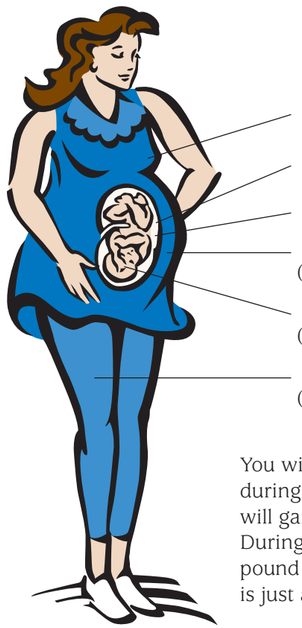
How much weight will I gain while I'm pregnant?

Most women should gain between 25 and 35 pounds (11–16 kilograms). You will need to gain a little more if you were thin when you got pregnant. You should gain a little less if you were heavy when you got pregnant.

Your baby will probably weigh between 6 and 9 pounds. And you will need to gain some extra weight to help your baby grow.



1 1/2 pounds (700 grams)	breasts
1 1/2 pounds	uterus
1 1/2 pounds	placenta
3 pounds (1.5 kilograms)	blood and fluids
7 1/2 pounds (3.5 kilograms)	baby
10 pounds (4.5 kilograms)	mother's extra fat and muscle

You will probably gain just a few pounds during the first few months, and then you will gain weight faster as your baby grows. During the last 6 months, gaining about a pound a week (or about 1/2 kilogram a week) is just about right.

Can I smoke or drink while I'm pregnant?

Cigarettes, drugs and alcohol (even beer or wine) could hurt your baby. If you need help to stop smoking, drinking or using drugs, ask your doctor or WIC staff for help.

Ask your doctor if it is OK before you take any pills, even aspirin.

Can I exercise while I'm pregnant?

Yes, unless your doctor says not to. Talk to your doctor about what is best for you. Walking or other gentle exercise helps you feel good. Think of a safe place, maybe a park or a mall, where you can take walks. Try to walk every day.

Who can I talk with if I have questions about my pregnancy?

Keep your appointments at your doctor's office. The people there will answer your questions. They will also listen to your baby's heartbeat and make sure you and your baby are fine. The WIC staff are also there to answer your questions.

I think I'd like to breastfeed my baby, but I don't know much about it.

Find out more about breastfeeding now, while you are still pregnant. The WIC staff can give you lots of information and help! Breastmilk is best for your baby. Breastfeeding will help keep your baby healthy. It can even help you get your body back in shape!

Having a healthy baby sounds like a lot of work. How can I do it all?

Do what you can. Make changes a little at a time. You CAN make a difference in how your baby grows. And, take good care of yourself. Babies need strong, healthy moms!

Washington State Department of Health
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Adapted from California Department of Health, WIC Supplemental Nutrition Branch. Printed by Washington State Department of Health WIC Program. WIC is an equal opportunity program. For persons with disabilities this document is available on request in other formats. To submit a request please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).

Give Your Baby a Healthy Start

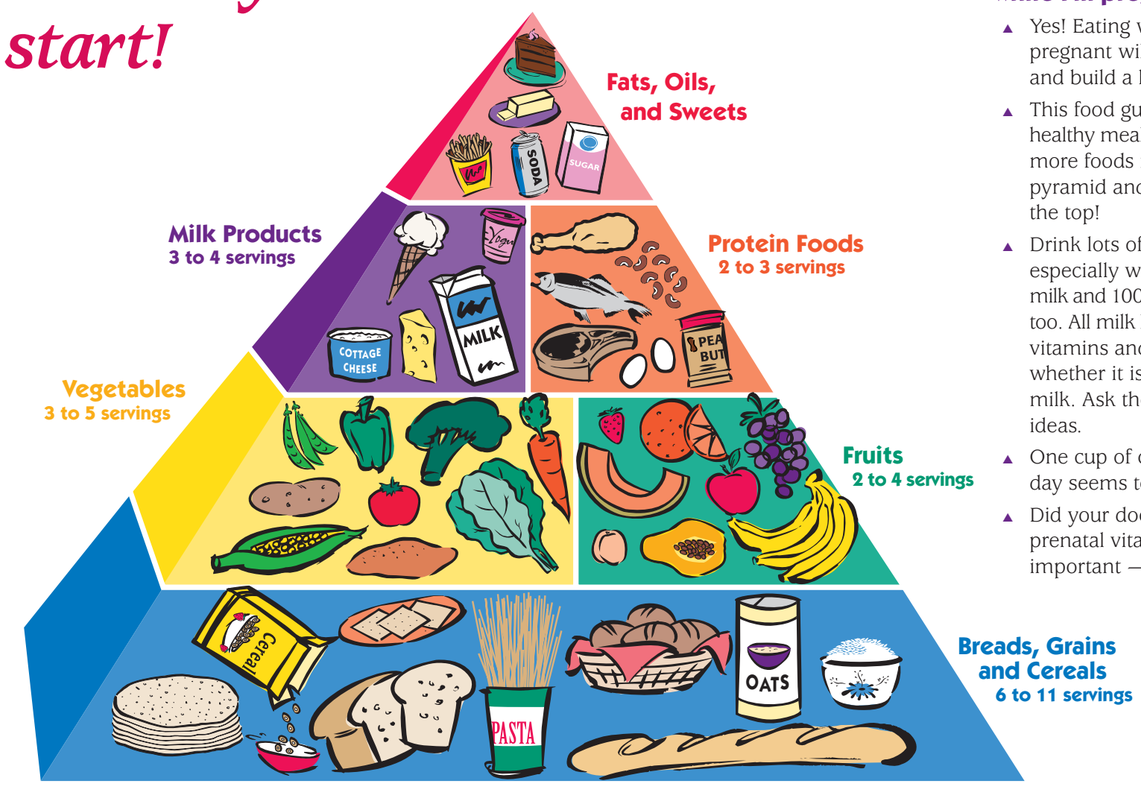
This is my goal: _____

_____

_____

So, you are going to have a baby!

Give your baby a healthy start!



Food Guide Pyramid

Good for you! There are lots of things you can do to make this a happy, healthy time.

Does it matter what I eat while I'm pregnant?

- Yes! Eating well while you are pregnant will help keep you strong and build a healthy baby.
- This food guide will help you plan healthy meals and snacks. Try to eat more foods from the bottom of the pyramid and only a little bit from the top!
- Drink lots of liquids, especially water. Drink milk and 100% fruit juices too. All milk has the same vitamins and minerals, whether it is nonfat, 2% or whole milk. Ask the WIC staff for more ideas.

- One cup of coffee, tea, or soda a day seems to be fine.
- Did your doctor tell you to take prenatal vitamins? These are important — don't forget them.

One Serving Is About...

6 to 11 servings each day

Breads, Grains, Cereals

Bread slice, tortilla, roll, muffin, pancake, bagel 1
Dry cereal ..... 3/4 cup or 180 mL
Noodles, rice, cooked cereal ..... 1/2 cup or 120 mL
Crackers 8
Eat some whole grain foods every day.

3 to 5 servings each day

Vegetables

Cooked ..... 1/2 cup or 120 mL
Raw ..... 1 cup or 235 mL
Eat a dark green or yellow vegetable every day, like carrots, broccoli, spinach, greens, sweet potato, or squash.

2 to 4 servings each day

Fruits

Fresh ..... 1 medium
Canned or frozen ..... 1/2 cup or 120 mL
Juice ..... 6 ounces or 180 mL
Eat a good vitamin C fruit every day, like orange, strawberries, melon, mango, papaya, or WIC juices.

3 to 4 servings each day

Milk Products

Milk ..... 8 ounces or 240 mL
Cheese ..... 1 1/2 ounces or 45 g
Cottage cheese ..... 2 cups or 475 mL
Yogurt, pudding or custard made with milk ..... 1 cup or 235 mL
Frozen yogurt, ice cream ..... 1 1/2 cups or 355 mL
Choose mostly lowfat or fat free milk products.

2 to 3 servings each day

Protein Foods

Animal Protein

Meat, chicken, turkey, fish ..... 2–3 ounces or 60–90 g
Eggs 2–3

Vegetable Protein

Cooked dry beans, peas, lentils ..... 1 cup or 235 mL
Peanut butter ..... 4 tablespoons or 60mL
Tofu ..... 1/2 cup or 120 mL
Eat some vegetable protein foods every day!

Fats, Oils, and Sweets

It is OK to eat these foods once in a while.

Washington State Department of Health

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