



TIPS FOR PREGNANT MOMS

Making healthy food choices along with regular physical activity will help fuel your baby's growth and keep you healthy during pregnancy.

What's on Your Plate

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, fat-free or low-fat products, and lean protein foods.



Making Healthy Food Choices

- Make half your plate fruits and vegetables. Choose a variety, including dark-green and red and orange vegetables and beans and peas.
- Make at least half your grains whole. Choose whole grains in place of refined grains (i.e., white bread, white rice, etc.).
- Switch to skim or 1% milk. Choose fat-free or low-fat milk and milk products, such as milk, yogurt, cheese, or fortified soy beverages.
- Vary your protein food choices. Choose seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Use oils to replace solid fats where possible.
- Make choices that are low in "empty calories".

Weight Gain Recommendations During Pregnancy

The total amount of weight gain depends on your weight when you become pregnant. If your weight was in the healthy range, you should gain between 25 and 35 pounds. If you were overweight (15 to 25 pounds) or underweight (28 to 40 pounds) before becoming pregnant, the advice is different. Check with your doctor to find the total amount that is right for you.

You should gain weight gradually—1 to 4 pounds **total** during the first 3 months and 2 to 4 pounds **per month** during the 4th to 9th months.

Daily Meal Plan

The Plan shows more amounts of food during the 2nd and 3rd trimesters because you have changing nutritional needs. This is a general Plan. You may need more or less than the Plan.*

Food Group	1st Trimester	2nd & 3rd Trimesters	What counts as 1 cup or 1 ounce?
	Eat this amount from each group daily.*		
Vegetables	2 1/2 cups	3 cups	1 cup raw or cooked vegetables or 100% juice or 2 cups raw leafy vegetables
Fruits	2 cups	2 cups	1 cup fruit or 100% juice or 1/2 cup dried fruit
Grains	6 ounces	8 ounces	1 slice of bread or 1 ounce ready to eat cereal or 1/2 cup cooked pasta, rice, cereal
Dairy	3 cups	3 cups	1 cup milk or 8 ounces yogurt or 1 1/2 ounces natural cheese or 2 ounces processed cheese
Protein Foods	5 1/2 ounces	6 1/2 ounces	1 ounce lean meat/fish/poultry/seafood or 1/4 cup cooked beans or 1/2 ounce nuts or 1 egg or 1 tablespoon peanut butter

*If you are not gaining weight or gaining too slowly you may need to eat a little more from each food group. If you are gaining weight too fast, you may need to cut back by decreasing the amount of "empty calories" you are eating.

What are "empty calories"? They are calories from added sugars and solid fats in foods. Some foods with empty calories:



- Candy
- Desserts
- Fried Foods
- Ice Cream
- Hot Dogs
- Biscuits
- Sweetened cereals
- Soft drinks/soda
- Sweetened fruit drinks/tea

Visit Your Doctor Regularly

Doctors recommend:

- Pregnant women and women who may become pregnant should avoid alcohol, smoking and drug use.
- Take a prenatal vitamin and mineral supplement every day in addition to eating a healthy diet.
- Feed your baby only breast milk for the first 6 months.

Get a Daily Plan for Moms designed just for you. Go to www.ChooseMyPlate.gov for your Plan and more. Click on "Pregnant & Breastfeeding Women."

Being Physically Active



Unless your doctor advises you not to be physically active, include 2-1/2 hours each week of physical activity such as brisk walking, dancing, gardening, or swimming.

The activity should be done at least 10 minutes at a time, and preferably spread throughout the week. Avoid activities with a high risk of falling or injury.

Seafood Can Be a Part of a Healthy Diet

Omega-3 fats in seafood have important health benefits for you and your unborn child. Salmon, sardines, and trout are some choices higher in omega-3 fats.

- Eat 8 to 12 ounces of seafood each week.
- Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week.
- Do not eat tilefish, shark, swordfish, and king mackerel since they have high levels of mercury.

WIC FOOD LIST UPDATE

Every year all the WIC Programs in Oklahoma get together and discuss what foods will be included in the next years food list. Some foods are removed because they are no longer being made by the company or their package size no longer meets WIC standards. Others are removed because they are not widely available for participants to buy.

Cost is another big factor that the WIC Programs have to consider when selecting foods to be included on the food list Like the families WIC serves, we have a set budget for the amount we can spend on food. Over the last year, WIC budgets nationwide have decreased and our funding agent, USDA, encouraged WIC Programs to be more mindful of the price of the foods included in our food packages. This ensures that the WIC Program can continue serving all eligible WIC participants.

You can now purchase the following with your eWIC card:

- Any Brand Peanut Butter in a 16.3 to 18 ounce jar (JIF container size does not meet guidelines.)
- Medium or Large Eggs
- Soy Silk Original (for women and children on a soy based beverage)

You will no longer be able to purchase the following foods with your

- Fiber One Carmel Delight Cereal
- Multi-bran Chex
- 64 ounce refrigerated orange juice
- Cobblestone Mill 100% Whole Wheat Bread
- Pepperidge Farm Very Thin Sliced 100% Whole Wheat Bread
- Fiber One Frosted Shredded Wheat
- Hot or cold cereals packaged in boxes less than 12 ounces
- Pepperidge Farm Stone Ground 100% Whole Wheat Bread
- Cheese in 8 ounce packages

eWIC card:

New food cards reflecting the changes will be available sometime in late October or early/mid November at your local WIC Clinic.



Recipe Corner

Almond Apple Maple Oatmeal

Ingredients

- 2 cups water
- 1/4 teaspoon salt
- 1 cup **quick oats**
- 1 cup **low-fat or non-fat milk**
- 1 **Granny Smith apple**, diced
- 2 tablespoons maple syrup
- 6 tablespoons sliced almonds, roasted*



Instructions

Bring water and salt to a rolling boil. Stir in oats, reduce to medium heat and cook 1 minute, stirring occasionally. Cover, remove from heat, and let sit 2 to 3 minutes. Place in serving bowls and top each serving with diced apple, sliced almonds, milk, and maple syrup.

*To roast almonds, spread in an ungreased baking pan. Place in a 350F oven and bake 7 to 10 minutes or until almonds are fragrant; stir once or twice to assure even browning. Note that almonds will continue to roast slightly after removing from oven. A nutritious way to start the morning, this oatmeal offers calcium, vitamin E, fiber, magnesium, and potassium.

Makes 2 servings.

*Can be purchased with WIC benefits.



MAKE CELEBRATIONS FUN, HEALTHY, & ACTIVE

10 Tips to Creating Healthy, Active Events

Eating healthy and being physically active can be a fun part of parties and events. Great gatherings are easy to do when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

1 Make healthy habits part of your celebrations. Food and beverages are part of an event, but they do not have to be the center of the occasion. Focus on activities to get people moving and enjoy being together.

2 Make foods look festive. Decorate foods with nuts or seeds or use new shapes for vegetables. Add a few eye-catching fruits to a favorite dish, serve up a new recipe, or add a sprinkle of almonds or green onions to add just an extra something.



3 Offer thirst quenchers that please. Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting. Create a “float” by adding a scoop of low-fat sorbet to seltzer.

4 Savor the flavor. Take time to pay attention to the taste of each bite of food. Make small changes in your old recipes or try dishes from another culture to liven things up.

5 Use ChooseMyPlate.gov to include foods from the food groups for your party. Offer whole-grain crackers, serve a spicy bean dip and veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole grains and veggies to make a savory, healthy salad.

6 Make moving part of every event. Being physically active makes everyone feel good. Dancing, moving, playing active games, wiggling, and giggling add fun to any gathering.



7 Try out some healthier recipes. Find ways to cut back on sugar, salt, and fat as you prepare your favorite recipes. Try out some of the recipes on ChooseMyPlate.gov.

8 Keep it simple. Have others participate by contributing a prepared dish, helping with the clean up, or keeping the kids active and moving.

9 Shop smart to eat smart. Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

10 Be a cheerleader for healthy habits. It’s never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even parties.

Adapted from USDA CNPP 10 Tips Nutrition Education Series: Make Celebrations Fun, Healthy, & Active. DG TipSheet No. 20. May 2012.

