

Breads, Grains, Cereals

- Bread slice, tortilla, roll, muffin, pancake, bagel.....1
 - Dry cereal.....³/₄ cup or 180 mL
 - Noodles, rice, cooked cereal.....¹/₂ cup or 120 mL
 - Crackers8
- Eat some whole grain foods every day.



3 to 5 servings each day

Vegetables

- Cooked¹/₂ cup or 120 mL
 - Raw1 cup or 235 mL
- Eat a dark green or yellow vegetable every day, like carrots, broccoli, spinach, greens, sweet potato, or squash.



2 to 4 servings each day

Fruits

- Fresh1 medium
 - Canned or frozen.....¹/₂ cup or 120 mL
 - Juice6 ounces or 180 mL
- Eat a good vitamin C fruit every day, like orange, strawberries, melon, mango, papaya, or WIC juices.



3 to 4 servings each day

Milk Products

- Milk8 ounces or 240 mL
 - Cheese.....1 ¹/₂ ounces or 45 g
 - Cottage cheese.....2 cups or 475 mL
 - Yogurt, pudding or custard made with milk.....1 cup or 235 mL
 - Frozen yogurt, ice cream.....1 ¹/₂ cups or 355 mL
- Choose mostly lowfat or fat free milk products.



2 to 3 servings each day

Protein Foods

Animal Protein

- Meat, chicken, turkey, fish2-3 ounces or 60-90 g
- Eggs2-3



Vegetable Protein

- Cooked dry beans, peas, lentils1 cup or 235 mL
 - Peanut butter4 tablespoons or 60mL
 - Tofu¹/₂ cup or 120 mL
- Eat some vegetable protein foods every day!



Fats, Oils, and Sweets

It is OK to eat these foods once in a while.



Dear Colleague,

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team