

CAUTION



ALCOHOL

When mothers drink during pregnancy, their babies may be born with birth defects, mental retardation, and stunted growth. No one knows how much is too much. The best advice is to not drink beer, wine, or liquor at all during pregnancy. Alcohol also passes into breast milk, so it should be avoided if nursing your baby.



SMOKING

Smoking during pregnancy may slow your baby's growth. Small babies are more likely to have health problems. Smoking while breastfeeding may decrease the amount of milk you can produce and means your family will be breathing your smoke.



DRUGS

Be sure to tell your doctor if you are taking any drugs (even over-the-counter drugs like aspirin) when you become pregnant. Drugs can pass through the placenta to your baby. Certain drugs may cause birth defects. Some drugs may pass into breast milk as well.



CAFFEINE

It is a good idea to limit or avoid caffeine from coffee, tea, or soft drinks when pregnant or breastfeeding. A safe amount to drink while pregnant is up to 12 oz. (1 1/2 cups) a day. Please consult your doctor about caffeine intake during your pregnancy and while breastfeeding.

A HEALTHY MOM'S DAILY FOOD GUIDE



Pregnant

Breastfeeding

Postpartum

**South Dakota Department of Health
WIC Program**

WEIGHT GUIDELINES

HOW MUCH WEIGHT SHOULD I GAIN DURING PREGNANCY?

The weight you gain is the weight your baby will gain plus your body's preparation to support your baby's growth during and after pregnancy. On the average, this would be divided:

BABY	7-8 lb.
INCREASED BLOOD AND FLUIDS	7-8 lb.
BREAST INCREASE	1-3 lb.
MATERNAL STORES	4-8 lb.
PLACENTA	1-2 lb.
UTERUS INCREASE	2-5 lb.
TOTAL WEIGHT GAIN	22-34 lb.



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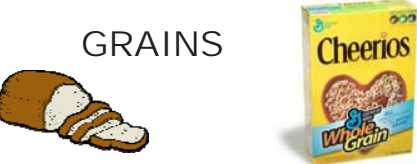





WEIGHT CONTROL AFTER THE BABY IS BORN

Your weight gain will depend on your weight before you became pregnant. Your goal is a healthy baby. An adequate weight gain will help you to meet that goal. Following are the weight gain recommendations for weight ranges before pregnancy:

<u>IF YOU WERE</u>	<u>YOU SHOULD GAIN</u>
Underweight	28-40 lbs.
Normal weight	25-35 lbs.
Overweight	15-25 lbs.
Obese	11-20 lbs.

Ask your health professional which weight gain is best for you!

Eating well and regular physical activity will help you lose the weight you gained during pregnancy. Avoid going on a strict diet while you are breastfeeding. Ask your doctor before participating in physical activity after a Cesarean birth.

DAILY FOOD GUIDE		AMOUNT NEEDED				MY EATING PATTERN	
FOOD GROUP	FOOD CHOICES	PREGNANT / BREASTFEEDING TEEN	PREGNANT / BREASTFEEDING WOMAN	NON-PREGNANT UNDER 18	NON-PREGNANT OVER 18	AMOUNT EATEN	DIFFERENCE
GRAINS 	1 slice bread, 6" tortilla, small biscuit or muffin = 1 oz. 1 hot dog or hamburger bun, 8" tortilla = 2 oz. 1 cup cold cereal = 1 oz. 1/2 cup cooked cereal = 1 oz. 1/2 cup cooked noodles, pasta, or rice = 1 oz. 3 cups popcorn = 1 oz. 5 whole wheat or 7 saltine crackers = 1 oz.	6-8 oz.	6-8 oz.	5-7 oz.	5-7 oz.		
VEGETABLES 	Raw leafy vegetables (2 cups = 1 serving or cup) cooked, chopped or raw vegetable vegetable juice (choose original V8 or tomato juice)	2½ - 3½ cups	2½ - 3½ cups	2-3 cups	2-3 cups		
FRUITS 	100% fruit juice 1 medium whole fruit chopped, cooked or canned fruit dried fruit (1/2 cup = 1 serving or cup)	2 cups	2 cups	2 cups	2 cups		
MILK/ MILK PRODUCTS 	Milk, Yogurt (Choose low-fat or fat-free dairy) ½ cup cottage cheese = ¼ cup milk 1-1/2 oz. cheese = 1 cup of milk	4 cups	3 cups	3 cups	3 cups		
PROTEIN FOODS 	Cooked meat, fish, or poultry Cooked dried/canned beans, peas, lentils (1/4 cup = 1oz.) 1 egg = 1 oz. 1 tbsp. peanut butter = 1 oz.	5 -6 ½ oz.	5-6 ½ oz.	5-6 oz.	5-6 oz.		
OILS 	Olive oil, canola oil, other vegetable oils. Soft vegetable oil spreads. Salad dressing mayonnaise without trans fats	6-7 teaspoons	6-7 teaspoons	5-6 teaspoons	5-6 teaspoons		
DISCRETIONARY CALORIES	Additional calories including butter, margarine, sugar, candy, jam, syrup, soft drinks, cake, cookies, pie, chips, etc.	These foods provide calories, with few nutrients					
WATER/OTHER LIQUIDS	Water, juice (no more than 8-12oz/day), milk, soup	8-10 cups	8-10 cups	6-8 cups	6-8 cups		

Aim for whole grain breads and cereals in half of your daily grain choices. Whole grain foods include whole wheat bread, oatmeal, brown rice, whole wheat pasta, and whole wheat crackers. Whole grains cannot be identified by the color of the food. Whole grain (such as: oats, wheat flour, corn, barley) should be listed first in the ingredient list.

Try to eat a variety of vegetables for optimum nutrition. Include dark leafy green vegetables, orange vegetables, starchy vegetables, and other vegetables like cucumbers, tomatoes, and zucchini.

Physical Activity During Pregnancy and Beyond

Regular physical activity contributes to overall health and well-being, reduces the risk of chronic disease and has many great benefits for a healthy pregnancy. You should aim for 2 hours and 30 minutes of moderate activity each week. This is about 30 minutes on most days of the week. Or do 5-10 minutes of moderate activity throughout the day to add up to at least 30 minutes. Activities include walking briskly, biking, swimming, playing sports and games, yard work, dancing, etc. During pregnancy, avoid activities with a high risk of falling or injury. Ask your doctor about how much and the type of physical activity that is best for you.

Iron Foods Build Blood

You need iron to carry oxygen to all parts of your body. If you do not get enough iron, you may tire easily and have anemia. The body gets iron from foods such as red meat, poultry, iron-enriched cereals, grain products, breads, and dried/canned peas and beans. Vitamin C helps your body to use iron. Try to eat Vitamin C rich foods (such as: oranges, grapefruit, bell peppers, broccoli, kiwis and orange juice) with iron-rich foods

Folic Acid: For You and Baby

Your baby needs folic acid before you even know you're pregnant. Folic acid helps baby's brain and spinal cord form properly. Folic acid may help fight heart disease, colon and cervical cancers. Continue to take a daily multivitamin after your pregnancy too! You need 400 micrograms of folic acid a day. The best way to get it is to take a multivitamin every day and eat a healthy diet. Foods rich in folic acid include orange juice, fortified cereals, and leafy green vegetables.