



NUTRITION & PREGNANCY

TIPS FOR PREGNANT MOMS:

- Gain **25-35 lbs** while pregnant.
- If your doctor says you need to gain more weight, eat a little more from each food group.
- If your doctor says you should decrease your calories, eat less “extras”
- What are “**extras**?”
 - Extras are added sugars and solid fats in foods.
 - Soft drinks
 - Candy
 - Desserts
 - Sweetened cereals
 - Fried foods
- Watch foods have the potential to cause **food-borne illness** since pregnant women are at a higher risk to get food-borne illness.
 - Deli meats
 - Hot dogs
 - Limit fish
 - Be sure to cook foods and especially leftovers to proper temperature.

