

TIPS FOR A HEALTHY PREGNANCY



DEAR EXPECTANT PARENT,

You want to have a healthy baby and keep yourself healthy, too. Eating right and getting health care helps you reach your goal.

WIC can help you:

- ✓ Buy healthy foods
- ✓ Learn about breastfeeding or chestfeeding
- ✓ Make smart food choices for you and your family
- ✓ Find community resources for health care and other services
- ✓ Learn how to keep your baby safe and healthy

The tips in this booklet do not replace your health care provider's advice. Write down questions before you go to your appointments. Talk with your health care provider at your prenatal check-ups.

When you visit your local WIC clinic, you can learn more about healthy eating. Ask your local WIC clinic if there are nutrition groups for you to attend to learn, share ideas, and ask questions. We hope you enjoy being on WIC.

Sincerely,

Your WIC staff

Next steps:



Prenatal care is health care for pregnant people. A health care provider will check that you and your baby are healthy and doing well at your regular appointments.

Your prenatal checkups usually will be:

- Once a month for the first 6 months.
- Twice a month in the 7th and 8th month.
- Once a week during the 9th month.
- Once 6 weeks after the birth of your baby. This is also known as a "postpartum" checkup.

Call your health care provider for an appointment as soon as you think you are pregnant. You will learn about your baby, and how your body is changing. Going to your appointments will also help keep you and your baby healthy.

If you need help, contact:

- Nevada Medicaid, which is a medical program which offers services for income eligible pregnant people. To find out if you qualify for Nevada Medicaid, visit [dwss.nv.gov](https://www.nv.gov/dwss) or call 1-800-992-0900.

CHOOSE HEALTHY FOODS FOR YOU AND YOUR BABY

- Your baby grows best when you eat right.
- Every day, eat foods from all 5 food groups.
- These are general recommendations. Find the right amount for you by going to <https://www.myplate.gov/myplate-plan>

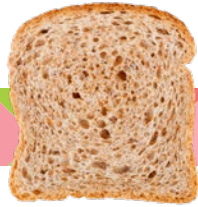
GRAINS | 6 ounces or more

1 ounce from the Grains Group counts as:

- 1 slice bread or tortilla
- ½ bagel or hamburger bun
- ½ cup cooked rice, noodles, or cereal
- 1 cup flake-type cereal

Tips

- Eat whole grains like:
 - Oatmeal
 - Whole wheat bread
 - Brown rice
 - Corn or whole wheat tortillas



VEGETABLES | 2½ cups or more

1 cup from the Vegetable Group counts as:

- 1 cup raw or cooked/canned vegetables; or
- 2 cups leafy salad greens; or
- 1 cup 100% vegetable or tomato juice

Tips

- Eat the rainbow – select vegetables of all colors
- Add to: scrambled eggs, rice, noodles, salads, and casseroles



FRUITS | 1½ cups or more

1 cup from the Fruit Group counts as:

- 1 cup raw, frozen, or cooked/canned fruit; or
- ½ cup dried fruit; or
- 1 cup 100% fruit juice

Tips

- Choose a variety of fruits including different colors
- Put sliced or chopped fruit on cereal, pancakes, pudding, or frozen yogurt



DAIRY | 3 cups

1 cup from the Dairy Group counts as:

- 1 cup low-fat (1%) or non-fat dairy milk or yogurt; or
- 1 cup lactose-free dairy milk or yogurt; or
- 1 cup fortified soy milk or yogurt; or
- 1½ ounces hard cheese (cheddar, mozzarella, Swiss)

Tips

- Choose (1%) or non-fat milk
- Ask your WIC clinic to switch out some of your fluid milk benefits for yogurt or cheese



PROTEIN | 5½ ounces or more

1 ounce from the Protein Foods Group counts as:

- 1 ounce beef, chicken, turkey, tofu, or fish
- ½ cup canned light tuna
- 1 egg
- ¼ cup cooked beans
- 1 tablespoon peanut butter

Tips

- A 3-ounce serving is the size of a deck of cards
- Choose lean meats: bake, broil, or grill them
- Did you know beans are a great source of protein? Use your WIC benefits to purchase canned or dried beans





SAMPLE MENU

You and your baby do best when you eat regular meals and snacks. Be sure to drink plenty of water throughout the day. Here is a sample menu using some of your WIC foods.

Breakfast

Eggs
Whole wheat toast
Banana
Lowfat milk

Morning Snack

Plain yogurt
Orange slices

Lunch

Chili with beans
Cornbread or tortilla
Broccoli
Water

Afternoon Snack

Wheat crackers
Sliced cheese
Veggie sticks
100% juice

Dinner

Baked or grilled chicken
Brown rice
Carrots
Salad—lettuce, tomato
Lowfat milk

SNACK SMART

When you want a snack, have one of these:

- Banana or other fruit
- Apple slices or banana with peanut butter
- Applesauce or fruit cup
- Cheese slice on whole wheat toast with tomatoes
- Carrot sticks dipped in hummus
- Unsalted nuts and raisins
- Lowfat yogurt with fruit
- Vegetable or fruit smoothie
- Hard boiled egg
- WIC cereal

FAST FOOD RESTAURANT TIPS

On the go? Ask for these fast foods:

- Grilled chicken sandwich with no mayo
- Grilled hamburger or cheeseburger with no mayo
- Main dish salad or side salad with chicken or beans
- Pizza topped with green peppers, tomatoes, and mushrooms
- Bean and cheese burrito with grilled vegetables
- Baked potato with vegetable and cheese toppings
- Fruit, as your side, or fruit bowl
- Water, lowfat milk, or 100% juice

MINI MEALS

If you don't feel like eating, try a mini meal.
Pick a food from each group.

EXAMPLE: Cold cereal + Lowfat milk + Banana

GROUP 1	GROUP 2	GROUP 3
Bagel	Cheese	Broccoli
Sweet Potato	Cottage cheese	Carrots
Cold cereal ✓	Frozen yogurt	Green peppers
Whole wheat tortilla	Lowfat milk ✓	Raw spinach
Crackers	Milkshake	Tomato
English muffin	Pudding	Tomato soup
Graham crackers	Yogurt	Vegetable soup
Hamburger bun	Cooked beans	Apple
Noodles	Cooked chicken, beef, pork, or fish	Banana ✓
Noodle soup	Egg, hard boiled	Grapes
Oatmeal or grits	Egg salad	Melon
Pita bread	Egg, scrambled	Orange
Raisin bread	Hamburger patty	Peach
Brown rice	Unsalted nuts	Pineapple
Roll	Peanut butter	Dried cranberries
Whole grain bread	Baked tofu	Strawberries



FOOD SAFETY TIPS

- Wash your hands with soap and water before you eat or prepare food.
- Wash vegetables and fruit with water before eating or cooking.
- Cook beef, chicken, turkey, fish, and seafood to the well-done stage.
- Cook hot dogs, cold cuts, and deli meats like bologna, salami, or ham until steaming hot (165 degrees Fahrenheit) before eating.
- If you eat fish one or more times a week, ask WIC staff or your health care provider for more information.

TAKE PRENATAL VITAMINS

Prenatal vitamins have extra iron and folic acid to help you and your baby be healthy and grow strong. Make sure your prenatal vitamin has at least 150 mcg of iodine. If the prenatal vitamin you take doesn't have this amount of iodine, ask your health care provider. Take your prenatal vitamin with water. If it's hard to take, talk with your health care provider.



Don't take any other vitamins unless prescribed by your health care provider.



KEEP YOUR TEETH HEALTHY

To keep your teeth and gums healthy, be sure to:

- Brush your teeth (and tongue) at least two times a day
- Floss your teeth two times a day
- Replace sugary drinks with water
- Get regular dental checkups

Use a soft-bristle toothbrush. Brush gently. If your gums bleed when you brush or floss, tell your health care provider.

BE ACTIVE FOR A HEALTHY BODY

Your body stays fit when you move it. Keep active unless your health care provider says its not okay. Walking and swimming are great ways to keep your body moving.

Staying active may help you:

- Have more energy and feel less tired
- Sleep better
- Work off stress
- Tone your muscles
- Have better posture

Try to be active for 30 minutes most days of the week.

You can break the time up like this:

Walk 10 minutes in the morning



Walk 10 minutes in the afternoon

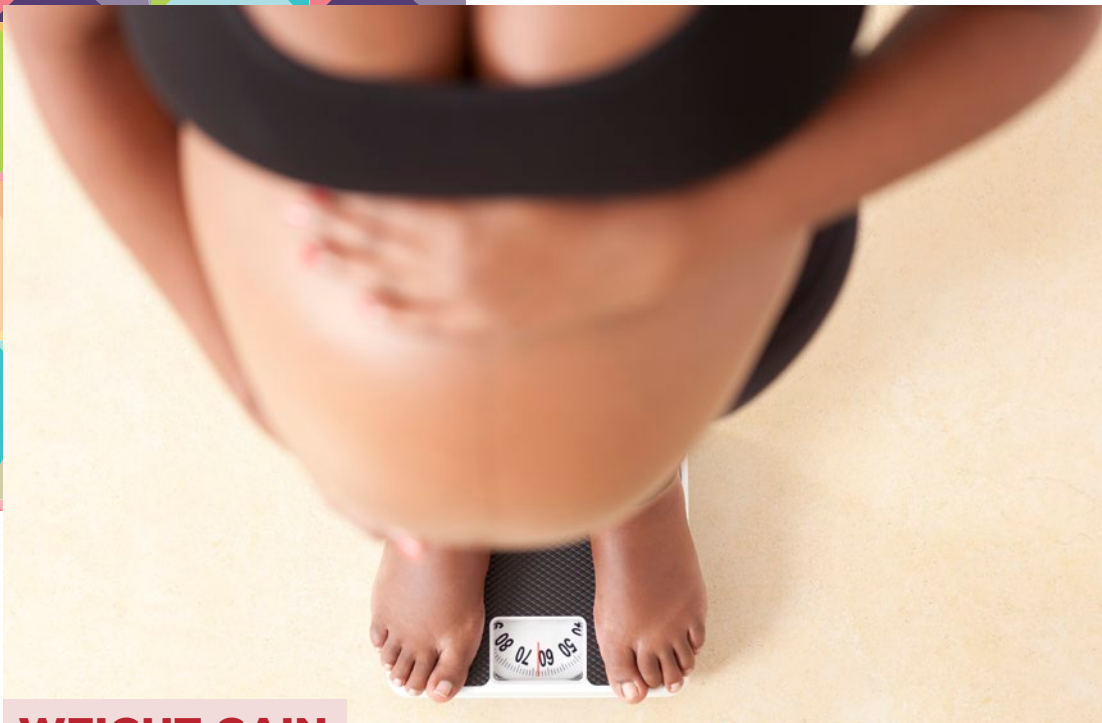


Walk 10 minutes in the evening



30 minutes total





WEIGHT GAIN

The recommended amount of weight you gain depends on your weight before pregnancy. Ask your health care provider or WIC staff where your weight gain is tracking for your pregnancy.

Your Pre-Pregnancy Weight:	Underweight BMI less than 18.5	Healthy Weight BMI 18.5-24.9	Overweight BMI 25-29.9	Obese BMI greater than or equal to 30
Healthy Weight Gain During Your Pregnancy:	28-40 pounds	25-35 pounds	15-25 pounds	11-20 pounds

Weight gain during pregnancy helps ensure you and your baby are healthy, and baby is growing. A steady weight gain during pregnancy is best. First trimester weight gain should be 1-4 pounds. Starting in the 4th month, you may gain about ½ to 1 pound a week.

To keep a steady weight gain:

- Eat when you feel hungry
- Choose healthy foods to eat
- Drink water throughout the day
- Keep active by walking

If your weight gain is:

✓

Just right (Within recommendations)
It may be easier to lose the weight after the baby is born.

↓

Too little (Below the recommendations)
Your baby could be born too small or too soon.

↑

Too much (Above the recommendations)
It may be harder to lose the weight after the baby is born.

Talk with your health care provider about the weight gain that is right for you.

Notes:

KEEP YOUR BABY SAFE AND HEALTHY

X Don't smoke, vape, use e-cigarettes, or use tobacco.

If you smoke, vape, use e-cigarettes, or tobacco, your baby:

- May be more likely to be born preterm
- May be small for gestational age (SGA)
- May have a low birth weight (LBW)
- May be more at risk for lung problems, such as asthma
- May be more at risk for Sudden Infant Death Syndrome (SIDS) after birth

Get help to cut back or quit. Talk with your health care provider or call the Nevada Quitline at **1-800-QUIT-NOW (800-784-8669)** or visit nevadatobaccoquitline.com

X Don't drink beer, wine, liquor, or mixed drinks.

If you drink alcohol, your baby:

- May be born with birth defects
- May have health or learning problems for life

Even a drink once in while may hurt your baby. Get help to quit by calling the substance abuse helpline at **1-800-450-9530** or text **"IMREADY"** to **839863**. You can also visit Sober Moms, Healthy Babies at <https://sobermomshealthybabies.org/>

X Don't use drugs, such as heroin, speed, meth, or marijuana.

If you use drugs, your baby:

- May be born too small or too sick to live
- May be born with birth defects
- May have health or learning problems for life

Get help to quit by calling the substance abuse helpline at **1-800-450-9530** or text **"IMREADY"** to **839863**. You can also visit Sober Moms, Healthy Babies at <https://sobermomshealthybabies.org/>

? Ask your health care provider before you take medicine; it may not be safe for your baby.

Any medicine, even aspirin, laxatives, or cold tablets may hurt your baby.

? Ask your health care provider before you take herbs, supplements, or drink herbal teas; they may hurt your baby.

Don't eat certain foods. Some foods have an increased risk of illness for you and your baby.

Avoid eating:

- Tilefish, swordfish, king mackerel, or shark
- Raw oysters or fish, such as sushi or sashimi
- Undercooked, rare, or raw beef, chicken, or turkey
- Deli meat, spreads, or pâtés that haven't been heated to steaming (165 degrees Fahrenheit)
- Raw or soft-cooked eggs
- Smoked meats
- Uncooked hotdogs
- Feta, blue-veined, Brie, or Mexican-style (queso blanco or queso fresco) cheeses
- Unpasteurized (raw) milk or cheese
- Unpasteurized juice or cider
- Raw sprouts, like alfalfa sprouts

PREGNANCY DISCOMFORTS

Your body changes when you're pregnant. You might feel sick to your stomach the first 3 or 4 months. Some smells and foods might make you throw up.

If you feel sick... (Morning Sickness):

- Open the window to let fresh air in and stale air out
- Get up slowly when you wake up
- Stay away from smells that make you sick
- Eat cold foods if the smell of cooked food makes you sick
- Eat small amounts of food every one or two hours
- Drink liquids, but take small sips

“Morning sickness” can occur anytime of the day.

Even if you feel sick, you still need food and liquids. If you can't keep anything down, call your health care provider.



As your baby grows, you might get an upset stomach when you eat. You might become constipated. Talk to your health care provider if you have these problems. Don't take medicine unless advised by your health care provider. Here are some tips:

If you have heartburn or indigestion:

- Eat 5 or 6 small meals, not 2 or 3 large ones
- Eat less fried or greasy foods
- Eat less spicy or acidic foods
- Drink small sips of water with your meals
- Walk after you eat
- Avoid caffeine in soda, coffee, energy drinks, or tea

If you are constipated:

- Eat foods high in fiber like:
 - Vegetables
 - Fruits
 - Beans and peas
 - Whole grain cereals
 - Whole wheat bread or crackers
 - Whole wheat pasta
 - Brown rice
 - Corn tortillas
- Drink plenty of fluids, especially water
- Stay active, getting at least 30 minutes of activity most days of the week

BREAST OR CHEST FEED AS LONG AS YOU CAN!

Human milk is all your baby needs for the first 6 months of life. Your milk has the right nutrients in the right amounts to give your baby the healthiest start in life. Breastfeeding or chestfeeding is good for you too.

Breastfeeding or chestfeeding parents say:

- “I feel connected with my baby.”
- “Nighttime feedings are easier.”
- “It saves me time – I don’t need to mix formula or clean bottles.”
- “It saves me money – I don’t need to buy formula or bottles.”

Breastfeeding or chestfeeding protects your baby’s health.

Babies who are not fed human milk have a higher risk of:

- SIDS – Sudden Infant Death Syndrome
- Allergies
- Illnesses, like colds, respiratory infections, or the flu
- Obesity
- Diarrhea and constipation

Breastfeeding or chestfeeding is good for parents, too.

Breastfeeding or chestfeeding may help you:

- Lose excess weight quicker
- Reduce your risk of obesity, heart attack, and stroke
- Lower your risk of breast and other cancers



“WHEN I FEED MY BABY, I FEEL PROUD. MY BABY IS GROWING HEALTHY AND STRONG WITH A GIFT ONLY I CAN GIVE!”

HUMAN MILK FACTS

- 1 Having questions about breastfeeding or chestfeeding is normal. Talk to WIC staff, your health care provider, or a lactation consultant about your questions or concerns.
- 2 You can make all of the milk your baby will need. Breastfeed or chestfeed your baby whenever they are hungry, and only provide them with human milk for the first 4-6 weeks after birth to establish your milk supply. Talk to WIC staff or a lactation consultant if you have questions about your milk supply.
- 3 Holding baby skin-to-skin immediately after birth, during your hospital stay, and when you return home will help your body make enough milk for your baby.
- 4 Breastfeeding or chestfeeding should not hurt. If you are experiencing pain, reach out to WIC staff, your lactation consultant, or health care provider for support.
- 5 Ask for help at home whenever you need it. Family and friends can help with household chores, meals, or can watch other children. Other people can hold baby skin-to-skin, help with baths, diapers, and playtime so you can rest. It is important to rest so you can take care of baby!

- 6 Breastfeeding or chestfeeding parents can eat their favorite foods. No special diet is needed unless specified by your health care provider or lactation consultant.
- 7 You can return to work or school while breastfeeding or chestfeeding. Federal and state laws require many workplaces to support breastfeeding or chestfeeding employees. Talk to your employer, WIC staff, or visit <https://nevadawic.org/breastfeeding-protections-for-nevada-workers/> for more information.
- 8 Nevada law (NRS 232.201) states you can breastfeed or chestfeed anywhere in public, as long as you are in a place you are authorized to be. Have questions? Ask WIC staff or visit <https://nevadawic.org/breastfeeding-protections-for-nevada-workers/>



DID YOU KNOW?

- Most over-the-counter and prescription medicines are safe while breastfeeding or chestfeeding. Ask WIC staff or your health care provider about any medicines you are taking, such as birth control, cold medicine, etc. You can also look up medicines online via LactMed by visiting <https://www.ncbi.nlm.nih.gov/books/NBK501922/> to review and discuss with your health care provider.
- Caffeine in coffee, tea, soda, and some energy drinks may pass into your milk and may make your baby fussy. If your baby is fussy, try cutting back on these drinks to see if it helps.
- Alcohol does pass from your blood into your milk. It's best to avoid beer, wine, liquor, or mixed drinks when breastfeeding or chestfeeding. If you have questions, talk to your health care provider or lactation consultant.
- Nicotine from e-cigarettes, vape, or other tobacco products can pass into your milk and can cause health problems for your baby. Quit using these products if you can. If you can't, keep breastfeeding or chestfeeding and:
 - Cut back on the use of these products as much as possible.
 - Smoke, vape, or use e-cigarettes right after you finish breastfeeding or chestfeeding your baby.
 - Smoke, vape, or use e-cigarettes outside and have family and friends do the same.
 - Do not smoke, vape, or use e-cigarettes in your car.
 - After using any tobacco, e-cigarette, or vape products, change your clothes and wash your hands before handling your baby.

- Breastfeeding or chestfeeding parents who use street drugs, such as heroin, speed, or meth, or use marijuana should not breastfeed or chestfeed. If possible, quit using these drugs. If you need help, you can call the Crisis Call Center at 1-800-450-9530 or by visiting Sober Moms Healthy Babies at <https://sobermomshealthybabies.org/>
- If you or your partner is HIV positive or have AIDS, you shouldn't breast or chest feed your baby. If you think you may have HIV/AIDS or are at increased risk of contracting the disease, talk to your health care provider and get tested.





MAKE TIME FOR YOURSELF

Having a baby is hard work! At times, you may feel tired, and you might even feel sad. Find time to relax and get some rest.

Here are some ways to take care of you:

- ✓ Try to get enough sleep and rest.
- ✓ Take a few minutes every day just for you.
- ✓ Spend time with people you enjoy; avoid those you don't.
- ✓ Join a support group for new parents.
- ✓ Ask for help from family and friends.

If you feel unhappy, alone, or anxious after giving birth, you may have postpartum depression (PPD) or anxiety. Get help by calling your health care provider or by visiting www.postpartum.net for more information.

Ideas on how I can start taking better care of me so I can be the best parent I can be:



QUESTIONS?

Ask your local WIC office or call the
Nevada State WIC office at

1-800-8-NEV-WIC
(1-800-8-638-942)

NEVADAWIC.ORG

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