

# Food for a Healthy Mother and Baby

These are general guidelines for pregnant and breastfeeding women.

## Weight Gain During Pregnancy

- Your chances of having a healthy baby are better when you gain enough weight during pregnancy. You should gain weight at a steady rate throughout your pregnancy. Pregnancy is not a time to lose weight.
- **The total amount of weight you should gain depends on how much you weighed before you became pregnant.** Most women should gain the following amounts:
  - Normal Weight should gain **25 to 35 pounds**
  - Underweight should gain **28 to 40 pounds**
  - Overweight should gain **15 to 25 pounds**
  - Obese should gain **11 to 20 pounds**
- **If you are expecting more than one baby**, check with your health care provider and nutritionist for information on how much weight to gain during pregnancy. Your nutrient and calorie needs are higher than those of women who are having one baby.
- **If you gain too much weight during pregnancy, it can be hard to lose the weight after your baby is born.** Most women who gain the suggested amount of weight lose it with the birth of the baby and in the months that follow. Breastfeeding for more than 3 months can also help you lose the weight gained during pregnancy.



Here's an example of how weight gain is distributed when a woman gains a total of 25 to 35 pounds:

7 to 8 pounds	baby
3 to 4 pounds	placenta and amniotic fluid
2 to 3 pounds	increased size of uterus (womb)
8 to 10 pounds	increased blood and other body fluids
5 to 10 pounds	mother's stored fat

## Breastfeeding

♥ Pediatricians recommend that babies be given only breastmilk for the first 6 months of life. Solid foods should be offered at about 6 months and breastfeeding should continue until the baby is 1 year of age or older.

♥ Call the WIC staff if you need help with breastfeeding. They know of other breastfeeding mothers and experts you can talk with.

ALL pregnant women should know their HIV status and should ask their health care provider for an HIV test. In the United States, it is recommended that women with HIV or AIDS not breastfeed as the virus can be passed to their baby through breastmilk.



## Physical Activity

Exercise is important. It can be very relaxing and help you feel good all over. Be sure to talk to your health care provider about what type of exercise you are able to do.

## Vitamin and Mineral Supplement

Talk with your health care provider about a vitamin and mineral supplement.

**For pregnant women:** Most health care providers recommend that pregnant women take a prenatal vitamin and mineral supplement every day, in addition to eating a healthy diet.

**For breastfeeding women:** Your nutrient needs also increase when you are breastfeeding. To meet these needs, breastfeeding women may also need a vitamin and mineral supplement.



## Caffeine

It is not known if coffee and other drinks with caffeine harm your unborn baby. Therefore, it is best to cut down on drinks with caffeine in them. Coffee, tea, and many sodas, like colas, have caffeine. Look for labels that say "decaffeinated" or "caffeine free."

## Alcohol, Tobacco, and Other Drugs

When you are pregnant, alcohol, tobacco, and other drugs can harm your unborn baby.

- Don't use street drugs.
- Don't smoke cigarettes.
- Don't drink beer, wine, wine coolers, liquor, or other alcoholic drinks.
- Don't take prescription drugs, over-the-counter medicine, or herbal remedies unless it is okay with your health care provider.

**After birth, keep your baby away from tobacco smoke.** Babies and children who are around tobacco smoke have more chance of getting colds, coughs, and ear infections.

**If you need help to stop using alcohol, tobacco, and other drugs**, talk to your WIC nutritionist or other health care or social service worker. For "stop smoking" information, counseling, and self-help materials, call Tobacco Free Florida toll-free at 1-877-822-6669 or visit [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com).



What changes will you make in your eating or health habits?

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Florida Department of Health WIC Program

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# Daily Food Guide for Pregnant and Breastfeeding Women

These are general guidelines for pregnant and breastfeeding women. Teens and very active women may need additional amounts. Talk with your nutritionist or health care provider (such as a doctor or midwife) for more information about your specific needs.

## Protein Foods

Total of 6 to 6½ ounces every day

1 ounce equals:

- 1 oz cooked lean meat, poultry, or fish
- ¼ cup light tuna
- 1 egg
- ¼ cup cooked beans or tofu
- 1 tablespoon peanut butter
- ½ oz nuts or seeds



## Vegetables

Total of 3 to 3½ cups every day

1 cup equals:

- 1 cup vegetables
- 2 cups leafy salad greens
- 1 cup vegetable juice



## Grains

Total of 7 to 9 oz every day

1 ounce equals:

- 1 slice of bread
- ½ cup cooked cereal, rice, or pasta
- 1 cup (1 oz) dry cereal
- 5 to 6 whole grain crackers
- 1 4-inch waffle or pancake
- 1 6-inch tortilla
- ½ hamburger bun, roll, or 3-inch bagel



Make at least half your grains whole grains.

**Extras** Make choices that are low in "extras." Extras are added sugars and solid fats in foods like sugary drinks, desserts, fried foods, cheese, whole milk, and fatty meats. Look for choices that are low fat, fat free, unsweetened, or with "no added sugars." They have fewer "extras."

If you are **underweight or not gaining enough weight during pregnancy**, you may need to eat some additional amounts of foods that have added fat and sugar. Check with your nutritionist or health care provider.

**Fluids** Drink enough water and other fluids to quench your thirst. Avoid sugary drinks.

Make half your plate fruits and vegetables.

To get your own Daily Food Plan for Moms, go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) and click on the Pregnant & Breastfeeding tab.



## Protect Your Baby and Yourself from Listeriosis

Pregnant women are at high risk for getting sick from *Listeria*, harmful bacteria found in many foods. *Listeria* can lead to a disease called Listeriosis. Listeriosis can cause miscarriage, premature delivery, serious sickness, or death of a newborn baby. If you are pregnant you need to know what foods are safe to eat. *Listeria* can grow in the refrigerator. The refrigerator should be 40°F or lower, and the freezer 0°F or lower. Use a refrigerator thermometer to check your refrigerator's inside temperature. Clean up all spills in your refrigerator right away—especially juices from hot dog packages or raw meat or chicken/turkey. Wash your hands after you touch hot dogs, raw meat, chicken, turkey, or seafood or their juices.

**Do not eat** hot dogs, luncheon meats, bologna, or other deli meats **unless** they are reheated until steaming hot.

**Do not drink** raw (unpasteurized) milk and **do not eat** foods that have unpasteurized milk in them.

**Do not eat** soft cheese such as Feta, queso blanco, queso fresco, Brie, Camembert cheeses, blue-veined cheeses and Panela **unless** the label says "Made with Pasteurized Milk."

**Do not eat** salads made in the store such as ham salad, chicken salad, egg salad, tuna salad, or seafood salad.

**Do not eat** meat spreads from a meat counter, smoked seafood found in the refrigerated section of the store, or refrigerated pâté. Foods that don't need refrigeration, like canned tuna and canned salmon, are okay to eat. Refrigerate after opening.

Always cook food to a safe minimum internal temperature. Check food with a food thermometer: ground beef and pork 160°F; poultry 165°F. Refrigerate or freeze food within 2 hours (or 1 hour in hot weather above 90°F).

For more information about food safety: visit [www.fsis.usda.gov](http://www.fsis.usda.gov) or call toll-free 1-888-674-6854 (TTY 1-800-256-7072).

## Eat Fish, Choose Wisely

Pregnant and breastfeeding women should eat **2 meals a week** of a variety of fish and shellfish that are lower in mercury and higher in omega-3 fatty acids. Each meal can be a **portion size of 4 to 6 ounces**.

**Some fish low in mercury and higher in omega-3 fatty acids are:** salmon, freshwater trout, Atlantic and Pacific mackerel, oysters, anchovies, sardines, herring, whitefish, and shad. Other commonly eaten fish that are low in mercury are: canned light tuna, catfish (farm-raised), pollock, scallops, shrimp, and tilapia.

**Due to their mercury content, do not eat the following:** Shark, King Mackerel, Swordfish, Tilefish, and Orange Roughy.

Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas. For more information about mercury in fish, visit: [www.floridahealth.gov/programs-and-services/prevention/healthy-weight/nutrition/seafood-consumption/index.html](http://www.floridahealth.gov/programs-and-services/prevention/healthy-weight/nutrition/seafood-consumption/index.html)

## Dairy

Total of 3 cups every day

1 cup equals:

- 1 cup milk or yogurt
- 1½ oz natural cheese
- 2 oz processed cheese
- 1 cup pudding
- 1½ cups ice cream, ice milk, or frozen yogurt



Switch to fat free or lowfat (1%) milk.

## Fruits

Total of 2 cups every day

1 cup equals:

- 1 cup fruit
- 1 cup fruit juice
- ½ cup dried fruit such as raisins or prunes



Make most choices fruit, not juice.

## Oils

Total of 6 to 8 teaspoons every day

One teaspoon (5 grams) oil equals:

- 1 teaspoon liquid vegetable oil
- 1 tablespoon low-fat mayonnaise
- 2 tablespoons light salad dressing
- 1 teaspoon margarine with zero trans fat

