



Better Health for Mother and Baby

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.
2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.
3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.
4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.
5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.
6. See your doctor early in your pregnancy.
7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

English

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