

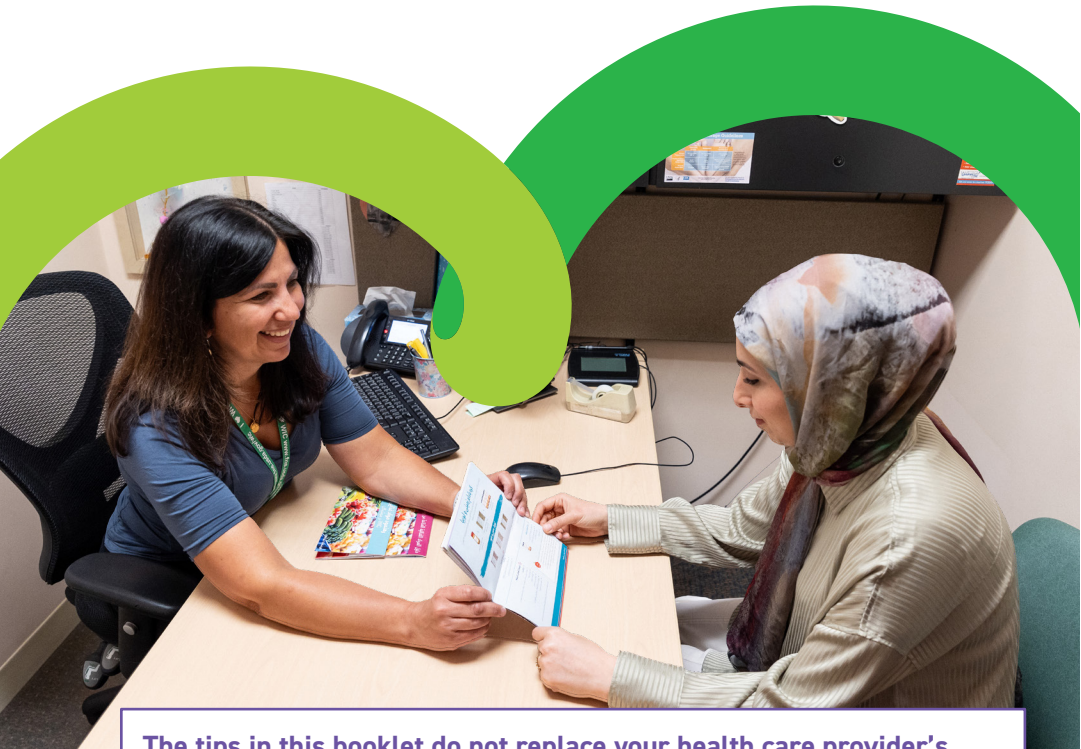
YOUR HEALTHY PREGNANCY



WIC SUPPORTS YOU DURING PREGNANCY

You're expecting a new baby! Each pregnancy is different and WIC is here to support you with what you need, including:

- Making healthy food choices.
- Learning about feeding your baby.
- Meeting with WIC registered dietitians and lactation staff.
- Connecting you with health care providers and other resources in your community.
- Providing a WIC EBT Card to buy specific foods at the store.



The tips in this booklet do not replace your health care provider's guidance. Write down your questions to ask at your prenatal checkups.

GET PRENATAL CARE

Check in regularly with your health care provider to be sure things are going well as soon as you think you are pregnant. They can answer questions about how your baby is growing, how your body is changing and any concerns you may have.

TYPICAL PRENATAL VISIT SCHEDULE

Months 1 through 6	Once per month.
Months 7 and 8	Twice per month.
Month 9	Once per week.

*** One visit six weeks after delivery or sooner if something doesn't feel right.**

If you have signs of early labor, call your health care provider right away.

PRENATAL VITAMINS

During pregnancy, your nutrient needs for folic acid (folate), iron and iodine will increase. Eating healthy foods and taking a prenatal vitamin daily will help meet those needs. Take your vitamins each day at the time when you feel your best. Discuss any questions you may have with your health care provider.

VACCINATIONS

Vaccines during pregnancy help keep you healthy. They also protect your baby until they are old enough to get their own. Be sure to get the:

- Flu vaccine during any trimester.
- Tdap vaccine (whooping cough) between 27 and 36 weeks.

By taking care of yourself now, you are more likely to have a healthy baby and less likely to have problems during labor and delivery.

EAT HEALTHY FOODS

Eating a variety of foods is important to help you feel your best and give your baby the best possible start. Try to eat from all food groups every day.

Energy and nutrient needs increase during the last six months of pregnancy. Adding just one or two healthy snacks a day will help to meet your changing needs.

VEGETABLES - Vary your veggies.

At least 2 ½ servings.

- 1 cup raw or cooked vegetables.
- 1 cup vegetable or tomato soup.
- 2 cups fresh salad greens.

Eat many different types and colors. Dark green or orange vegetables are rich in vitamin A. Enjoy them every day to keep your eyes and skin healthy and protect against infections.



FRUIT - Eat a variety.

At least 2 servings.

- 1 cup fruit.
- 1 medium to large apple, orange or peach.

Have a vitamin C fruit every day, like oranges, berries or melons. Vitamin C helps absorb iron from other foods, and may provide you with more energy and strength after delivery.



DAIRY - Choose low-fat options.

At least 3 servings.

- 1 cup milk or yogurt.
- 1 cup soy beverage or soy yogurt.
- 1-2 slices of cheese.

Dairy foods offer calcium to build strong bones and teeth and potassium to improve blood pressure.



GRAINS - Choose whole grains.

At least 6 servings.

- 1 slice of bread or 6-inch tortilla.
- ½ bagel or whole wheat bun.
- ½ cup cooked cereal, rice or noodles.
- 1 cup cold cereal.

Make half of the grains you eat whole grains. Whole grains are good for your heart and digestion.



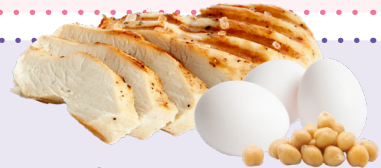
PROTEIN - Go lean.

At least 5 ½ servings.

- ¼ cup lean meat, chicken, turkey or fish.
- ¼ cup beans or tofu.
- 1 egg.
- 1 tablespoon nut butter.
- 2 tablespoons nuts.

Protein foods provide iron to keep your blood strong and zinc to keep you healthy. Try different types of protein foods to give your body the nutrients it needs.

Enjoy fish 2-3 times a week, about 8-12 ounces total. Choose lower mercury fish such as cod, chunk light tuna, salmon, sardines or shrimp.



FATS & OILS

Add a little healthy fat like olive or canola oil, avocados, nuts and seeds. While they may help keep your cholesterol low, they are high in calories – just 5-6 teaspoons a day is enough.



SNACK SMART

If you don't feel like cooking or eating very much, choose foods from at least two of the three food groups below to make a healthy snack and help meet your nutrition needs. These balanced snacks will keep you feeling satisfied.

WHOLE GRAINS	DAIRY OR PROTEIN	FRUIT OR VEGETABLES
<ul style="list-style-type: none">○ Bagel○ Bread○ Brown rice○ Cold cereal○ Crackers○ English muffin○ Granola○ Grits○ Pasta○ Pita bread○ Oatmeal○ Tortillas	<ul style="list-style-type: none">○ Beans○ Cheese○ Cottage cheese○ Edamame○ Eggs○ Hummus○ Meat or fish○ Milk○ Nut butters○ Nuts or seeds○ Tofu○ Yogurt	<ul style="list-style-type: none">○ Apple○ Avocado○ Banana○ Berries○ Broccoli○ Carrots○ Grapes○ Mango○ Melon○ Peppers○ Spinach○ Tomato



Check out **Health eKitchen** at www.wichealth.org for recipes using WIC foods.

It's extra important to get plenty of fluids during pregnancy. Try to get 8-12 cups of fluids a day through water, milk or even soup!

BE ACTIVE FOR A HEALTHY BODY

Being active can help you feel energized and may make delivery easier. Find time to be active for 30 minutes a day, at least five days a week. To make things easier, you can break it up into smaller chunks of time throughout each day.

Try walking, stretching, swimming and playing with your children or pets. Ask your health care provider how much activity is right for you.



Some activity is better than none; do what you can.

KEEP TEETH AND GUMS HEALTHY

Taking care of your mouth while you are pregnant is important for you and your baby. Gum disease can cause a premature or small baby.

Be sure to:

- Brush and floss at least two times a day, using a toothpaste with fluoride.
- Drink water, not sugary drinks.
- See a dentist twice a year. It is safe to have dental care when you are pregnant.

Talk to your dentist if your gums bleed when you brush or floss.

YOUR BODY IS CHANGING

While every experience is different, steady weight gain during pregnancy will help your baby grow strong. Most will typically gain one to four pounds in the first three months of pregnancy and then increase to one pound per week in the last six months until your baby comes.

Weight gain during pregnancy is not just the baby; many notice their whole body feels and looks different. Here is where most will see those changes:

BABY: 7.5 POUNDS

Most full term babies weigh about 6 to 9 pounds at birth.

PLACENTA: 1.5 POUNDS

The placenta brings nutrients, oxygen and hormones to your baby and takes away waste products.

UTERUS: 2 POUNDS

Before pregnancy, the uterus is about the size of an orange. By the end of pregnancy, it will grow to the size of a watermelon.

AMNIOTIC FLUID: 2 POUNDS

Amniotic fluid contains nutrients, hormones and antibodies to help keep your baby healthy and protected. The amount of fluid peaks around 34 weeks and decreases as your baby grows.



Talk to your health care provider or WIC staff about what to expect and how to stay healthy as your body changes.

BREAST TISSUE: 2 POUNDS

Breast tissue will grow to prepare for lactation.

BLOOD: 4 POUNDS

The amount of blood in your body will almost double in order to carry oxygen and nutrients to your baby.

BODY FLUIDS: 4 POUNDS

Extra fluid in your body and pressure from your baby decreases blood flow and can cause swelling. This 'water weight' prepares your body for delivery.

MATERNAL FAT STORES: 7 POUNDS

Your body stores extra energy to prepare for delivery and lactation.

EASE YOUR PREGNANCY DISCOMFORT

Pregnancy can be uncomfortable. Many moms feel sick to their stomach during the first few weeks or months. As your baby starts to crowd your belly, indigestion and constipation are common. There are things you can do to help you feel better.

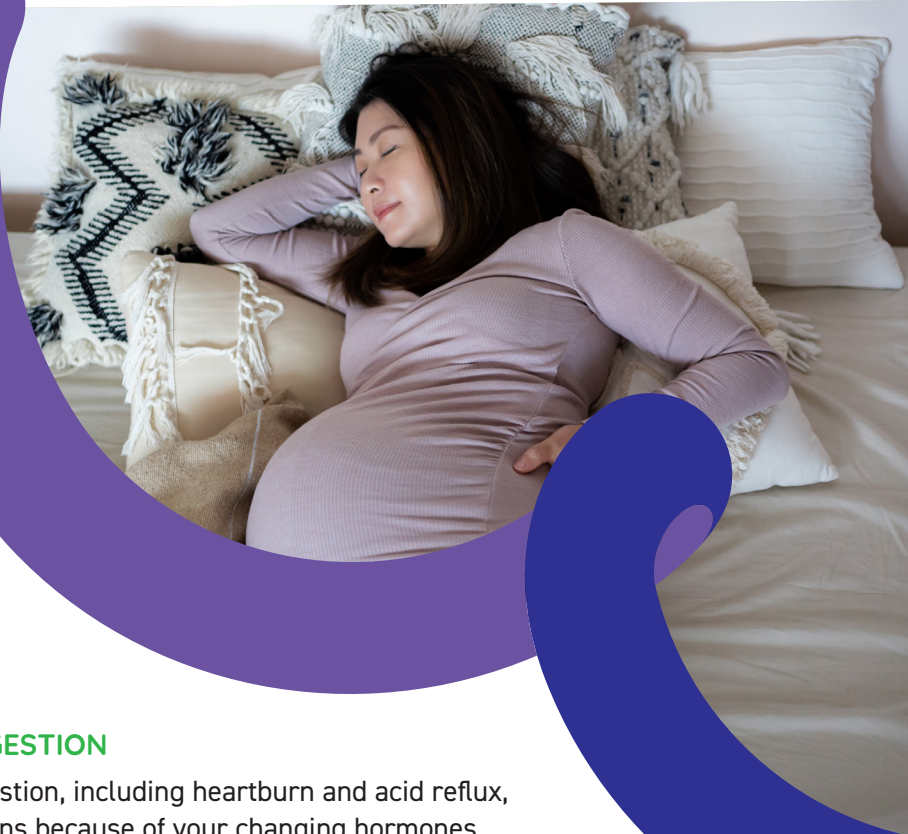
MORNING SICKNESS

Nausea, or morning sickness, can happen at any time of the day and the littlest things can make you have an upset stomach or throw up.

- Stay away from smells that make you sick. Eating foods cold, instead of hot, helps because they don't smell as much.
- Eat small amounts of food every couple of hours.
- Keep crackers or dry cereal handy. Eating these can help first thing in the morning or throughout the day.
- Eat snacks high in protein by including yogurt, cheese, nuts or nut butters.
- Get fresh air.

Rinse your mouth with water after throwing up to protect your teeth.





INDIGESTION

Indigestion, including heartburn and acid reflux, happens because of your changing hormones and growing baby.

- Eat small, frequent meals and snacks.
- Limit caffeine and spicy, fried or greasy foods.
- Wait about 30 minutes after eating before lying down.

CONSTIPATION

Digestion slows during pregnancy, and it may be hard to poop. This can also make you feel nauseous.

- Eat regular meals and snacks. Choose foods high in fiber like whole grains, beans, fruits and vegetables.
- Drink enough water.
- Be active.

Your health care provider can suggest medications that may help.

KEEP YOU AND YOUR BABY SAFE

HABITS TO STOP:

- Drinking alcohol.
- Smoking cigarettes or vaping.
- Using other forms of nicotine, tobacco or marijuana.
- Using illegal or other drugs.

Using any of these or just being around secondhand smoke can cause health problems for you and your baby, including premature birth, low birth weight, birth defects or long-term learning problems.

Habits can be tough to change and you don't have to do it alone. It's never too late to quit or ask for help, even if you had trouble before. Talk with your WIC staff, health care provider or contact:

- Michigan Tobacco Quitline at 1-800-784-8669.
- Treatment Referral Helpline at 1-800-662-4357 or text your zip code to 435748.
- National Drug Helpline at 1-844-289-0879.

MEDICATIONS, HERBAL SUPPLEMENTS OR TEAS

Herbal supplements, such as blue cohosh and pennyroyal, may increase the risk of miscarriage or premature labor. Even some over-the-counter medicines like aspirin, laxatives or cold tablets could harm your baby. Your health care provider can tell you what medications, herbal supplements or teas are safe.

FOODS TO LIMIT OR AVOID

Your immune system does not fight germs like it did before you were pregnant. Limit or avoid the foods below as they often contain germs that can make you sick or harm your baby.

DO NOT EAT:

- Sushi or fish high in mercury.
- Raw or undercooked foods such as meat, eggs, sprouts, fish or shellfish.
- Deli meat, hot dogs, deli spreads or patés, unless reheated to steaming.
- Unpasteurized cheese, milk, juice or cider.

FOOD SAFETY TIPS

WASH

- Your hands with soap and water before you eat or fix food.
- Vegetables and fruit with water before eating or cooking.

COOK

- Meat, chicken, turkey, fish and seafood to the well-done stage.
- Deli meats and hot dogs until steaming hot before eating.

LEARN THE WARNING SIGNS

It's important to talk to your health care provider about anything that doesn't feel right during or in the first year after pregnancy. It may be physical, or it could be feelings of sadness, anxiety and exhaustion, that make it difficult to do daily activities. You know your body best. If something seems unusual or is worrying you, don't ignore it.

To learn the urgent maternal warning signs, scan the QR code:





WIC IS HERE TO SUPPORT YOUR INFANT FEEDING GOALS

This is a great time to start thinking about how you want to feed your baby. Talk to your partner, family or friends about your plans. WIC encourages breast/chestfeeding and provides support during your pregnancy and after your baby is born. WIC lactation support may include:

- Infant feeding classes.
- Peer counselors.
- Breast pumps.
- Lactation specialists.
- Support groups.


For more information, talk to your WIC staff.

MAKE TIME FOR YOURSELF

At times you may feel tired and grumpy. You might even feel sad. Find time to relax and get some rest. If you feel overwhelmed, get help.

- Ask for help from family and friends.
- Find someone to talk to, like your health care provider.
- Call or text the Postpartum Support HelpLine at 1-800-944-4773.

If you have thoughts of harming yourself or your baby, get immediate help by calling or texting the 988 Lifeline.



At the end of your pregnancy, call your WIC clinic to make an appointment to continue receiving WIC benefits.





**Learn more about your changing needs by
completing online lessons at www.wichealth.org.**

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