









Stay Healthy & Connected with WIC During Pregnancy

Are you eating well for you and your baby?

- Your baby will grow better.
- You will have a healthier, safer pregnancy and birth.
- You will reach a healthy weight easier after delivery.

1. Eat a variety of healthy foods.

Mark an up ↑ or down ↓ in the next to any food group you feel you need to eat more (↑) or less (↓) from during your pregnancy. If you feel you are eating enough from any of the food groups draw a ✓ next to that food group.

					
Grains <input type="checkbox"/>	Vegetables <input type="checkbox"/>	Fruits <input type="checkbox"/>	Dairy <input type="checkbox"/>	Proteins <input type="checkbox"/>	Extras <input type="checkbox"/> To Limit or Avoid
<p>Bread, pita, tortilla Pasta, noodles, rice Cereals</p> <p>Power Choices:</p> <ul style="list-style-type: none"> • Whole wheat bread, buns, or pasta • Corn tortillas • Oatmeal • Brown Rice • Bulgur <p><i>Choose foods with "whole grain or whole wheat" first in the ingredient list. This will add fiber, antioxidants, and minerals</i></p>	<p>Fresh Frozen Canned</p> <p>Power Choices</p> <ul style="list-style-type: none"> • Asparagus • Broccoli • Spinach • Carrots • Sweet Potato • Tomato • Squash <p><i>Eat more dark-green, red and orange vegetables and fruits to add more vitamins and minerals.</i></p>	<p>Fresh Frozen Canned</p> <p>Power Choices</p> <ul style="list-style-type: none"> • Strawberries • Kiwi • Apricots • Cantaloupe • Oranges • 100% Juice 	<p>Milk Cheese Yogurt Soy milk</p> <p>Power Choices</p> <ul style="list-style-type: none"> • Fat free • Low-fat <p>Low fat milk offers the same calcium as whole milk!</p> <p><i>Do not eat soft, unpasteurized cheeses or raw, unpasteurized milk—they may contain harmful bacteria.</i></p>	<p>Beef and pork Poultry Seafood (eat a variety) Beans and peas Nuts or peanut butter Eggs Tofu</p> <p><i>Fully cook or reheat eggs, meat, poultry, or seafood.</i></p> <p><i>Do not eat swordfish, tilefish, king mackerel, or shark—they are high in mercury. Limit white (albacore) tuna.</i></p>	<p>FOODS HIGH IN SUGAR, FAT, AND SODIUM</p> <p>Soda Candy Cookies/cakes Butter Mayonnaise Fried foods</p> <p><i>Avoid herbal supplements and tea.</i></p>



For simple, healthy recipes that include WIC foods, visit WIChealth's eKitchen: www.wichealth.org
For more information and to develop a plan just for you, go to www.choosemyplate.gov

2. Scan the QR codes below, or ask your WIC Nutritionist for more information on these topics:

Prenatal Checkups:



<https://tinyurl.com/PNchecks>

Weight Gain:



<https://tinyurl.com/cdcweightgain>

Staying Active:



<https://tinyurl.com/stayactivepreg>

Breastfeeding & Lactation:



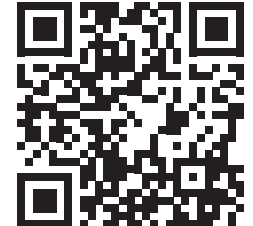
<https://wicbreastfeeding.fns.usda.gov/>

Harmful Substances:



<https://tinyurl.com/wichealthystart1>

Immunizations for Me and Baby:



<http://tinyurl.com/whvaccines>

3. Take a prenatal vitamin daily.

It's hard to get all of the nutrients for a healthy pregnancy from food alone. Take a prenatal vitamin to ensure you get everything you and your baby need. Not all prenatal vitamins are the same. Check with your doctor or pharmacy, or look at the label of your vitamin container, to ensure your vitamin has at least the following:

- **Iron:** 27mg - Helps make red blood cells to carry oxygen, support growth, and provide energy.
- **Iodine:** 150mcg - Supports proper growth and development.
- **Folic acid:** 600mcg - Prevents birth defects and other health problems.

Talk to your WIC Nutritionist! They can help you with:

- Ideas to remember taking your vitamin every day.
- Tips for dealing with any discomfort caused by the vitamin.
- Choosing WIC foods that contain iron, iodine, and folic acid.

4. Set goals for a healthy pregnancy and delivery:

- Take a prenatal vitamin daily
- Gain a healthy amount of weight
- Be active every day
- Look back at Section 1 - Based upon foods I currently eat, one change I'd like to make is: _____
- Go to all my prenatal checkups
- Learn more about how I'd like to feed my baby
- Other _____

Remember - WIC is here for you! ✓ WIC staff will check in with you throughout your pregnancy. ✓ A Breastfeeding Peer Counselor program may be available at your local WIC office to support your lactation goals. ✓ You can reapply after delivery; stay in touch with your local WIC office and reach out for an appointment after the birth of your baby.

This institution is an equal opportunity provider.