

Healthy pregnancy

Goals and lifestyle guidelines



Congratulations on your pregnancy! We're so happy to be working with you during this exciting time in your life.

We'll focus on habits that research has shown helps pregnant people be successful in meeting their pregnancy weight gain goals. You can make healthy lifestyle changes to support yourself and your baby during pregnancy, and support your family after baby arrives.

These goals and guidelines will help you have a healthy pregnancy.

Goals

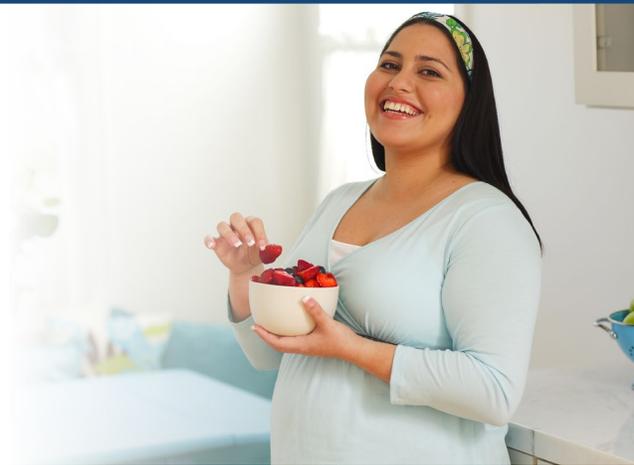
- Support Institute of Medicine recommendations for weight gain during pregnancy:
 - About 15 pounds if your pre-pregnancy BMI is 25-30
 - About 11 pounds if your pre-pregnancy BMI is over 30
- Promote lifelong healthy eating and exercise habits.

Lifestyle guidelines

To achieve the goals, we recommend you:

- Track (or log) what you eat and drink – your calorie target range is _____.
- Weigh yourself regularly – get into the habit of weighing at least weekly and keeping a record of your weights.
- Follow a heart-healthy eating plan like DASH – eat a diet rich in fruits, vegetables, low-fat meats, and dairy. Try several small meals throughout the day.
- Exercise regularly – follow your doctor's advice and work up to 10,000 steps or 30 minutes of activity every day.
- Create weekly action plans – write down specific actions you will do to achieve your goals.
- Keep your appointments – regular check-ins will help you succeed.

Healthy weight gain during your pregnancy



Target Weight Gain

Pre-pregnancy weight: _____ BMI: _____
 Gain so far: _____
 Target weight gain: _____ (for the entire pregnancy)

How much weight should I gain during pregnancy?

Healthy weight gain varies depending upon your body mass index (BMI) before you became pregnant. BMI helps to determine if your weight is appropriate according to your height.

Pre-pregnancy BMI	Recommended Total Gain (lbs)	Rate of Gain in 2nd & 3rd Trimesters (lbs per week)*
Lower than 18.5	28-40	1
18.5-24.9	25-35	1
25-29.5	15-25	0.6
30 or higher	11-20	0.5

Gaining more weight than recommended increases your risk of having a larger baby. This can lead to serious complications during vaginal delivery and an increased risk of cesarean delivery (“C-section”). Excess weight gain can also lead to other health conditions. These include gestational diabetes and high blood pressure, which can cause complications.

What “eating for two” really means

We’ve all heard the term “eating for two,” but in calorie terms, it’s probably more accurate to say that a pregnant woman is eating for 1.05 people. During pregnancy, your body only needs 200 to 300 extra calories a day, which is about an extra half of a peanut butter sandwich and a glass of skim milk.

If you have a BMI of 30 or higher, eating additional calories is not necessary for the health of your baby.

How to achieve a healthy weight during your pregnancy:

- Try walking, swimming, or yoga to give you energy and help control your weight gain.
- Avoid sweetened drinks (juice, soda, coffee drinks), fried foods, and desserts.
- Watch our prenatal nutrition video at kp.org/mydoctor/prenatalnutrition.
- Go to kp.org/maternity for resources to support you and your growing baby.

Healthy weight during pregnancy meal plan

During your pregnancy, eat 5 to 6 small, balanced meals per day. This meal plan is designed to keep your blood sugar levels from going too high, which is one of the most important things you can do to manage your weight gain and prevent gestational diabetes for a safe pregnancy and a healthy baby.

Look at the boxes across the chart. When you're deciding what to eat for your meals and snacks, be sure to choose one item in each box.

It's especially important to measure your portion sizes of carbohydrates. Carbohydrates are mainly found in foods in the starch, milk, and fruit food groups.

	Protein group	Vegetable group***	Fruit group	Milk group	Starch group
BREAKFAST	1 egg OR 2 egg whites OR 1/8 cup nuts OR 1-2 Tbsp peanut butter OR 1 oz. lean meat OR 1-2 oz. cheese	As desired		1 cup milk OR 1 cup low-fat plain OR light soy milk with calcium OR 6 oz. plain yogurt	1 slice whole grain bread OR 1/2 cup cooked oatmeal OR 1 (6") corn OR wheat tortilla OR 1/2 whole wheat English muffin
MORNING SNACK	1 oz. lean meat, chicken, OR fish* OR 1/4 cup cottage cheese OR 1 oz. cheese OR 1/4 cup paneer	As desired	1/2 large banana OR 1/2 cup mango OR 1 small piece fresh fruit (tennis ball size) OR 1 cup diced cantaloupe OR 1/2 large grapefruit		1 slice whole grain bread OR 6 (2") whole wheat crackers OR 1 (6") corn OR wheat tortilla OR 1 (6") chapati OR 1/2 (6") pita OR 1 cup poha (rice flakes)
LUNCH	2 oz. meat, chicken, fish, OR shellfish (crab, clams, lobster, OR shrimp)* OR 1/2 cup cottage cheese OR 2 oz. light tuna canned in water* OR 1 cup tofu OR 2 oz. cheese	2 cups raw leafy vegetables (lettuce, spinach, kale) OR 1 cup raw OR cooked nonstarchy*** vegetables			1 cup starchy vegetables** OR 2 slices whole grain bread OR 2 (6") corn OR wheat tortilla OR 2/3 cup cooked pasta, cooked rice, OR baked beans OR 1 medium potato OR 1/2 naan of 8" x 2" OR 2 (6") chapatis OR 1 cup cooked beans OR lentils OR 1/3 cup cooked taro OR lotus root
AFTERNOON SNACK	1 egg OR 2 egg whites OR 1 oz. lean meat OR 1 oz. cheese OR 1/8 cup nuts OR 1/4 cup cottage cheese	2 cups raw leafy vegetables (lettuce, spinach, kale) OR 1 cup raw OR cooked nonstarchy*** vegetables	1 small piece fresh fruit (tennis ball size) OR 17 small grapes OR 1 1/4 cups cubed water- melon		1 slice whole grain bread OR 6 (2") whole wheat crackers OR 1 (6") corn OR wheat tortilla OR 1 (6") chapati OR 1 1/2 cups puffed rice OR 1/2 (6") pita
DINNER	3 oz. chicken, turkey, beef OR lamb OR 3 oz. cooked fish* OR 1 1/2 cups tofu OR 3/4 cup tempeh OR 3/4 cup paneer OR 4 medium sardines OR 2 Tbsp grated parmesan cheese	2 cups raw leafy vegetables (lettuce, spinach, kale) OR 1 cup raw OR cooked nonstarchy*** vegetables		1 cup milk OR 1 cup low-fat plain OR light soy milk with calcium OR 6 oz. plain yogurt	2/3 cup cooked pasta, cooked rice, OR baked beans OR 1 whole wheat dinner roll and 1/2 cup cooked corn, peas, OR winter squash** OR 1 small potato (tennis ball size) and 1/2 cup cooked starchy vegetables** OR 1 cup cooked dhal OR legumes
EVENING SNACK	1 oz. cheese OR 1 oz. lean meat* OR 1-2 Tbsp peanut butter OR 1/4 cup cottage cheese	As desired		1 cup milk OR 1 cup low-fat plain OR light soy milk with calcium	1 slice whole grain bread OR 6 (2") whole wheat crackers OR 1/2 cup cooked oatmeal

*Do not eat swordfish, shark, king mackerel, tilefish, or raw fish. Limit canned white albacore tuna to 6 oz. Per week only. These fish may contain dangerous levels of mercury, which may be harmful to your baby. Eat up to 12 ounces per week of a variety of fish and shellfish that are lower in mercury.

**Starchy vegetables: corn, peas, winter squash, potatoes, beans, plantains, and yams.

***Nonstarchy vegetables: lettuce, cucumber, cabbage, radishes, celery, mushrooms, zucchini, bell peppers, chili peppers, bok choy, broccoli, spinach, eggplant, and okra. Avoid sugary foods such as jam, honey, syrup, regular sodas, Kool-Aid, lemonade, flavored milk, and all juices including orange, apple, cranberry, grape, etc.

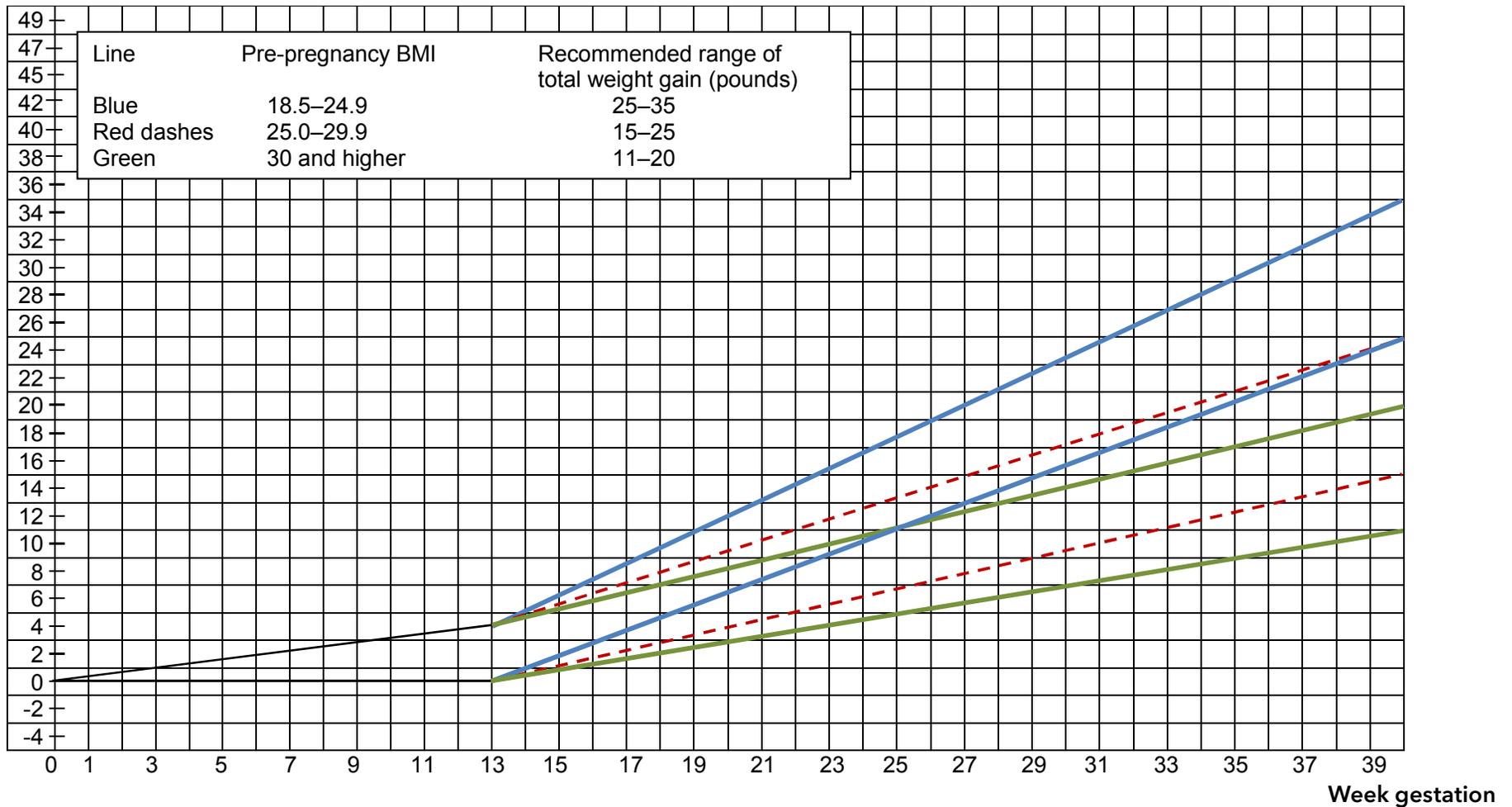
Eat healthy fats such as avocado, nuts, olive oil, and canola oil in moderation. Stay away from foods that have unhealthy saturated or trans fats.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your doctor or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.

Healthy pregnancy progress form

Keeping a record of your weight and activity can be a good reminder of the healthy lifestyle changes you are trying to make. Write down your weight every week on the back of this form, and fill in the corresponding square to track changes during your pregnancy.

Weight gained/lost (pounds)



Weekly goals

You can use this form to write down your weekly goals.
Remember to honor yourself with the choices you make, and enjoy the journey.

Week 1:

Week 2:

Week 3:

Week 4:

Week 5:

Week 6:

Week 7:

Week 8:

Week 9:

Week 10:

Daily food and activity diary

Day: _____ Date: _____

Time	Food/Drink description	Amount	Category	Hunger level (1-5) (1=very hungry; 5= very full)	Situation/Emotions

Daily summary

Number of servings of vegetables and fruits _____ Minutes of physical activity _____ Hours of sleep _____

What are some nonfood pleasures you've given yourself today?



Planning nutritious snack options

What kind of healthy snacks do you want? Check these ideas, and add to the lists.

Crunchy	Creamy	Salty/spicy	Sweet	Juicy
Celery	Low-fat milk	Dill pickle	Banana	Orange
Baby carrots	Cottage cheese	Low-fat popcorn (2 cups, popped)	Apricots	Grapefruit
Red or green pepper strips	Low-fat cheese	Baked tortilla chips (5) and salsa	Vanilla wafers (5)	Blackberries or raspberries
Cauliflower	String cheese	Jicama with lime and chili	Strawberries	Peach or nectarine
Broccoli	Plain or vanilla yogurt	Pickled beets	Frozen yogurt-sorbet bar	Papaya, mango, or kiwi
Cabbage slaw	All-fruit smoothie	Hot pickled peppers	Ginger snap cookies (3)	Ripe pear
Radishes	Custard	Sauerkraut	Baked apple or pear	Plums
Cucumber slices	Applesauce	Olives (5)	Sweet peas	Fresh or canned pineapple
Sugar snap pea	Cooked mashed cauliflower	Hummus or black bean dip with veggies	Sweet potato, peas, or winter squash	Watermelon
Crisp apple	Hard-cooked egg*	Shrimp cocktail	Grapes	Cantaloupe
High fiber, low-fat, low-sugar cereal (1 ounce)	Flavored oatmeal	Spicy chili*	Fig bars (2)	Pomegranate
Whole-wheat toast (1)	Peanut butter (2 tablespoons)	Wasabi peas	Blueberries	Tomato
Brown rice cake (1)	Low-sugar* latte	Tomato soup (1 cup)	Applesauce	Frozen fruit-juice bar
Nuts or sunflower seeds (2 tablespoons)*	Avocado	Smoked salmon*	Raisins, dates, and other dried fruit (3 tablespoons)	Iced or hot tea
Kale chips		Lean ham	Candied ginger	Water
Soy nuts*		Smoked turkey	Honeydew melon	
Dry roasted edamame*		Roasted seasoned seaweed		

*Good source of protein.

