



Eating Right During Pregnancy

- A healthy diet is important for having a healthy baby.
- It is generally recommended women of normal weight before pregnancy eat about 300 additional calories a day while pregnant. If you are underweight or overweight consult with your doctor about your daily calorie intake so you can meet your weight gain goal discussed by you and your doctor.
- Weight gain during pregnancy should be gradual and steady.
- Drink milk, 100% fruit juices or water instead of soda, artificially sweetened drinks and caffeinated beverages during your pregnancy.
- Do not smoke, drink alcohol, or take drugs while pregnant.
- Stay active during your pregnancy.
- See a healthcare provider early in your pregnancy. It is important for your health and the health of your baby.

Mini-goals

1. _____

2. _____

3. _____
