For a healthy pregnancy and a healthy baby:

- Eat the foods you and your baby need.
- Gain the right amount of weight.
- Go to all of your prenatal checkups.
- Don’t smoke, drink alcohol or take drugs. They can harm you. They can harm your baby.

If you want help to stop smoking, drinking or taking drugs, ask your counselor. You can also call Oregon SAFENET to find out where to get help at 1-800-SAFENET (1-800-723-3638).

What you eat makes a difference!

Gain about 25 to 35 pounds. Some women need to gain a little more, others a little less. Ask your health care provider how much weight you need to gain.

You will gain enough weight if you gain 2 to 5 pounds in the first 3 months and about 1 pound a week for the rest of your pregnancy.

My weight gain goal is ______ pounds.

The weight you gain for the baby is not forever. After the baby is born, you will lose weight.
Eat enough of these foods everyday.
Your baby depends on you to make good food choices. When you eat well, you feel better and your baby is healthier.

- Brown rice
- Whole grain bread
- Tortilla
- Macaroni
- Pancakes
- Cereals
- Crackers
- Saltines
- Noodles
- Biscuits
- Cornbread
- Bagels
- Muffins
- Other: ____________

Meat and protein foods
Circle 3 of these foods you could eat every day.

- Nonfat or lowfat milk
- Yogurt
- Colby-Jack cheese
- Mozzarella cheese
- American cheese
- Cheddar cheese
- Other: ____________

Breads and cereals
Circle 7 to 11 of these foods you could eat every day.

- Carrots
- Broccoli
- Peas
- Winter Squash
- Lettuce
- Greens
- Spinach
- Mixed vegetables
- Potatoes
- Green Pepper
- Cabbage
- Brussels sprouts
- Cauliflower
- Celery
- Corn
- Green beans
- Zucchini
- Other: ____________

Milk and milk products
Circle 2 to 3 of these foods you could eat every day.

- Nonfat or lowfat milk
- Yogurt
- Colby-Jack cheese
- Mozzarella cheese
- American cheese
- Cheddar cheese
- Other: ____________

Fruits
Circle 2 to 4 of these foods you could eat every day.

- Papaya
- Grapes
- Apples
- Peaches
- Bananas
- Apricots
- Kiwis
- Grapefruits
- Pears
- Fruit juices
- Melons
- Berries
- Oranges
- Other: ____________

Vegetables
Circle 3 to 5 of these foods you could eat every day.

- Tomatoes
- Broccoli
- Peas
- Winter Squash
- Lettuce
- Greens
- Spinach
- Mixed vegetables
- Potatoes
- Green Pepper
- Cabbage
- Brussels sprouts
- Cauliflower
- Celery
- Corn
- Green beans
- Zucchini
- Other: ____________

If you need more servings from any group, which foods will you add?
__________________________
__________________________