



# Nutrition & Exercise Tips for a Healthy Pregnancy

Give your baby (and you) the best start possible: Stay active, eat right, and gain a healthy amount of weight during your pregnancy. Nearly half of pregnant women gain more than the suggested amount of weight. Try these tips for a healthy pregnancy.

## EAT BALANCED MEALS & SNACKS

### Choose the right combination of carbs, protein, and fats.

- Fill ½ your plate with veggies—the more colors, the better!
- Fill ¼ of your plate with whole grains (brown rice, bread, pasta, cereal, oatmeal, quinoa) and starchy veggies (potatoes, corn, and peas).
- Make ¼ of your plate lean protein such as poultry, meat, fish, seafood, beans, nuts, seeds, nut and seed butters, soy, and dairy.



### Avoid the following sources of protein while you're pregnant:

- Raw fish and seafood
- Fish with high mercury content, including King mackerel, marlin, orange roughy, shark, swordfish, tilefish from the Gulf of Mexico, and bigeye tuna
- Undercooked meat and poultry
- Deli-style meats and cold cuts unless you heat them (to steaming hot to kill bacteria)
- Unpasteurized milk and soft cheeses such as brie, feta, and blue cheese

### LEARN MORE ABOUT SAFE FISH CHOICES AT:

[www.fda.gov/Food/ResourcesForYou/Consumers/ucm393070.htm](http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm393070.htm)



Limit canned or fresh white and albacore tuna to 4 oz per week. (Canned light tuna contains less mercury and is safe to eat more often.)

### Limit “empty calories” (sugary snacks, fried foods, junk food) that don't provide enough vitamins, minerals, fiber, or other nutrients.

- Eat throughout the day to keep up your energy.
- Snack “smart” so you're less tempted to reach for sweets when hunger strikes. Ideas include trail mix, hummus and veggies, low-fat Greek yogurt, fruit, or cheese sticks.
- Enjoy fresh, frozen, and canned fruit with no added sugar for a snack or dessert.
- Include healthy fats such as olive oil, avocado, nuts, and seeds.
- Drink plenty of water throughout the day and during exercise, limit caffeine, and avoid sugary drinks.



## FOCUS ON KEY NUTRIENTS

When you're pregnant you need more of certain vitamins and minerals. A balanced eating plan should provide what you need, but ask your healthcare provider about whether you need vitamin or mineral supplements.

- Iron is found in whole grains, lean beef and pork, beans, peas, and iron-fortified grains (cereal and oatmeal).
- Folic acid sources include fortified cereals, enriched pasta and grains, peanuts, beans, and dark leafy greens.
- Calcium is found in milk, hard and pasteurized cheeses, yogurt, and fortified plant milk.



## GAIN A HEALTHY AMOUNT OF WEIGHT

Gain weight slowly during pregnancy to support your growing baby. Too much weight gain during pregnancy can impact the short- and long-term health of you and your baby and make it harder for you to lose weight after baby is born.

- 1–4 pounds total during the first 3 months (1st trimester)
- 2–4 pounds per month during months 4–9 (2nd & 3rd trimesters)



Women at a healthy weight before pregnancy need an average of 340–450 extra calories per day during the second and third trimesters. Increase your calorie intake with a larger portion or by adding a snack, such as ½ cup trail mix, or a 5.3 oz container of low-fat Greek yogurt + a handful of berries.

Suggested weight gain based on your body mass index (BMI) can be calculated from your height and pre-pregnancy weight using an online calculator such as this one: [https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

Weight Before Pregnancy	Recommended Weight Gain (in pounds)
<b>Underweight</b> BMI less than 18.5	28–40
<b>Healthy weight</b> BMI 18.5–24.9	25–35
<b>Overweight</b> BMI 25–29	15–25
<b>Obese</b> BMI more than 29	11–20

## KEEP MOVING

It's important to stay active while you're pregnant for the health of you and your baby. It should be safe to exercise unless you're uncomfortable or have complications.

- Aim for 150 minutes of moderate-intensity aerobic exercise per week—or about 20 minutes a day.
- Duty restrictions vary depending on job position, environment, and physical capabilities. Check with your healthcare provider and supervisor.



**For more info, contact CG SUPRT at 1-855-CGSUPRT (247-8778) or CGSUPRT.com.**