



Children's  
Health Fund



# Hey Baby

Healthy  
Living for  
a Healthy  
Baby



KEYS TO A MORE  
**RELAXED**  
PREGNANCY

Starting  
your baby  
off right





# **Healthy Living for a Healthy Baby**

Pregnancy is a very special time. It's a time of joy, excitement and curiosity. It's also a time to take special care of your body, for you and your baby. Eating healthy foods, getting enough exercise and taking time to de-stress are all part of a healthy lifestyle. Inside you'll find easy, practical ways to keep you and your baby healthy throughout your pregnancy and beyond.



# Contents

- 2** Eating healthy: Mommy's best gift of love
- 8** Manage the pitfalls: Cravings, aversions and nausea
- 10** Activate your pregnancy
- 12** Balancing the weight of pregnancy
- 16** Keys to a more relaxed pregnancy
- 18** Starting your baby off right





# Eating Healthy

## Mommy's best gift of love

Healthy foods help your baby grow and develop normally. They also help protect you from common pregnancy problems like anemia, gestational diabetes, high blood pressure, tiredness and constipation. Here are some tips to help keep you and your baby healthy.

1

### **Eat Nutritious Foods**

Eat a variety of foods from all the food groups every day. Focus on lean meats and poultry, fish, whole grains and plenty of fruits and vegetables. Keep it colorful to get all the vitamins and minerals you and your baby need.

2

### **Limit Empty Calories**

“Junk foods” like candy, cookies, cakes and chips don't give you or your baby many nutrients. These are called empty calorie foods. Try to limit these foods.



## **DON'T FORGET!**

**Take your prenatal vitamins every day!**

Prenatal vitamins help keep you and your baby healthy during pregnancy.

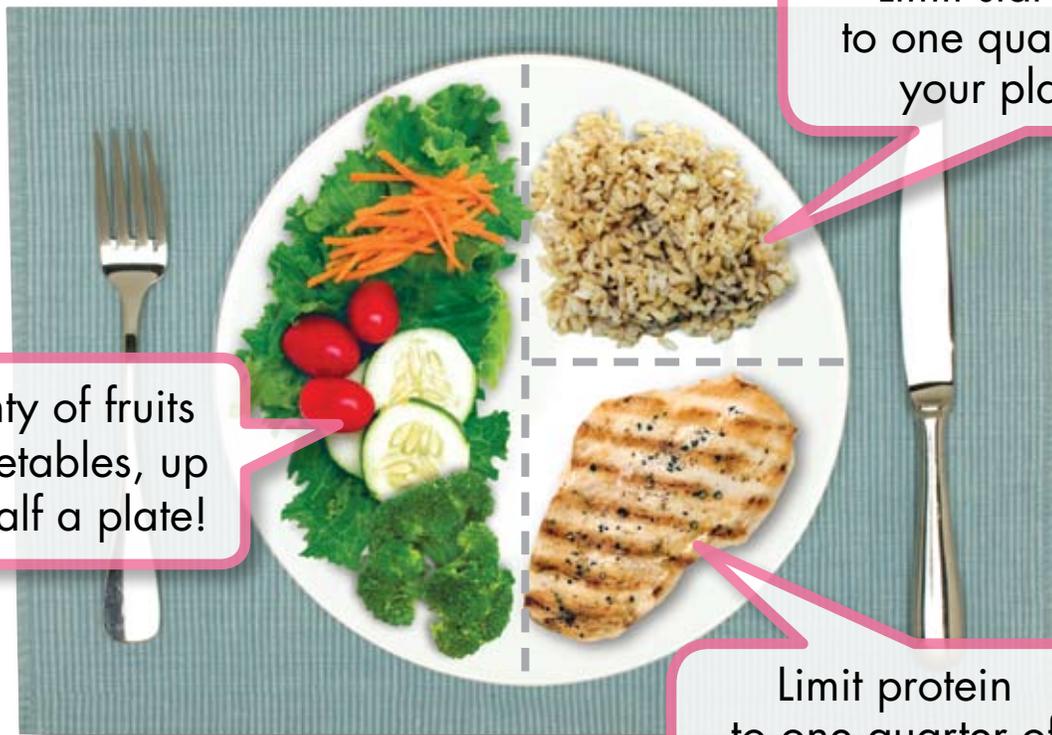


# 3

## Eat Balanced Meals

When you're pregnant people often say "now you're eating for two." That doesn't mean you need to eat twice as much food. It means that now you're eating for you and your baby's health. Eating healthy is about portions and balance.

**Use the plate below as your guide.  
Notice that half the plate is full of fruits and vegetables.**



Limit starches to one quarter of your plate!

Eat plenty of fruits and vegetables, up to one half a plate!

Limit protein to one quarter of your plate!

# How much extra food do you really need?

300 extra calories each day.  
That's about one cup of ice cream or 3 apples.  
See the next page for 300 calorie snack ideas.



# 4

## Size Up Your Meals

How much should you eat each day?

Food Group	How Much Each Day?	What's a Serving?
<b>Fruits and Veggies</b>	5 – 7 servings	1 medium whole fruit 1 cup fruit 1/2 cup dried fruit 1/2 cup raw or cooked veggies 1 cup raw leafy greens
<b>Dairy</b>	2 – 3 servings	1 cup milk or yogurt 1 oz cheese (1 slice)
<b>Starches</b>	At least 6 servings	1 slice bread 1 cup cereal 1/2 cup cooked rice or pasta 1 medium potato
<b>Meats/ Beans</b>	3 – 4 servings	3 oz meat, fish, poultry 2 Tbsp peanut butter 1/2 cup cooked beans 1 egg
<b>Fats</b>	Limit intake of fats Use oil sparingly (Canola and olive oils are the healthiest)	1 Tbsp butter or oil 1 Tbsp mayonnaise, salad dressing 2 Tbsp reduced fat mayonnaise & salad dressing 1 Tbsp cream cheese 2 Tbsp reduced fat cream cheese

# 5

## Keep Meal Planning Simple

Still don't know what to eat? Here are some healthy meal and snack ideas.

### HEALTHY BREAKFAST

8 oz low-fat fruit yogurt  
1 cup whole grain cereal  
1 cup fruit

Scrambled egg (1) with veggies  
1 slice whole wheat toast  
1 cup mixed fruit  
1 cup low-fat milk

### HEALTHY LUNCH OR DINNER

1 bowl beef barley soup  
1 small whole wheat roll  
Salad

1 baked pork chop  
1 cup rice and beans  
Collard greens or green beans

### HEALTHY 300 CALORIE SNACK

8 oz smoothie made with  
1 cup non-fat yogurt  
4 oz 100% juice and  
1 medium banana

1 tortilla with 1 slice cheese and  
1 cup baby carrots with low-fat  
ranch dressing and  
4 oz apple juice

4 oz low-fat fruit yogurt and  
1/2 cup granola with raisins

1 slice whole wheat bread with  
peanut butter and jelly

You can eat your extra 300 calories all at once as a snack or split it up during the day.  
**It's up to you!**

# 6

## Safety First – Foods and Drinks to Avoid During Pregnancy

Some foods and drinks are healthier than others during pregnancy. Use this guide to help you choose foods that are safe to eat.



### CHOOSE!

- Shrimp • Salmon • Pollock • Catfish
- Canned “light tuna”

These fish have less mercury.

- Cooked fish

- Hard cheeses like cheddar, Swiss, American

- Water

### LIMIT!

- Swordfish • King Mackerel • Tilefish • Shark

These fish have high levels of mercury, which can harm your baby.

### AVOID!

- Raw shellfish and sushi

- Soft cheeses like brie, feta, queso blanco, queso fresco and blue cheese

- Diet drinks • Unpasteurized milk, juices and apple cider

# Important Reminders!



**Do Not Smoke**

**Do Not Drink Alcohol**



**Do Not Eat** more than six ounces of white or albacore tuna or tuna steak each week.

**Do Not Eat** more than 2 servings or 12 ounces of fish each week.

Source: [www.mypyramid.gov](http://www.mypyramid.gov)

**Wash Vegetables Well**

# Manage the Pitfalls

## Cravings, Aversions and Nausea

*I just gotta have that double bacon cheeseburger*

*I can't keep anything down*

*I used to love pork chops, but now I can't take the smell*

### Does any of this sound familiar?

Craving certain foods is very common in pregnancy. So is avoiding certain foods — this is called food aversion. Nausea and vomiting are also common. These feelings are all normal, but can get in the way of eating healthy. Here are some tips for dealing with cravings, aversions and nausea.

*What is your Craving Profile?*

### I have cravings all the time

Most women have cravings during pregnancy. Some women crave salty foods; others crave sweets. Don't worry, it's all part of being pregnant! These feelings often go away after the first 3 or 4 months. Eat what you crave, but in small amounts. Eating too much of foods that are high in fat, sugar and calories can make you gain too much weight.



## Ginger Tea Recipe

- 1 Chop or slice fresh ginger root
- 2 Add to a pan of water and bring to a boil
- 3 Boil for several minutes, strain, drink hot or cold

Try adding cinnamon or cloves for some added flavor.

## Is Nausea Making You Miserable?

Nausea is very common in pregnancy. Usually, it goes away after the first few months. Some women feel nauseous only at certain times of the day, such as early morning. This is often called “morning sickness.” Some women feel queasy all day long.

**If you feel queasy, try some of these tips:**

### Eat Small, Eat Frequently

Eating a lot at one time can make some women vomit. Eating small frequent meals helps you keep the food down.

### Sip Small Amounts of Fluid over the Day

Drinking a lot at one time can make nausea worse and cause vomiting. Carbonated drinks can help settle a queasy stomach. Seltzer water is a good choice. Remember to limit sugary sodas. They give you extra calories. You can also get fluids from jello, popsicles and sorbet.

### Try Ginger

Ginger tea works the best. You can buy it in the store or make it yourself. Ginger ale or candied ginger may help, but they have less ginger and lots of sugar.

### Take Vitamin B6

If the other tips don't work, try taking extra vitamin B6. Ask your health care provider how much you should take. There are also medications that may help. Don't try to live with nausea... talk to your health care provider.

## TIPS TO MANAGE YOUR CRAVINGS

### Eat regularly

Try eating 6 small meals per day

### Limit high-sugar drinks

Try flavored water or seltzer instead

### Eat well-balanced meals

See page 4 for tips

### Go ahead

Eat that cookie – just don't eat the bag

## I crave things other than food

Some women get the urge to eat non-foods during pregnancy such as paint chips, ice, paper, dirt, starch or clay. Perhaps your grandmother or another family member said you can eat these things to help settle a sick stomach. Or they ate them when they were pregnant. Some of these things can hurt your baby. These types of cravings may be due to anemia. Be sure to tell your health care provider if you crave things that are not food.

# Activate Your Pregnancy

Being active is healthy for you at every stage of life, including pregnancy.

Exercise makes you feel better and gives you more energy.

It also helps to control cravings, relieve stress and gets your body ready for labor.

Being active is safe for the baby. So keep moving!

## How active are you?

- 1 Are you as active as you were before your pregnancy?  Yes  No
- 2 Are you physically active each day?  Yes  No
- 3 Do you stretch two or three times a week?  Yes  No
- 4 When you exercise do you breathe harder than usual?  Yes  No

If you've answered **NO** to any of these questions, it's time to get active.

# Physical activity doesn't have to mean going to a gym.

## Walking

is one of the easiest exercises you can do in pregnancy. It's safe at every stage. Start by walking for 20 minutes each day. Slowly increase your speed, distance and time.

## Stretching

eases pregnancy discomforts like backache and swelling. Just make sure not to strain or put pressure on your belly.

## Bike Riding

is a great way to get fresh air and is safe until the 5th month of pregnancy. A stationary bike is safe all through your pregnancy.

## Swimming

is one of the best exercises. It's safe all through pregnancy. Even if you don't like to swim, try "pool walking." Being in water floats the baby off your aching back. Try it!

## Dancing

is a fun way to exercise. Your baby will like it too!



**Don't slow down during pregnancy! Just make sure you don't strain.**

## WORK IT!

### Moderate exercise is good for you and the baby.

Breathing harder is a sign that you are working hard enough to make your muscles stronger, and give extra oxygen to your baby. If you didn't exercise regularly before pregnancy, start slowly.

If you can walk and talk normally

You are doing **Low level exercise**

If you have to pause every couple of sentences

You are doing **Moderate exercise**

If it's hard for you to say more than a few words at a time

You are doing **Strong exercise**

**Talk to your health care provider about an exercise plan during pregnancy that's right for you.**



# Balancing the Weight of Pregnancy

Gaining weight is a healthy part of being pregnant. What would pregnancy be without mommy's growing belly? But gaining too much or too little weight may cause problems for you and your baby.

**Talk to your health care provider about healthy weight gain for your pregnancy.**



# HOW MUCH WEIGHT SHOULD YOU GAIN IN YOUR PREGNANCY?

It depends on your weight before you became pregnant. The amounts below are a guide. Ask your health care provider how much weight gain is right for you. You can keep track of your weight when you have your prenatal checkups.

Before you were pregnant, if you were	Underweight	Healthy Weight	Overweight	Obese
You should gain	<b>28-40 pounds</b>	<b>25-35 pounds</b>	<b>15-25 pounds</b>	<b>15 pounds</b>

Source: Institute of Medicine (IOM)

## Gain weight slowly

Just as your baby grows slowly, you should gain these extra pounds little by little.

If you are...	Underweight	Healthy Weight	Overweight	Obese
1-3 months	<b>None</b>	<b>None</b>	<b>None</b>	<b>None</b>
4-9 months	<b>4-4½ pounds per month</b>	<b>3½-4 pounds per month</b>	<b>2-3½ pounds per month</b>	<b>2 pounds per month</b>

Source: Institute of Medicine (IOM)

## What if you don't gain enough weight?

Your baby may not be getting enough food and may be too small. A small baby may have health problems as he grows.

**Smoking during pregnancy makes it more likely that your baby will be born too small or too soon**



## What if you gain too much weight?

Gaining too much weight can lead to diabetes or high blood pressure during pregnancy. It can also make your delivery harder. You may be more likely to need a c-section or have tears in the vagina. You may have more problems breastfeeding. Also, if you gain too much weight your baby is more likely to be overweight as a child.

### **GAINING TOO MUCH WEIGHT CAN CAUSE GESTATIONAL DIABETES**

Usually begins in the 5th or 6th month and goes away after the baby is born.

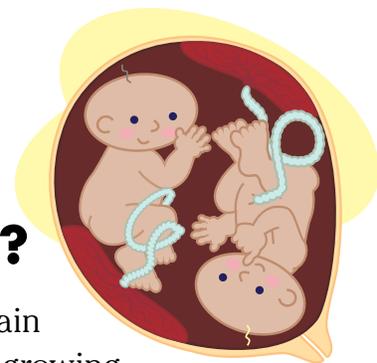
Babies tend to be bigger if the mom has gestational diabetes. And they may become overweight children.

They also may develop diabetes as an adult.

If you have gestational diabetes, you will need to follow a special diet during pregnancy that is low in sugar and high in fiber.

## What if you're having twins?

If you're having twins you need to gain a little extra weight. After all, you're growing two babies instead of one. Gaining about 35–45 pounds during the pregnancy is about right for most women. Talk to your health care provider to make sure you gain a healthy amount of weight.



# Keys to a More Relaxed Pregnancy

We all feel stressed at one time or another.

When you're pregnant, body changes, concerns about your baby's health and worries about the future can make you feel even more stressed.

Also, you may be more emotional these days.

## Manage your Stress — Don't let it Manage You!

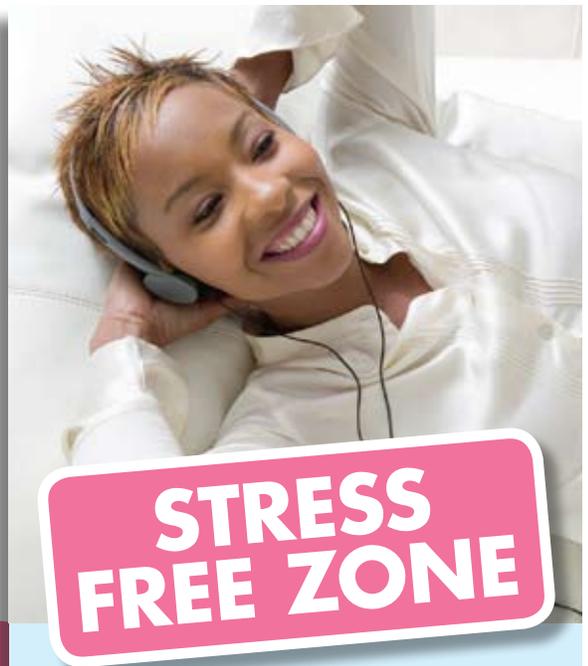
We can't get rid of stress, but we can reduce it. Take time to relax every day. You may be better able to handle the normal ups and downs. And feel better too!

### Common Stressors

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> Work          | <input checked="" type="checkbox"/> Motherhood         |
| <input checked="" type="checkbox"/> Money         | <input checked="" type="checkbox"/> Family issues      |
| <input checked="" type="checkbox"/> Baby's health | <input checked="" type="checkbox"/> Labor and delivery |

### STRESS BUSTERS

- Stay active! (see page 10 for more info)
- Eat healthy
- Get plenty of rest
- Be positive
- Ease fears about what to expect—take childbirth classes, read books, talk to other mothers or your health care provider
- Talk to family and friends
- Read a good book or magazine
- Watch a funny movie
- Listen to soothing music
- Relax in a warm bubble bath
- Meditate or pray



Create a space in your home that will help you relax

You don't need a lot of space, a small corner is perfect

Make it comfortable by adding pillows, pictures, or anything that makes you feel good

Light a candle, play some soft music, sit quietly and let go

## Did You Say Relax?

# Yes.

Learning to relax can really help. It can relieve stress, improve your mood, give you more energy, and help you feel calmer. It can also make your labor and delivery easier.

### Learning to relax is easy, here's how:

You can use this exercise to help you fall asleep at night or rest when there is no time for a nap. It can also be helpful during labor.

- ❖ Lie down in a quiet and comfortable place.
- ❖ First, tighten and let go of each part of your body—one part at a time. Feet, legs, seat, pelvic muscles, back, shoulders, arms, hands (spread fingers, make fists), face (squeeze face, stretch face, smile).
- ❖ Then, close your eyes and relax each part of your body by bringing your focus to each part. Imagine a warm or cool breeze, light, or a soothing color flowing through your body and relaxing each part.
- ❖ Now that your body is more relaxed, notice your breathing. With no effort, just pay attention to your breath flow in and out.
- ❖ Take a few minutes now to rest.
- ❖ When you're ready, start to take deeper breaths. Feel that you're waking up from a deep sleep, feeling relaxed and refreshed.

# STRESSED or DEPRESSED

**Stress and depression can have feelings that are alike. How can you tell the difference?**

Depression is usually worse and lasts longer. It can last for several weeks or more.

Check this list of symptoms:

## Stressed

- Muscle tension
- Headaches
- Backaches
- Indigestion, stomach aches
- Irritability
- Mood swings
- Feeling overwhelmed
- Problems making decisions

## Depressed

- Loss of interest in usual activities
- Feeling sad or down
- Feeling hopeless
- Trouble sleeping or sleeping too much
- Poor concentration
- Unable to make decisions
- Thoughts of hurting yourself or others
- Feeling that you're not bonding with your baby

**If you think you're depressed or you're having trouble getting by on your own, talk to your health care provider.**

# Starting Your Baby Off Right

## The Breast or the Bottle?

Here are some facts to help you choose the way that is best for you.

### Breast milk

Has the right amount of nutrients for your baby

Helps baby's defense against germs and infections

Helps protect against asthma and allergies

Is easily digested and produces less gas and constipation

Free

Always ready anytime and anywhere

Helps you lose weight sooner after birth

You may need to pump

You might need to learn to breastfeed to avoid discomfort

### Formula

Has to be prepared correctly to make sure your baby gets all the proper nutrients

Does not protect against germs and infections

Do not have same allergy protection

Some babies have difficulty digesting formula

Costs money

Must be prepared by you day and night

No effect on your weight

No need to pump

Many women know how to bottle-feed already

*I want to breast feed but...!*

#### **"It hurts"**

Usually it only hurts if the baby isn't latched on properly. If you don't know anyone who can help, contact your health care provider or [www.lalecheleague.org](http://www.lalecheleague.org) for tips.

#### **"I'm ashamed"**

Breastfeeding is natural. There's no shame in it. If you're concerned, wear a shirt that opens in the front and a breastfeeding bra. You can carry a blanket with you to cover your breast and the baby while you're breastfeeding.



## "I work"

When you work you will have to pump. If you don't pump regularly, your milk will get clogged and you can get an infection. Talk to your supervisor about pumping at work. Here are some points to consider. You will need:

- A private place to pump
- Refrigerator access
- Equipment (pump, bottles or bags for milk storage, and labels)
- At least 20 minutes every 3 to 4 hours to pump

## "My milk will go bad"

Breast milk is tougher than you might think!

- You can store breast milk at room temperature for 4 to 8 hours
- You can refrigerate breast milk for 3 to 8 days
- You can freeze it for up to 3 months. To defrost your milk, move it from the freezer to the refrigerator and let it thaw. Then warm it to room temperature by putting the bottle in hot water. Never use the microwave—the milk can get too hot and burn your baby's mouth.
- You can refrigerate thawed milk for up to 24 hours, but don't refreeze it. Thaw only the amount of milk you think you will need for one day.

## *I think I want to bottle feed*

**A happy, unstressed mother is the best mother. Deciding how to feed your baby is your personal choice. Choose the method that best fits your needs.**



- Giving the baby a bottle will allow other people to feed the baby, so you can take a break.
- There's no need to heat the formula for your baby. Drinking it at room temperature is fine.
- If a bottle has been used but there is still milk in it, it's OK to store it in the refrigerator until the next feeding. It should be thrown out after that.

## How do I choose a formula?

Talk to your health care provider about the right formula for your baby.

Most formulas have the same ingredients. The brand doesn't matter.

Always give your baby formula with iron. Iron is very important for your baby's brain. Iron will prevent anemia early in the baby's life. Do not choose a low-iron formula.

If you use powdered or concentrated formula that has to be mixed, make sure to follow the directions carefully before feeding it to your baby.



*Mommy I'd like some food...*

**Starting new foods during the first year of life can develop healthy eating habits that last a lifetime. Offering new foods can be a real challenge. Don't worry, after a while you will understand what your baby is trying to say.**

- 1** Start feeding your baby soft solid foods between 4 and 6 months.
- 2** Try to offer solid foods before formula or breast milk. After he's had some milk or formula, he may not give the new foods a chance.
- 3** Bottles are only for milk or formula. Use a sippy cup for other drinks and a spoon for solid foods. Do not give your baby soda or other sugary drinks. Never put solid foods in the bottle unless your provider says it's ok.
- 4** Offer your baby one new food at a time. This way you can tell if your baby has a food allergy or is not tolerating the new food.
- 5** Even when your baby doesn't like new foods, try offering them again and again. It can take a while before a baby gets used to the taste. Be patient and keep trying.
- 6** Your baby should start feeding herself when she is able to reach and grab some small foods and later on grab the spoon. Yes, she may make a mess, but remember she's just learning.
- 7** Do not make your baby eat everything on the plate. Babies know when their tummies are full. This is a great start toward a healthy weight later in life.
- 8** Avoid very sweet and salty foods. This encourages a taste for these foods as a child. It can also create health problems later. Babies don't need dessert.
- 9** When your baby is 1 year old, he will be ready to eat 3 balanced meals and 2 healthy snacks every day.

## New foods every month? This is how...

Age	Foods	How to Prepare
<b>Birth</b>	Breast milk	It's ready
	Formula	Add 1 scoop milk per 2 oz water
<b>4-6 months</b>	Infant iron-fortified cereal	Soften cereal with formula or breast milk. Feed with a spoon. Do not put in baby's bottle.
<b>5-7 months</b>	Fruits and vegetables	Strained or pureed. Feed with a spoon. Do not put in baby's bottle.
	Other cereals like soda crackers or cereal O's	No preparation
<b>6-7 months</b>	4-6 oz 100% fruit juice	Add water to juice
	Fruits	Peeled, soft fruit wedges or slices
	Vegetables	Cooked in strips, slices or mashed
<b>8-9 months</b>	Protein: includes meats, beans, cheese, yogurt, egg yolk and tofu	Strained or pureed
<b>9-12 months</b>	Family meals	Mashed, chopped, strips or slices
<b>1 year</b>	Whole milk	Plain, no flavors added
	Whole egg	Boiled



The Starting Right Initiative, which helps children and their families improve nutrition and fitness, is a partnership between The Picower Foundation and the Children's Health Fund.



**Children's Health Fund**

215 West 125th Street, Suite 301, New York, NY 10027

Tel: 212.535.9400

**[www.childrenshealthfund.org](http://www.childrenshealthfund.org)**