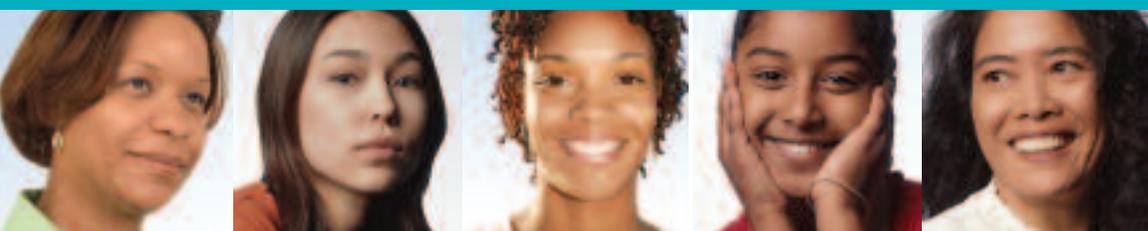


# Tips

for a **Healthy  
Pregnancy**



WVHC

Dear Mom-to-be :

You want to have a healthy baby and keep yourself healthy, too. Eating right and getting health care helps you reach your goal. The WIC Program lets you:

- ✓ Learn how to get health care and other services;
- ✓ Learn to make smart food choices;
- ✓ Learn ways to keep your baby safe;
- ✓ Learn about breastfeeding; and
- ✓ Get checks to buy healthy foods.

The tips in this booklet do not replace your doctor's advice. Talk with your doctor at your prenatal checkups. Write down questions to ask before you go.

When you pick up your WIC checks, you can learn more about healthy eating. WIC has nutrition sessions for you and other moms to learn, share ideas, and ask questions. We hope you enjoy being in WIC.

Sincerely,

The WIC Program staff



## Get prenatal care.

**Prenatal care** is health care for pregnant women. A doctor or specially trained nurse checks that you and your baby are okay. Your prenatal checkups will likely be:

... 1 checkup each month for the first 6 months;

... 2 checkups each month in the 7th and 8th months;

... 1 checkup each week in the 9th month; and

... 1 checkup 6 weeks after your baby is born (*post partum*).

**Get prenatal care as soon as you think you are pregnant.** Go to all your checkups. You can learn more about your baby and how your body is changing.

If you need help to pay for prenatal care, ask WIC about the Maryland Children's Health Program. Or, you can call 1-800-456-8900 to find out more.

# Choose foods for you and baby, too.

- Your baby grows best when you eat right.
- Every day, eat foods from all five food groups.

<p><b>Grains</b> 6 servings (or more)</p>		<p><b>ONE SERVING IS</b></p> <ul style="list-style-type: none"> <li>• 1 slice bread or tortilla</li> <li>• 1/2 bagel or hamburger bun</li> <li>• 1/2 cup cooked rice, noodles, or cereal</li> <li>• 1 cup flake-type cereal</li> </ul>	<p><b>TIP</b></p> <ul style="list-style-type: none"> <li>• Eat whole grains like:               <ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Whole wheat or rye bread</li> <li>- Brown rice</li> <li>- Corn tortillas</li> </ul> </li> </ul>
<p><b>Vegetables</b> 5 servings (or more)</p>		<p><b>ONE SERVING IS</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup chopped or cooked</li> <li>• 1 cup lettuce or other leafy greens</li> <li>• 1/2 cup vegetable or tomato juice</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Eat many kinds and colors: dark green, orange, red, yellow, purple, and white.</li> <li>• Add to: scrambled eggs, rice, noodles, salads, and casseroles.</li> </ul>
<p><b>Fruits</b> 4 servings (or more)</p>		<p><b>ONE SERVING IS</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup chopped or cooked</li> <li>• 1 fruit—apple, orange, peach</li> <li>• 1/2 cup 100% fruit juice</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Eat many kinds and colors: red, yellow, orange, blue, green, and white.</li> <li>• Put sliced or chopped fruit on cereal, pancakes, pudding, and frozen yogurt.</li> </ul>
<p><b>Milk</b> 3 servings</p>		<p><b>ONE SERVING IS</b></p> <ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup yogurt</li> <li>• 1 to 2 slices cheese</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Buy lowfat (1%) or fat free milk and lowfat cheese with your WIC checks.</li> <li>• If it is hard to drink milk, get ideas from WIC.</li> </ul>
<p><b>Meat &amp; Beans</b> 6 ounces (or more)</p>		<p><b>ONE OUNCE IS</b></p> <ul style="list-style-type: none"> <li>• 1 ounce meat, chicken, turkey, or fish</li> <li>• 1/4 cup canned light tuna</li> <li>• 1 egg</li> <li>• 1/2 cup cooked beans or tofu</li> <li>• 2 tablespoons peanut butter or nuts</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• A 3-ounce serving is the size of a deck of cards.</li> <li>• Eat more beans like you get from WIC. Ask WIC for recipes.</li> <li>• Choose lean meats. Bake, broil, or grill them.</li> </ul>

## Sample Menu

You and your baby do best when you eat regular meals. Here is an idea for one day.



### Breakfast

WIC cereal + milk  
Wheat toast with peanut butter  
Banana  
WIC juice

### Morning Snack

Plain yogurt  
Orange slices



### Lunch

Chili with WIC beans  
Cornbread or tortilla  
Broccoli  
Sliced cheese  
Water

### Afternoon Snack

Graham crackers  
Handful of nuts  
Strawberries



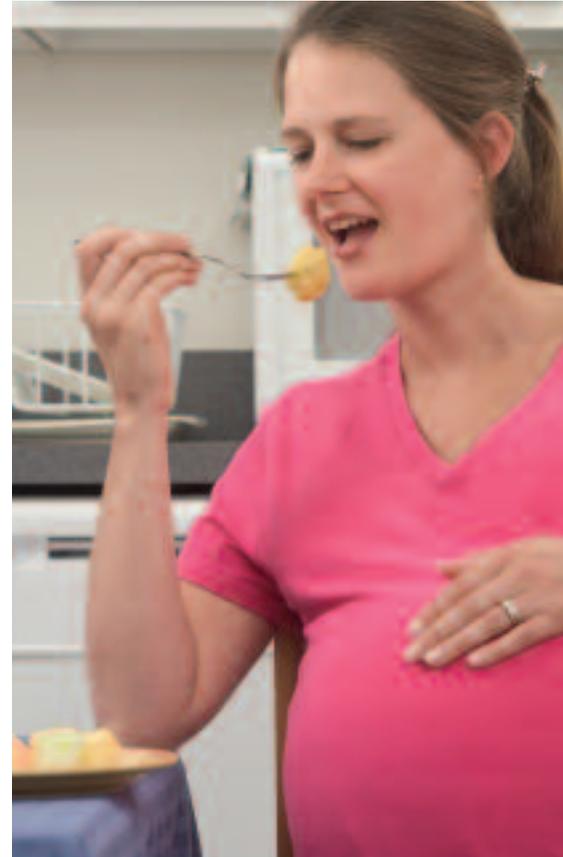
### Dinner

Chicken  
Rice  
Carrots  
Salad—lettuce, tomato  
Milk

## Snack smart.

When you want a snack, have one of these.

- Banana or other fruit
- Chocolate milk
- Apple slices or banana with peanut butter
- Pudding made with WIC milk
- Cheese slice on whole wheat toast
- Carrot sticks dipped in salsa
- Nuts and raisins
- Vanilla yogurt
- Tomato juice
- Hard cooked egg
- WIC cereal
- Oatmeal raisin cookies



## Fast Foods Tips

**On the go?** Ask for these fast foods.

- Grilled chicken sandwich
- Hamburger or cheeseburger
- Main dish salad or side salad
- Pizza topped with green peppers, tomatoes, and mushrooms
- Baked potato with vegetable and cheese toppings
- Fruit
- Water, milk, or juice

## Mini Meals

If you don't feel like eating, try a mini meal.

Pick a food from each group. You decide how much.

*Example:* Cold cereal + Milk + Banana

GROUP 1	GROUP 2	GROUP 3	If you like
Bagel	Cheese	Apple	Butter
Baked potato	Cottage cheese	Banana	Fruit spread
Bread	Frozen yogurt	Grapes	Cream cheese
Cold cereal	Milk	Melon	Jelly
Crackers	Milkshake	Orange	Margarine
English muffin	Pudding	Peach	Sugar
Graham crackers	Yogurt	Pineapple	
Hamburger bun	Cooked beans	Raisins	
Noodles	Cooked chicken	Strawberries	
Noodle soup	Cooked meat	Broccoli	
Oatmeal or grits	Egg, hard cooked	Carrots	
Pita bread	Egg salad	Green peppers	
Raisin bread	Egg, scrambled	Raw spinach	
Rice	Hamburger	Tomato	
Roll	Nuts (like walnuts)	Tomato soup	
Tortilla	Peanut butter	Vegetable soup	



## Food safety tips

- Wash your hands with soap and water before you eat or fix food.
- Wash vegetables and fruit with water before eating or cooking.
- Cook meat, chicken, turkey, fish, and seafood to the well-done stage. Use a meat thermometer.
- Cook hot dogs, coldcuts and deli meats like bologna, salami, or ham until steaming hot before eating.
- If you eat fish one or more times a week, ask WIC or your doctor for more information.



## What about vitamins?

**Your doctor may say to take a prenatal vitamin.**

It is a pill with extra iron and folic acid to help your baby grow. Take the pill with water. If it is hard to take, talk with your doctor. Do not take any other vitamins unless your doctor says to.



## Keep your teeth healthy.

**To keep your teeth and gums healthy, be sure to:**

- ... Brush your teeth (and tongue) at least two times a day.
- ... Floss your teeth two times a day.
- ... Drink water, not sugary drinks.
- ... Get a dental checkup.

Use a soft-bristle toothbrush. Brush gently. If your gums bleed when you brush or floss, tell your doctor.



Be active  
for a  
healthy  
body.



**Your body stays fit when you move it.** If your doctor says it is okay, try to keep active. Walking and swimming are two ways. You will look and feel good because you:

- ... have more energy and feel less tired.
- ... sleep better.
- ... work off stress.
- ... tone your muscles.
- ... have better posture.

**Find time to be active for 30 minutes, most or all days of the week.**

- You can break the time up like this:
- ... walk 10 minutes in the morning.
  - ... walk 10 minutes after lunch.
  - ... walk 10 minutes after dinner.

## Weight Gain

**You need to gain weight so your baby grows right.** Your doctor will say how much. It might be 25 to 35 pounds. Or, it might be less or more than this.

After the 3rd month, you might gain about one pound a week. To keep a steady weight gain:

- Eat when you feel hungry.
- Choose healthy foods to eat.
- Drink water when you get thirsty.
- Keep active by walking.



**If your weight gain is:**

**Just right—**

You can lose the weight after your baby is born.

**Too little—**

Your baby could be born too small or too soon.

**Too much—**

It is hard to lose the weight after the baby is born.

Notes

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# Keep your baby safe.



## Don't smoke.

If you smoke, your baby:

- ... may be born too small or too sick to live.
- ... may be at risk for crib death (SIDS).
- ... may be at risk for lung problems like asthma.

**Get help to cut back or quit.** Talk with your doctor or call 1-800-548-8252 (American Lung Association).



## Don't drink beer, wine, liquor, or mixed drinks.

If you drink, your baby:

- ... may be born with birth defects.
- ... may have health or learning problems for life.

Even a drink once in a while could hurt your baby. **Get help to quit.** Talk with your doctor or call 1-800-662-HELP (4357).



## Don't use street drugs.

If you use drugs, your baby:

- ... may be born too small or too sick to live.
- ... may be born with birth defects.
- ... may have health or learning problems for life.

**Get help to quit.** Talk with your doctor or call 1-800-662-HELP (4357).



## Don't take medicine without your doctor's OK.

**Ask your doctor** if the medicine is safe **before** you take it. Any medicine, even aspirin, laxatives, or cold tablets could hurt your baby.



## Don't take herbal supplements or drink herbal teas.

Some herbs might hurt your baby. If you take herbs or drink herbal teas, **ask your doctor** if it is safe.



## Don't eat certain foods.

Some foods can make you sick or hurt your baby.

### Do not eat:

- Tilefish, swordfish, king mackerel, or shark
- Crab mustard
- Raw oysters or fish like sushi or sushimi
- Rare or raw meat, chicken, or turkey
- Deli meat spreads or pates
- Raw or soft-cooked eggs
- Feta, blue-veined, Brie, or Mexican-style (queso blanco or queso fresco) cheeses
- Unpasteurized (raw) milk or cheese
- Unpasteurized juice or cider
- Raw sprouts, like alfalfa sprouts

## Do not use:

- ✗ Crack/cocaine
- ✗ Speed or uppers
- ✗ Downers
- ✗ Heroin
- ✗ Marijuana
- ✗ PCP or Angel dust
- ✗ LSD



# Pregnancy Discomforts

**Your body changes when you are pregnant.** You might feel sick to your stomach the first 3 or 4 months. Some smells and foods might make you throw up.

## If you feel sick... (Morning Sickness)

- Open the window to let fresh air in and stale air out.
- Get up slowly when you wake up.
- Stay away from smells that make you sick.
- Eat cold foods if the smell of food makes you sick.
- Eat any food that stays down.
- Eat small amounts of food every one or two hours.
- Drink liquids, but take small sips.



**Even if you feel sick, you still need food and liquids. If you can't keep anything down, call your doctor.**



**As your baby grows,** you might get an upset stomach when you eat. It might be hard to move your bowels. Talk to your doctor if you get these problems. Do not take medicine unless your doctor says to. Here are some tips:

## If you have heartburn... (Indigestion)

- Eat 5 or 6 small meals, not 2 or 3 large ones.
- Eat less fried or greasy foods.
- Eat less spicy foods.
- Drink small sips of water with your meals.
- Don't drink sodas, coffee or tea with caffeine.
- Walk after you eat.

## If you can't move your bowels... (Constipation)

- Eat high fiber foods like:
  - ... Vegetables
  - ... Fruit
  - ... Beans (the kind WIC gives)
  - ... Whole grain cereal
  - ... Whole wheat bread and crackers
  - ... Whole wheat noodles
  - ... Brown rice
  - ... Corn tortillas
- Drink plenty of fluids like water.
- Walk after you eat.



A woman with glasses and a dark top is smiling and holding a baby. The baby is wearing a light blue striped shirt. The background is a plain, light-colored wall.

Give your  
baby the  
right start—  
Breastfeed!

### **Mother's milk is the normal way to feed your baby.**

- Mother's milk has the right ingredients in the right amounts to give your baby a healthy start. It is all your baby needs for the first 6 months.
- Mother's milk is easy to digest. Bowel movements are softer and easier to pass.

### **Breastfeeding is good for mom, too.**

- Nursing is convenient. Mother's milk is always ready and at the right temperature. Moms find that:
  - ... Nighttime feedings are easy.
  - ... It saves time—there is no mixing formula or cleaning bottles.
  - ... There is less to pack up when you go out.
- Nursing saves money—you don't need to buy formula or bottles.

Nursing a baby is a loving, caring, enjoyable experience! It helps you relax and feel close to your baby. Moms feel proud that their babies grow as a result of something only they can do!

### **Did You Know...**

#### **Babies who do not get mother's milk have more:**

- ✓ Allergies
- ✓ Illnesses and hospital stays
- ✓ Earaches
- ✓ Diarrhea and constipation
- ✓ Tooth decay

#### **Moms who do not breastfeed their babies may:**

- ✓ Bleed longer after giving birth.
- ✓ Take longer to get back into shape.
- ✓ Have a higher risk of some types of cancers.
- ✓ Have weaker bones as they get older.

## Breastfeeding Basics



**1 Nursing should not hurt.**  
Your breasts might be tender for a few days, but this should pass. Learning the right way to put the baby to breast helps prevent problems. If you have discomfort, ask for help.

**2 A mom can make all the milk her baby needs.**  
How much milk you make depends on how often your baby nurses, not on the size of your breasts. The more your baby nurses, the more milk you make.

**3 Nursing will not make breasts sag.**  
Breasts change due to pregnancy, not breastfeeding. Wearing a supportive bra during pregnancy and breastfeeding may help.

**4 Nursing involves the whole family.**  
Family members and friends can help with the baby at bath time, diaper change, and playtime. They can help with household chores. Babies need lots of love and cuddling other than at feeding time.

**5 Moms who nurse can eat their favorite foods!**  
A special diet is not needed. Drinking liquids to satisfy thirst is important.

**6 Babies can be nursed in public if moms choose to.**  
You can nurse without anyone else knowing by placing a blanket over your shoulder to cover the baby. A breastfeeding counselor can give other suggestions.

**7 Moms can nurse if they go back to work or school.**  
You can:

- ... Have the baby brought to you for feeding.
- ... Leave mother's milk for feeding your baby.
- ... Have your baby drink infant formula while you are away; but nurse when you and the baby are together.

**8 Moms can nurse if the baby is born by C-section.**  
The surgery and pain medicine do not affect how much milk is made.

## When you breastfeed, here are some important things to know...

- **Most over-the-counter and prescription medicines are safe while nursing.** You should still tell the baby's doctor about any medicines (even birth control pills) you are taking.
- **It is best to choose caffeine-free drinks.** Drinks with caffeine, like coffee, tea, and some sodas, get into breast milk and can make some babies fussy.
- **Alcohol passes into mother's milk.** It is best to avoid beer, wine, mixed drinks, and liquor. If you have questions, ask your baby's doctor or a breastfeeding counselor.
- **Nicotine from cigarettes passes into mother's milk.** It is best if you can quit smoking. If you can't quit, you can still nurse if you:
  - ... Cut back smoking as much as possible.
  - ... Do not smoke when in the room with baby.
  - ... Smoke just after nursing instead of before or during a feeding.
- **Mothers who use street drugs should not breastfeed** and should stop using drugs.
- **If a mother or her partner is HIV-positive or has AIDS, she should not breastfeed.** If you think you have AIDS or are at risk for it, get tested.  
Free testing is available at any Maryland health department. Call the Maryland AIDS hotline at 1-800-638-6252.

**Appointment****Date**


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Whitten Building  
1400 Independence Avenue SW  
Washington, DC 20250-9410

or call 202-720-5964 (voice and TDD).

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<http://www.mdwic.org>

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