

# Healthy Pregnancy

## Goals and lifestyle guidelines



Welcome to Healthy Pregnancy. We're so happy to be working with you during this exciting time in your life!

This weekly program will focus on habits that research has shown helps moms 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 to know where we are going, plus ways to get the most benefit from Healthy Pregnancy.

### Program goals

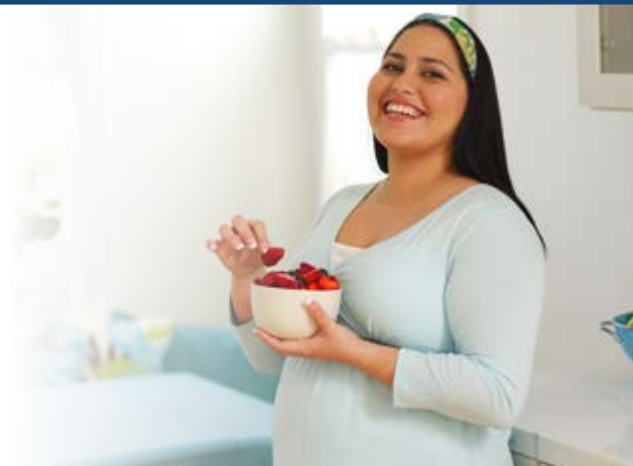
- Facilitate Institute of Medicine recommendations for weight gain during pregnancy:
  - About 15 pounds if your pre-pregnancy BMI is 25-30
  - About 11 pounds if your pre-pregnancy BMI is over 30
- Promote lifelong healthy eating and exercise habits.

### Lifestyle guidelines

To achieve the program 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 the DASH dietary pattern – 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 every day.
- Create weekly action plans – write down specific actions you will do to achieve your goals.
- Keep your weekly phone 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 additional 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](https://kp.org/mydoctor/prenatalnutrition).
- Visit your doctor’s home page regularly at [kp.org/mydoctor](https://kp.org/mydoctor). You’ll have access to 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   |
|------------------------|--|---|--|--|--|
| <b>BREAKFAST</b>       | 1 egg <b>OR</b><br>2 egg whites <b>OR</b><br>1/8 cup nuts <b>OR</b><br>1-2 Tbsp peanut butter<br><b>OR</b> 1 oz. lean meat<br><b>OR</b> 1-2 oz. cheese   | As desired  |  | 1 cup milk <b>OR</b><br>1 cup low-fat plain <b>OR</b><br>light soy milk with calcium<br><b>OR</b> 6 oz. plain yogurt | 1 slice whole grain bread <b>OR</b><br>1/2 cup cooked oatmeal <b>OR</b><br>1 (6") corn <b>OR</b> wheat tortilla <b>OR</b><br>1/2 whole wheat English muffin  |
| <b>MORNING SNACK</b>   | 1 oz. lean meat, chicken, <b>OR</b><br>fish* <b>OR</b><br>1/4 cup cottage cheese <b>OR</b><br>1 oz. cheese <b>OR</b><br>1/4 cup paneer   | As desired  | 1/2 large banana <b>OR</b><br>1/2 cup mango <b>OR</b><br>1 small piece fresh fruit<br>(tennis ball size) <b>OR</b><br>1 cup diced cantaloupe <b>OR</b><br>1/2 large grapefruit |  | 1 slice whole grain bread <b>OR</b><br>6 (2") whole wheat crackers <b>OR</b><br>1 (6") corn <b>OR</b> wheat tortilla <b>OR</b><br>1 (6") chapati <b>OR</b><br>1/2 (6") pita <b>OR</b><br>1 cup poha (rice flakes)  |
| <b>LUNCH</b>           | 2 oz. meat, chicken, fish, <b>OR</b><br>shellfish (crab, clams, lobster, <b>OR</b><br>shrimp)* <b>OR</b><br>1/2 cup cottage cheese <b>OR</b><br>2 oz. light tuna canned in water*<br><b>OR</b> 1 cup tofu<br><b>OR</b> 2 oz. cheese          | 2 cups raw leafy<br>vegetables (lettuce,<br>spinach, kale) <b>OR</b><br>1 cup raw <b>OR</b> cooked<br>nonstarchy***<br>vegetables |  |  | 1 cup starchy vegetables** <b>OR</b><br>2 slices whole grain bread <b>OR</b><br>2 (6") corn <b>OR</b> wheat tortilla <b>OR</b><br>2/3 cup cooked pasta, cooked rice, <b>OR</b><br>baked beans <b>OR</b><br>1 medium potato <b>OR</b><br>1/2 naan of 8" x 2" <b>OR</b><br>2 (6") chapatis <b>OR</b><br>1 cup cooked beans <b>OR</b> lentils <b>OR</b><br>1/3 cup cooked taro <b>OR</b> lotus root |
| <b>AFTERNOON SNACK</b> | 1 egg <b>OR</b><br>2 egg whites <b>OR</b><br>1 oz. lean meat <b>OR</b><br>1 oz. cheese <b>OR</b><br>1/8 cup nuts <b>OR</b><br>1/4 cup cottage cheese   | 2 cups raw leafy<br>vegetables (lettuce,<br>spinach, kale) <b>OR</b><br>1 cup raw <b>OR</b> cooked<br>nonstarchy***<br>vegetables | 1 small piece fresh fruit<br>(tennis ball size) <b>OR</b><br>17 small grapes <b>OR</b><br>1 1/4 cups cubed water-<br>melon   |  | 1 slice whole grain bread <b>OR</b><br>6 (2") whole wheat crackers <b>OR</b><br>1 (6") corn <b>OR</b> wheat tortilla <b>OR</b><br>1 (6") chapati <b>OR</b><br>1 1/2 cups puffed rice <b>OR</b><br>1/2 (6") pita  |
| <b>DINNER</b>          | 3 oz. chicken, turkey, beef <b>OR</b><br>lamb <b>OR</b><br>3 oz. cooked fish* <b>OR</b><br>1 1/2 cups tofu <b>OR</b><br>3/4 cup tempeh <b>OR</b><br>3/4 cup paneer <b>OR</b><br>4 medium sardines <b>OR</b><br>2 Tbsp grated parmesan cheese | 2 cups raw leafy<br>vegetables (lettuce,<br>spinach, kale) <b>OR</b><br>1 cup raw <b>OR</b><br>cooked nonstarchy***<br>vegetables |  | 1 cup milk <b>OR</b><br>1 cup low-fat plain <b>OR</b> light<br>soy milk with calcium <b>OR</b><br>6 oz. plain yogurt | 2/3 cup cooked pasta, cooked rice, <b>OR</b><br>baked beans <b>OR</b><br>1 whole wheat dinner roll and<br>1/2 cup cooked corn, peas, <b>OR</b><br>winter squash** <b>OR</b><br>1 small potato (tennis ball size) and<br>1/2 cup cooked starchy vegetables**<br><b>OR</b> 1 cup cooked dhal <b>OR</b> legumes   |
| <b>EVENING SNACK</b>   | 1 oz. cheese <b>OR</b><br>1 oz. lean meat* <b>OR</b><br>1-2 Tbsp peanut butter <b>OR</b><br>1/4 cup cottage cheese   | As desired  |  | 1 cup milk <b>OR</b><br>1 cup low-fat plain <b>OR</b><br>light soy milk with calcium                                 | 1 slice whole grain bread <b>OR</b><br>6 (2") whole wheat crackers <b>OR</b><br>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 oz. 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, all juices including orange, apple, cranberry, grape, etc.

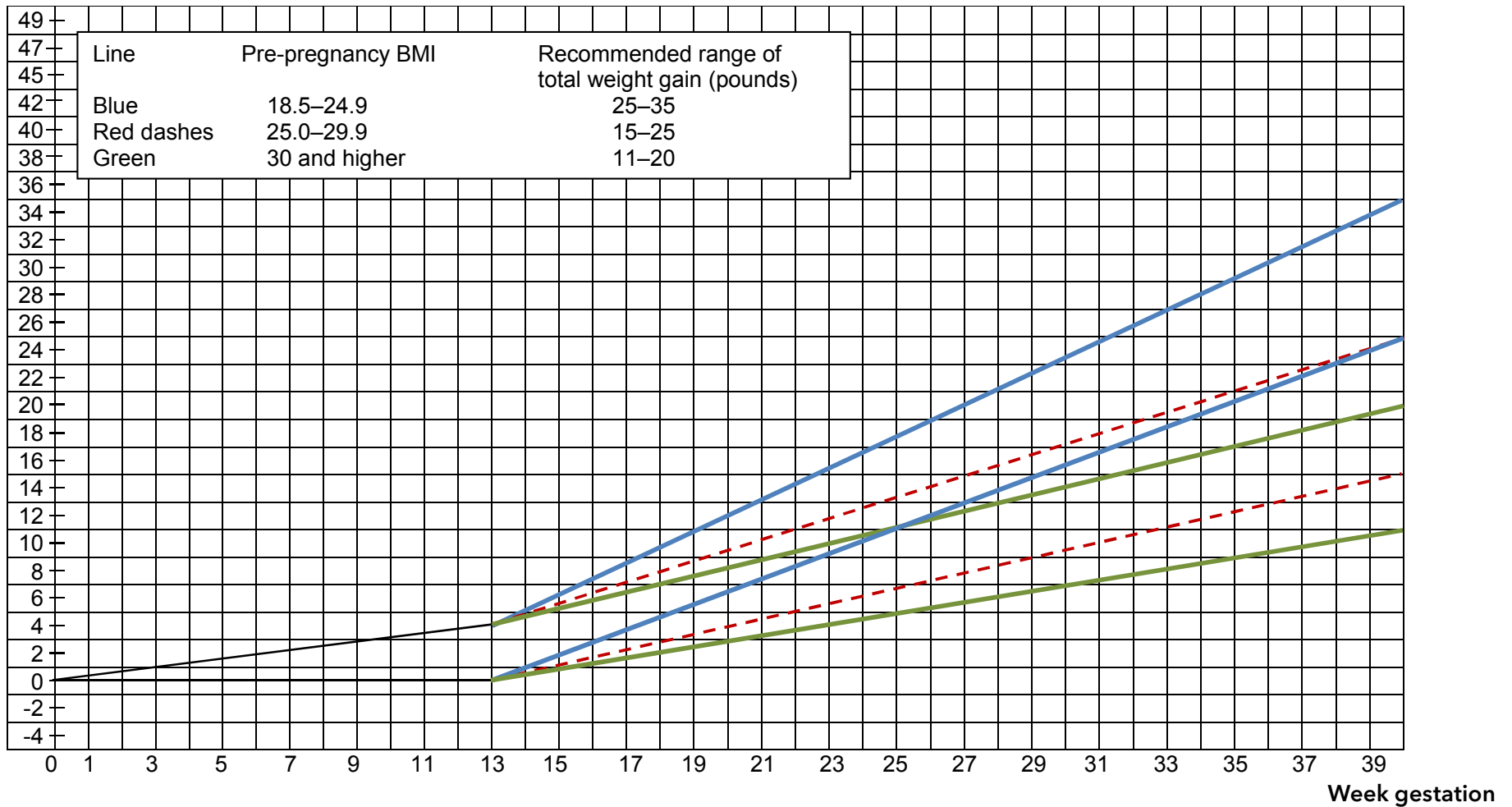
Eat healthy fats such as avocado, nuts, olive oil, and canola oil in moderation. Stay away from foods that have unhealthy saturated or trans fats.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician 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.

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Week 1:

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Week 2:

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Week 3:

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Week 4:

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Week 5:

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Week 6:

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Week 7:

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Week 8:

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Week 9:

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Week 10:

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# Daily food and activity diary

Day: \_\_\_\_\_ Date: \_\_\_\_\_

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

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              |   |                             |
|   |                               |                                       |   |                             |
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\*Good source of protein.

