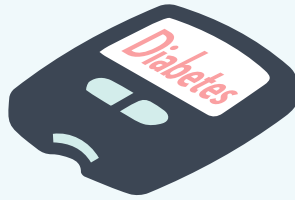


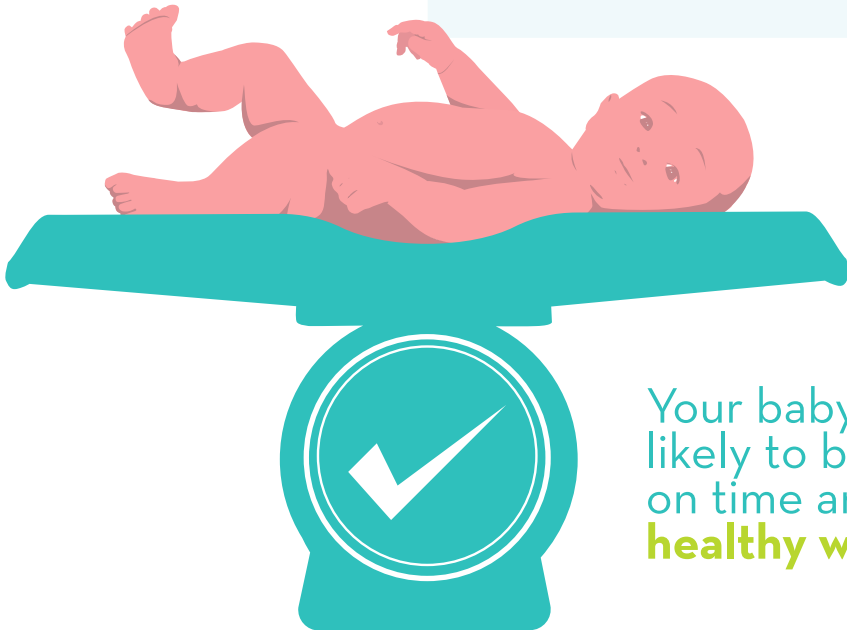
A pink silhouette of a pregnant woman is shown in profile, facing right. She has curly hair and a visible belly. The background is white with a teal top section and a green striped bottom section.

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.

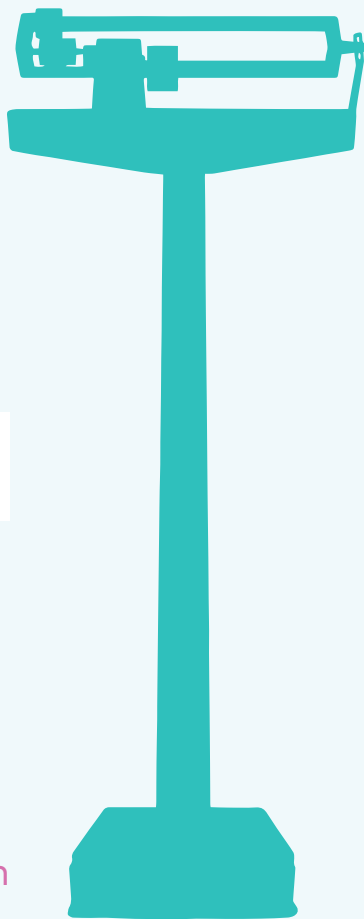
A healthy weight gain for my pregnancy is:

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



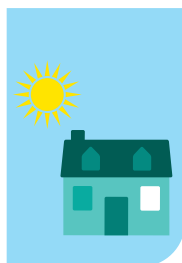
Avoid

Sweet Tea
Juice
Soda
Lemonade



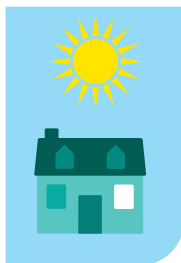
Eat small snacks regularly

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

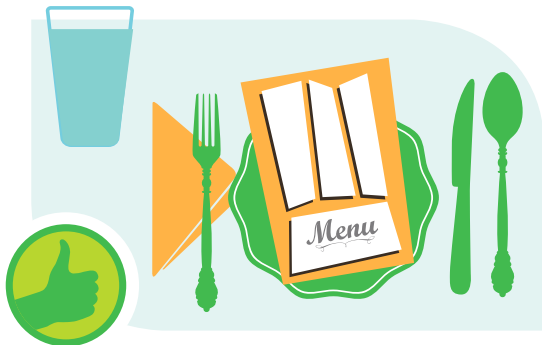


Include protein in most meals.



Choose healthy options when eating out.

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



**Fast Food or
Restaurants**



Energize your life!



Be active! Make it fun!



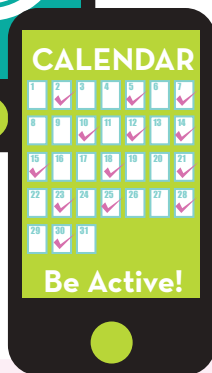
Walk with kids to school, with a buddy group, or around playground as kids play.





Relieve
stress

Boost
your
mood

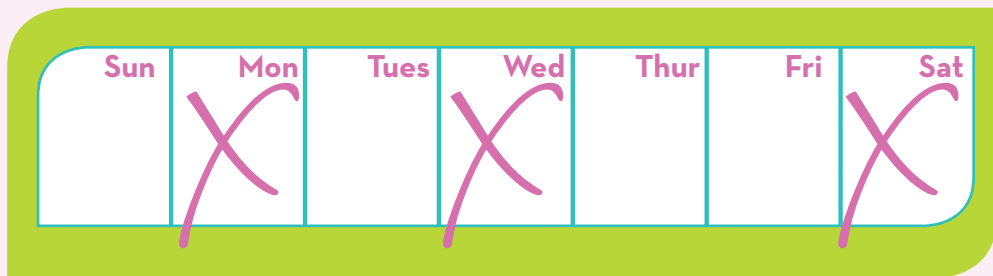


Tips

Set
timer for
activities

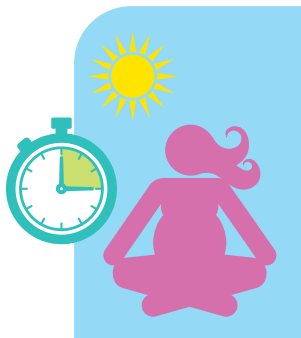
Schedule
time to be
active, use the
calendar on
your phone.

Be active at least 3 times a week



for 30-45 minutes

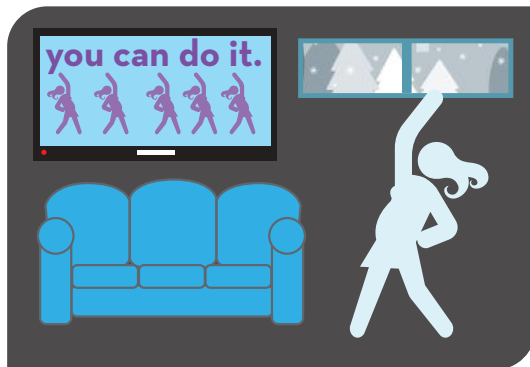
Break activities up into 15 minute periods



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.

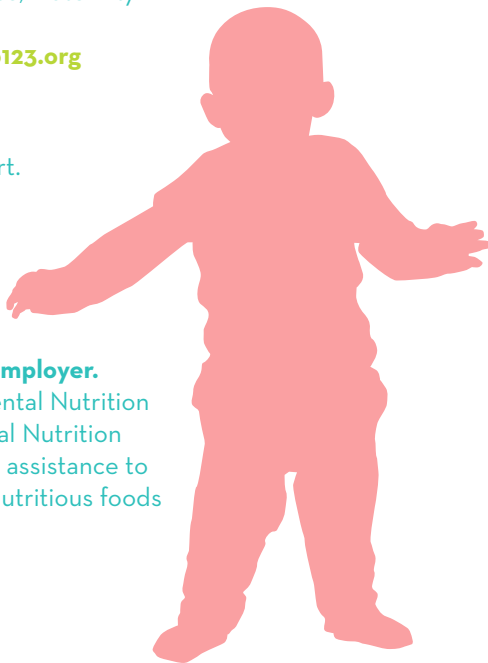
www.lllofwa.org

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





Washington State Department of

Health

DOH 940-027 February 2016

**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)**