



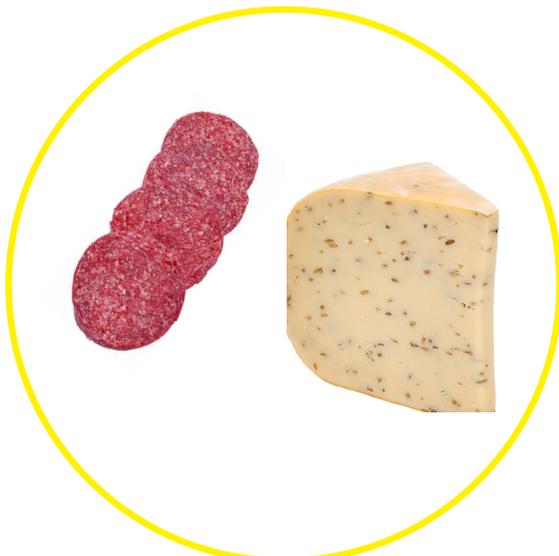
**Eating during pregnancy**



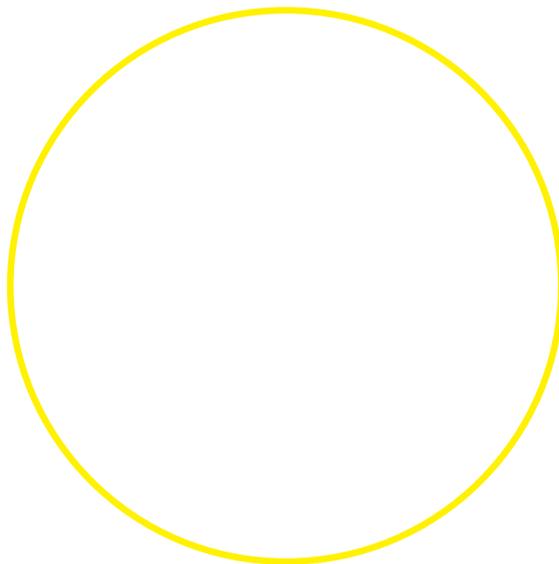
**Weight gain**



**Nausea, constipation,  
and heartburn**



**Unsafe foods  
during pregnancy**



**Breastfeeding my baby**

**Pregnant**

## Eating during pregnancy

### Suggested Questions:

- What questions do you have about what you should eat while you are pregnant?
- Tell me what you eat and drink on a typical day?

### Tips:

- Eat five to six small meals a day.
- Eat more fruits and vegetables.
- Drink lots of water.
- Drink low fat milk and 100% fruit juices.
- Avoid sweetened drinks such as soda, sports drinks, coffee beverages, sugared ice tea, juice drinks.
- Be careful about fast food choices.
- Ask your doctor if you need prenatal vitamins.

### Handouts:

- *Give Your Baby a Healthy Start*
- *Nine Months to Get Ready*

## Weight gain

### Suggested Questions:

- What questions do you have?
- How much weight do you think you need to gain?
- Tell me what you eat and drink on a typical day.

### Tips:

- Eat five to six small meals a day.
- Eat more fruits and vegetables.
- Drink lots of water.
- Drink low fat milk and 100% fruit juices.
- Avoid sweetened drinks such as soda, sports drinks, coffee beverages, sugared ice tea, juice drinks.
- Be careful about fast food choices.
- Be active every day. Do what you enjoy.
- Follow weight gain guidelines.

### Handouts:

- *Give Your Baby a Healthy Start*
- *Be a Healthy Mom*

## Nausea, constipation, and heartburn

### Suggested Questions:

- Tell me why you chose this topic.
- When do you feel most sick or uncomfortable?
- What have you tried to relieve your symptoms?

### Tips:

- **Nausea:** Eat crackers. Eat small frequent meals and snacks. Avoid greasy foods. Open windows. Take your prenatal vitamins when you do not feel sick.
- **Constipation:** Eat more fiber-rich foods. Drink more liquids. Be active every day. Walking is a good choice.
- **Heartburn:** Eat small frequent meals and snacks. Limit greasy foods, spicy foods and caffeine. Wear loose clothing.

### Handout:

- *Common Complaints of Pregnancy*

## Unsafe foods during pregnancy

### Suggested Question:

- What have you heard about foods you should not eat during pregnancy?

### Tips:

- Some foods should be avoided during pregnancy because they contain harmful microorganisms that can make you sick.
- Do not drink raw or unpasteurized milk or juice.
- Do not eat soft cheeses such as Queso fresco, Brie, or Blue Cheese.
- Do not eat raw or undercooked hot dogs, beef, pork, poultry, seafood, eggs, or tofu unless they are reheated until steaming hot (160°F).

### Handouts:

- *Listeriosis Fact sheet*
- *Nine Months to Get Ready*

## Topic of your choice

Pregnant

## Breastfeeding my baby

### Suggested Question:

- What have you heard about breastfeeding?

### Tips:

- Breastmilk is the best food for your baby.
- Breastmilk has more nutrients than formula.
- Breastfed babies have less colic, allergies, and ear infections.
- Give your baby only breastmilk or formula for the first six months.
- WIC is here to help you with whatever decision you make about feeding your baby.

### Handouts:

- *#1 Babies First – You are pregnant: Now is the time to think about how you want to feed your baby*
- *Feeding Your Baby Birth to 8 Months*