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:

or

This book has tips that have helped other women gain a healthy weight during their pregnancies.
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

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.

Avoid Fried or Breaded Foods

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
Set timer for activities
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

Be active at least 3 times a week for 30-45 minutes

Sun Mon Tue Wed Thur Fri Sat
X X X

CALENDAR
Be Active!
Break activities up into 15 minute periods

Find space inside during winter

Use the stairs

Exercise with TV

you can do it.
After baby arrives

Breastfeeding provides lifelong health benefits to you and your baby.

- Remain active
- Stay with health snacks and meals
- Drink lots of water
- Sleep when baby sleeps
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

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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