

## Watch your serving sizes

Follow these guidelines:

Grains—6 to 11 servings a day

Sample of one serving:

- 1 slice bread
- 1 cup dry cereal
- 1/2 cup cooked rice, pasta or cereal
- 1 small pancake
- 1 small tortilla

Vegetables—3 to 5 servings a day

Sample of one serving

- 3/4 cup vegetable juice
- 1/2 cup raw or cooked veggies
- Small baked potato

Fruits—2 to 4 servings a day

Sample of one serving

- 3/4 cup fruit juice
- 1/2 cup fresh, frozen or canned fruit
- 1 medium whole fruit (orange, apple, banana)

Milk products—2 to 3 servings a day

(Low fat or skim is best)

Sample of one serving

- 1 cup milk
- 1 cup yogurt
- 2 cubes of cheese (about 1 inch each)

Proteins—2 to 3 servings a day

Sample of one serving

- 2 Tablespoons peanut butter
- 1/2 cup dried or cooked beans
- 2 ounces lean meat, poultry or fish

## Learn the signs of preterm labor

Preterm labor can happen to any woman. Call your health care provider right away if you have any of these warning signs:

- Contractions that make your belly tighten up like a fist every 10 minutes or more often
- Change in the color of your vaginal discharge, or bleeding from your vagina
- The feeling that your baby is pushing down. This is called pelvic pressure.
- Low, dull backache
- Cramps that feel like your period
- Belly cramps with or without diarrhea



RCPC WIC PROGRAM

## Eating Healthy During Pregnancy



RCPC WIC PROGRAM

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# A healthy diet for you and baby

You need a healthy diet with a variety of foods every day to support your baby's growth and development. So eat smart and make healthy food choices. Try to eat foods from each of the five food groups every day. They provide important nutrients that you and your baby need.

## Healthy Eating Hints

1. *Meals:* Eat four to six smaller meals a day instead of three bigger ones to help relieve the heartburn and discomfort you may feel as your baby grows bigger.

### Remember:

Fatty foods like doughnuts and chips, and sweets like sodas, cookies and candy, don't give your baby enough of what he needs to grow.

2. *Snacks:* Cheese, yogurt, fruit and vegetables are good, healthy snacks. Peanut butter and nuts are also good—if you are not allergic to them.

3. *Liquids:* Drink at least six to eight glasses of water, juice or milk every day.

4. *Vitamins:* Take a multivitamin or prenatal vitamin every

day. Ask your health care provider if you need to take an iron or calcium supplement, too.

5. *Caffeine:* Limit the amount of caffeine you consume to 1 cup or less a day. Some studies suggest that drinking too much coffee may make it more difficult to become pregnant and may increase the risk of miscarriage. Tea, some soft drinks, chocolate and some non-prescription drugs also contain caffeine.

## Foods to avoid

Some foods can make you and your baby sick. Avoid these foods that can cause food poisoning or contain harmful chemicals:

- Fish that can be high in mercury like shark, swordfish, king mackerel and tilefish.  
—Fresh, frozen and canned tuna can be high in mercury, but it's also a good source of nutrition. If you decide to eat tuna while you're pregnant, you can eat one serving (6 ounces) or less a week.  
—You can safely eat about two meals (up to 12 ounces) a week of fish that are low in mercury, like shrimp, salmon, Pollock and catfish. Alaskan halibut and salmon are considered safe to eat.

Always check with your local health department before you eat any fish you catch yourself.

- Raw fish, especially shellfish
- Soft-scrambled eggs and foods made with raw or lightly cooked eggs
- Unpasteurized juices
- Raw sprouts, especially alfalfa sprouts
- Raw or undercooked meat, poultry, seafood and hot dogs. Deli meats (such as ham and bologna) occasionally can cause food poisoning. Avoid them or reheat them before eating.
- Unpasteurized soft cheeses such as brie, feta, Camembert, Roquefort, queso blanco, queso fresco, and Panela
- Refrigerated pâtés, meat spreads or smoked seafood (canned and shelf-stable versions are safe)
- Herbal supplements and teas

Never eat nonfood items like clay, starch, paraffin or coffee grounds. Eating these things can cause problems for you and your baby.

## Weight Gain

Women of average weight-for-height before pregnancy should gain about 25 to 35 pounds. Most women gain 3 to 5 pounds in the first trimester, and then a pound a week in the second and third trimesters. Your health care provider will tell you what's right for you.

## Take Folic Acid

Folic acid is a B vitamin that helps prevent birth defects of the brain and spinal cord (called neural tube defects). All women of childbearing age should take a multivitamin with 400 micrograms of folic acid every day before pregnancy and during early pregnancy, as part of a healthy diet.

Your healthy diet should include foods that are good sources of folic acid and folate, the form of folic acid that occurs naturally in food, such as:

- Fortified breakfast cereals
- Enriched grain products
- Beans
- Leafy green vegetables
- Orange juice