

## gain more weight during pregnancy

Is it a problem if I don't gain enough weight?

**Yes**, your baby could be born early with a **low birth weight** and health problems.

### why do you have a low weight gain?

#### Is there a lot of stress in your life?

Stress can upset your stomach and ruin your appetite.

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

#### Are you skipping meals?

Maybe you didn't eat 3 meals a day before you became pregnant. Now is the time to start!

- **Don't skip meals.**
- Take time to eat 3 meals each day.

#### Do you have nausea and vomiting?

- Eat small frequent meals.
- **Avoid smells and foods that make it worse.**
- Get plenty of rest.

#### Are you too tired to eat?

- Get more rest; **take a nap when you can.**
- Work fewer hours if you can.
- Ask others for help with children and housework.

#### Are you eating these foods each day?

**2 cups of fruits, 3 cups of vegetables, 8 ounces of grain foods, 3 cups of milk, and 6½ ounces of meat and beans**

*If not, eat more of the food group that you are low in.*

**If you are eating enough of each food group, you may need to eat more from a food group such as...**

- another glass of **milk**, serving of yogurt or cheese
- a larger serving of **protein** at lunch and dinner
- more **fruits and vegetables**
- larger serving of pasta, cereal, rice or other **grains**

Your baby doesn't want to skip meals - **take time to eat for your baby.**

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## Eat often

**Have 3 meals each day** at about the same times.

- Eat breakfast every day.
- Eat a protein food at breakfast - peanut butter or slice of cheese on toast.
- **snack** between breakfast and lunch; between lunch and dinner; and before bedtime.
- *If this seems like a lot of food, small frequent meals and snacks.*

## eat snacks with extra calories:

peanut butter on crackers, bagel or toast  
nuts, mixed nuts and dried fruits

slice cheese with fruit or crackers

ched cheese sandwich

roasted turkey and cheese

roasted ham and cheese

chicken and cheese quesadilla

smoothie with granola or fruit

smoothie made with milk,

heavy cream, frozen or fresh fruit

cheese and crackers

ched cheese

fruit and custard

fruit balls

roasted bean and cheese burrito

salami on a bagel or tortilla

slice of pizza

toasted English muffin topped

with pizza sauce and cheese

roasted baked potato

with broccoli and cheese

♥ foods with **iron**

🦷 foods with **calcium**

eat these foods high in **calcium and iron** for your growing baby.

**stop smoking cigarettes, quit!**

**drink water and milk, not sugary drinks.**

Don't let your stomach fill with soda or sugary drinks and not be hungry to eat.

little steps  
**great beginnings**

This card provides general nutrition information. Advice should be obtained from your health care provider. P272