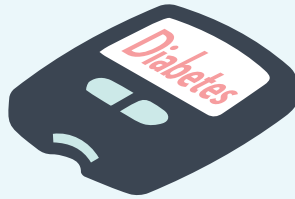


A red silhouette of a pregnant woman in profile, facing right. The background is white with a teal curved border at the top and a green and yellow striped pattern at the bottom.

Healthy
Weight Gain
during pregnancy

Healthy weight gain during pregnancy can help you and your baby.



Healthy weight gain will lower your risk of diabetes and high blood pressure.



Your baby is more likely to be born on time and at a healthy weight.

Gaining the right amount of weight makes it easier to return to your pre-pregnancy weight.

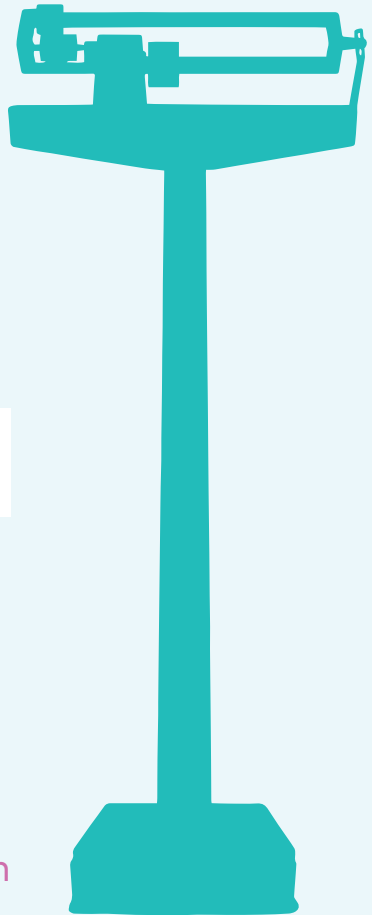
A healthy weight gain for my pregnancy is:

I should gain:

pounds
a week

or

pounds
a month



This book has tips that have helped other women gain a healthy weight during their pregnancies.

Nutrition tips



Drink
Fluids
All Day



Water

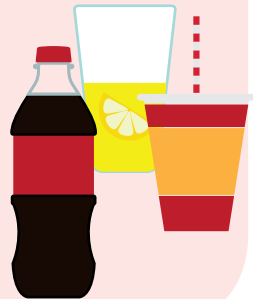


Non-Fat or 1% Milk



Avoid

Sweet Tea
Juice
Soda
Lemonade



Eat small snacks regularly

Breakfast



Snack

Lunch



Snack

Dinner



Plan meals and snacks ahead of time.

Eat Healthy Snacks



INGREDIENTS:

~~WHOLE GRAIN WHEAT FLOUR,
WATER, SUGAR, WHEAT GLUTEN,
SOYBEAN OIL, NATURAL FLAVOR,
SEA SALT, YEAST, CULTURED
WHEAT FLOUR, MOLASSES, SOY
LECITHIN, RAISIN JUICE, VINEGAR,
ASCORBIC ACID; TOPPED WITH
WHEAT BRAN.~~

**Eat plenty
of fiber**



Avoid
High fat
High sugar

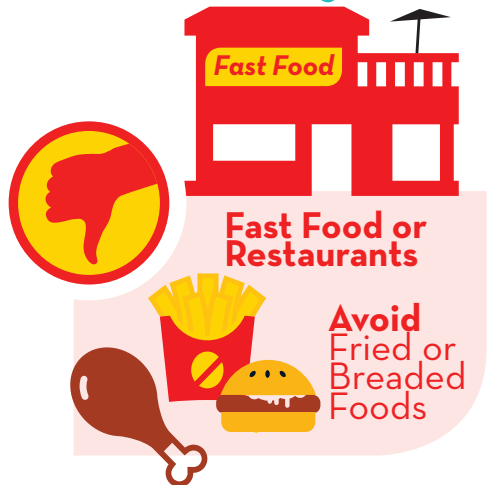
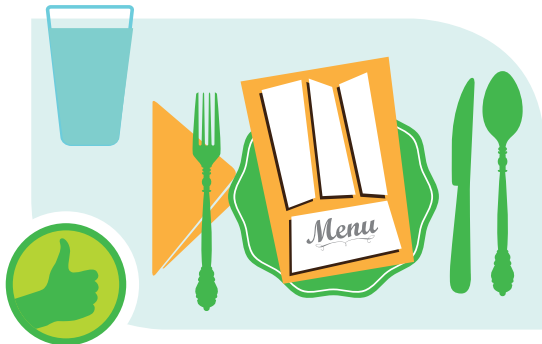


Include protein in most meals.



Choose healthy options when eating out.

Drink lots of water and order salad dressing and dipping sauce on the side.



Energize your life!



Be active! Make it fun!



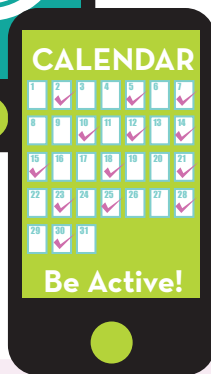
Walk with kids to school, with a buddy group, or around playground as kids play.





Relieve stress

Boost your mood

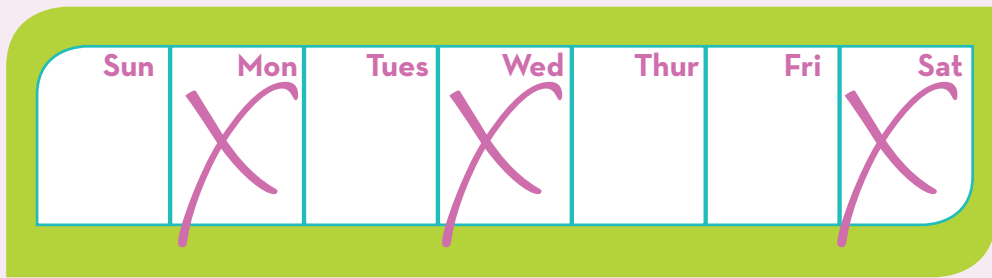


Tips

Set timer for activities

Schedule time to be active, use the calendar on your phone.

Be active at least 3 times a week



for 30-45 minutes

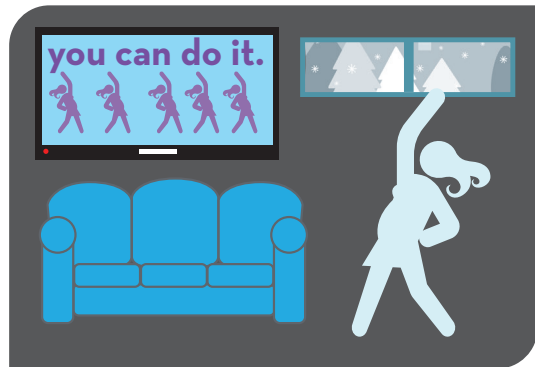
Break activities up into 15 minute periods



Find space inside during winter



Use the stairs



Exercise with TV



After baby arrives



Remain active



Stay with health snacks and meals



Drink lots of water



Sleep when baby sleeps



Breastfeeding provides lifelong health benefits to you and your baby.

Resources

Daily Food Plans for Pregnancy & Breastfeeding

A meal planning system for pregnant or breastfeeding women.

www.choosemyplate.gov/pregnancy-breastfeeding.html

ParentHelp123

Help with breastfeeding, WIC, health insurance, maternity support and more.

1-800-322-2588 or online at: www.parenthelp123.org

La Leche League of Washington

For weekend or evening breastfeeding support.

www.llofwa.org

USDA is an equal opportunity provider and employer.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more,

contact 877-501-2233 or foodhelp.wa.gov





**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 711)**