

control your weight during pregnancy

Gaining too much weight can increase your risk of gestational diabetes, high blood pressure, backaches, varicose veins, indigestion, difficult labor and delivery.

This extra weight may be hard to lose after your baby is born.

why is your weight gain too fast?

Talk to your health care provider.

Knowing why you are gaining weight too fast will make it easier to control your weight gain.

Is there a lot of stress in your life?

You may be overeating if you have a lot of stress.

- Find ways to reduce the stress in your life.
- **Ask others for help** - family, friends, local agencies, health care providers.

Are you trying to eat for two?

You need **only 300 extra calories** each day for a healthy pregnancy. That's not much if your diet was 1800 to 2000 calories before pregnancy.

You can get those extra 300 calories from a glass of milk, 1/2 of a sandwich or a bowl of cereal.

Are you hungry and not thinking about what you are eating?

It is normal to be hungry when you are pregnant, but think about what and when you are eating.

- **Avoid mindless eating.**
- Don't graze or eat food all day long.
- Eat slowly and enjoy food.

Are you eating foods high in sugar, fat and calories?

- **Have plenty of healthy foods in your diet** - whole grains, fruits, vegetables, lean proteins and low fat dairy foods.
- Eat foods high in sugar, fat and calories less often and in smaller amounts.

Make the right choice - control your weight gain for your baby and yourself.

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how can I slow down the weight gain?

Limit foods high in fat, sugar and calories

Sweetened fruit drinks and other sugary drinks
Cookies, pastries, pies, donuts, ice cream
Fast food, ice cream
Breads, cheese, whole milk
Chips, other chips, french fries
Sour cream, cream cheese



Be choosy about foods

• **Half your grains, whole grains.**
Whole grain breakfast cereals, whole grain breads, brown rice, whole grain pasta and whole grain pasta.
• **Half your plate fruits and vegetables.**
Focus on fruits and vegetables.

• **Choose whole grains, fruits and vegetables to help satisfy your hunger.**

• **Limit servings of fat-free or low-fat dairy foods.**

• **3 glasses of skim milk or 1/2 a carton of whole milk...you will be drinking 210 fewer calories.**

• **Choose fat-free or low-fat cottage cheese and yogurt.**

• **Choose lean proteins.**

• **Choose round meats that are at least 90% lean.**

• **Avoid breaded and fried chicken and fish.**

• **Avoid the high fat meats such as hot dogs, bacon and sausage.**



Be active

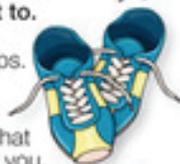
• **Walk for at least 30 minutes on most days, if your doctor tells you not to.**

• **Walk outside, around the park, the mall and up the steps.**

• **Choose activities with a risk of falling or injury.**

• **Ask your health care provider what types of exercise are best for you.**

• **Remember to slow down the weight gain, and try to lose weight during pregnancy.**



little steps great beginnings

This card provides general nutrition information. Advice should be obtained from your health care provider. P271