



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 $\frac{1}{2}$ your plate with veggies—the more colors, the better!
- Fill $\frac{1}{4}$ of your plate with whole grains (brown rice, bread, pasta, cereal, oatmeal, quinoa) and starchy veggies (potatoes, corn, and peas).
- Make $\frac{1}{4}$ of your plate lean protein such as poultry, meat, fish, seafood, beans, nuts, seeds, nut and seed butters, soy, and dairy.



STOP

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



CAUTION

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.

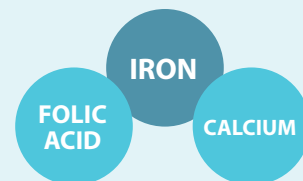
- Eat throughout the day to keep up your energy.
- Snack “smart” so you’re less tempted to reach for sweets when hunger strikes. Ideas include trail mix, hummus and veggies, low-fat Greek yogurt, fruit, or cheese sticks.
- Enjoy fresh, frozen, and canned fruit with no added sugar for a snack or dessert.
- 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

Weight Before Pregnancy	Recommended Weight Gain (in pounds)
Underweight BMI less than 18.5	28–40
Healthy weight BMI 18.5–24.9	25–35
Overweight BMI 25–29	15–25
Obese 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.**

