

# HEALTHY FOODS ✨ HEALTHY BABY

This is your own book to read and keep.  
Bring it to each clinic check-up.

We would like to thank the following teens  
for their help in writing this book:

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A STORY ABOUT HOW TO EAT RIGHT WHEN YOU ARE PREGNANT



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Please share this booklet with the father of your baby and others in your home who help with shopping and cooking.



Kim goes for her first prenatal check-up with her mother. It helps to have someone you trust with you.

### I'm Pregnant!

When Kim missed her period, she went to the health clinic. She was eight weeks pregnant! She was surprised and scared. Her jeans were getting tighter and she worried about getting too fat. Some food made her feel sick to her stomach.

Her mother told her that her baby has a lot of growing to do and that she needs to eat good food. Eating good food will help her baby grow the best way. But Kim did not like some of the food her mother said she should eat.



### Kim and Maria meet at the clinic

#### Maria:

I started showing when I was 4 months. At first, being pregnant was not easy! If I smelled certain food, I got sick. Some foods gave me heartburn. But I try to eat right anyway because I want a healthy baby. I don't want to leave my baby in the hospital after I go home.

#### Kim:

I wonder when I will look pregnant. I try to eat right, too. But when I go out to eat with my friends, we eat lots of pizza or cheese steaks and french fries. That's when I get heartburn. Sometimes I even throw up!

#### Maria:

I felt like that too, but it went away. I had to start eating 4 or 5 times a day and stop eating greasy food. It helped me feel better. Maybe it will help you.

## What can you do when you do not feel well?

### Nausea and Vomiting (Morning Sickness)

An upset stomach and vomiting may bother you early in pregnancy. You may feel sick any time of day. You might feel better by your 12th week of pregnancy. But sometimes this lasts longer.

#### To help get rid of morning sickness:

- Eat dry toast, crackers, pretzels or dry cereal before you get out of bed in the morning.
- Keep crackers or pretzels with you to eat when your stomach feels upset.
- Eat 4 or 5 small meals a day, instead of 2 or 3 big ones.
- Drink liquids after and between meals instead of with your meals.
- When you cook, open windows or use a fan to get rid of strong smells. Or have someone else cook for you.
- Stay away from greasy, fried or spicy foods or any food that upsets your stomach.



## Constipation

Is it hard for you to move your bowels? Constipation is common in pregnancy. Even if you feel bad, do not use laxatives unless your doctor tells you to. Laxatives can hurt your baby.

### To help you move your bowels:

- Drink lots of liquids such as water, milk, soup and fruit juice.
- Eat a salad each day.
- Eat foods high in fiber like beans, fresh fruits, whole wheat bread, high fiber cereals like bran, vegetables and salads. (Do not be surprised if these foods give you gas.)
- Try prunes or prune juice. They help!
- Exercise lightly. Try walking every day.

## Heartburn (Indigestion)

Heartburn is a burning feeling at the top of your stomach. You might feel heartburn the whole time you are pregnant.

### To help get rid of heartburn:

- Eat 4 or 5 small meals a day, instead of 2 or 3 big ones.
- Bake or broil your food instead of frying it.
- Eat less spicy and fatty foods. Use less hot spices.
- Cut down on soda, chocolate, coffee, tea and other drinks with caffeine. Drink more water instead.
- Drink liquids after and between meals instead of with your meals.
- Try walking around after you eat.



Maria and Kim are at the clinic again. They are now friends and talk to each other a lot.

## Gaining weight the best way

### Maria:

When my friends heard I was pregnant, each one told me something different. I was confused. I asked the nurse what to eat so that my baby will be healthy and strong enough to come home with me from the hospital.

### Kim:

I know a little about how to eat right. But I have questions too.

### Maria:

Do you know how much weight to gain and why you need to gain that much?

### Kim:

My godmother told me to eat as much as I want because I am eating for two. But my cousin told me I would be fat after the baby is born if I gain too much weight.

### Maria:

Well, the nurse said that I need to gain enough weight for my baby to weigh about 8 pounds when it is born. **The nurse told me that I need to gain between 25 and 35 pounds for my baby to be healthy and strong.**

## ASK THE NUTRITIONIST

Most women should gain between 25 and 35 pounds. Ask your nutritionist, nurse or doctor how much you should gain.

The amount of weight you should gain depends on how much you weighed before you became pregnant. If you are a teen, you may need to gain even more.

Some women think that once they have gained about 8 pounds for the baby, the rest will be fat. This is not true.



### Changes in mother's body

Breast increase	1 to 2 pounds
Blood increase	3 to 4 pounds
Fat	6 to 9 pounds
Body fluid	2 to 3 pounds

**Baby**                      **7 to 8 pounds**

### Baby's sac

Uterus increase	2 to 3 pounds
Placenta	2 to 3 pounds
Amniotic fluid	2 to 3 pounds

**Total**                      **25 to 35 pounds**



## A daily guide to food choices (MyPyramid)

The MyPyramid food guide includes food from the five food groups. You and your growing baby need food from each of these groups each day.



### GRAINS

Eat bread, cereal, rice and pasta at least **6** times a day



### VEGETABLES

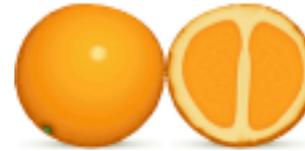
Eat vegetables at least **2** times a day

## ASK THE NUTRITIONIST

Physical activity during pregnancy can be healthy for you and your baby. Ask your nutritionist, nurse or doctor what physical activity is right for you.

## ASK THE NUTRITIONIST

If you have diabetes or hypertension, ask your nutritionist, nurse or doctor for special advice.



### FRUIT

Eat fruit at least **3** times a day

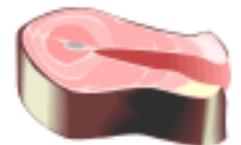
### MILK PRODUCTS

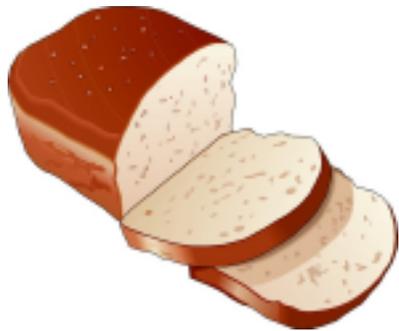
Eat foods from milk or other foods with calcium at least **3** times a day

### MEAT + BEANS

Eat meat, poultry, fish, dry beans, eggs and nuts at least **3** times a day

Try to stay away from foods and drinks high in sugar and unhealthy fat. Examples are candy, soda, chips, french fries and donuts.



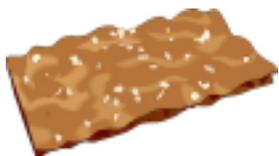


## GRAINS

Eat them at least  
**6**  
times a day.

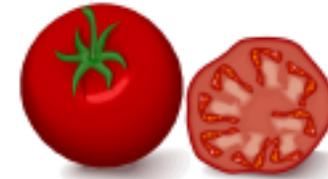
### Tips for cereals and breads:

- Use WIC to buy high fiber cereals. Put lots of milk on your cereal.
- Try oatmeal and other hot cereals. To sweeten them, use cinnamon and raisins instead of sugar.
- Macaroni or rice cooked with chicken or tuna tastes good.
- Mix rice with pink or red beans and spices. Try brown rice.
- Eat whole wheat breads. Try corn bread, oatmeal raisin muffins or bran muffins.
- Eat crackers with peanut butter or sliced cheese. Carry crackers in your bag as a snack.



## VEGETABLES

Eat them at least  
**2**  
times a day.



Eat them raw with dip, as a snack, cooked with a meal, or mixed into your favorite casserole or salad.

### Tips for vegetables:

- Eat a fresh vegetable salad.
- Baked potatoes are healthier than french fries. Try them stuffed with cheese. Eat baked sweet potatoes too.
- Try greens cooked with chicken or turkey parts.
- Eat cabbage in cole slaw or boil with other vegetables.
- Try vegetable soup as a snack or with a meal.
- Add lettuce and tomato to your sandwich or salad.



## \* Foods you should eat every day

Eat fruit that is fresh, frozen, dried or canned in its own juice. Fruit tastes good as a snack or for dessert.



### FRUIT

Eat them at least

2

times a day.

#### Tips for fruit:

- Eat a fresh fruit salad.
- Drink 100% fruit juices instead of soda. Buy WIC juices.
- Slice a banana or other fruit into cereal, cottage cheese or yogurt for breakfast.
- Carry a banana, apple or orange in your purse for a snack.
- In summer, try watermelon, strawberries and mangoes.
- Try dried fruit like raisins or prunes as a snack.

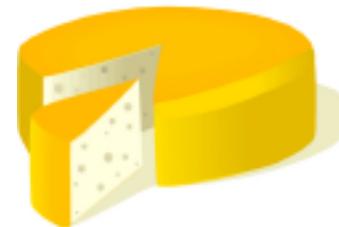


### MILK PRODUCTS

Eat them at least

3

times a day.



#### Tips for milk and foods made from milk:

- Cheese tastes good in sandwiches, melted on cooked vegetables and in salads.
- Drink milk plain or pour it over cereal. Try chocolate milk as a treat.
- Pudding and custard are tasty desserts.
- Try yogurt or cottage cheese topped with fruit and nuts.
- Get milk and cheese from WIC.

#### If milk gives you gas or diarrhea try:

- Lactaid® tablets or lactose-free milk like Lactaid®.
- Greens, broccoli, canned fish like sardines, almonds and tofu. They help build bones and teeth too.
- Foods and drinks with added calcium.



## Foods you should eat every day

Bake or broil beef, chicken or fish instead of frying them. Fried food is a favorite but should not be eaten too often.



### Tips for protein foods:

- Bake or broil fish with lemon juice instead of frying.
- Bake, broil or stew chicken.
- Try chicken chow mein. Make chicken soup with rice and vegetables.
- Peanut butter is good on crackers, whole wheat bread, celery and apple slices.
- Soak dry beans or peas in water and cook slowly with spices. Mix with rice. Try baked beans too.
- Try a taco with chicken, beef or beans.
- Buy food high in protein such as peanut butter and beans from WIC.

MEAT  
+  
BEANS

Eat them at least

3

times a day.

## ASK THE NUTRITIONIST

Not all fish are healthy to eat when you are pregnant. Ask your nutritionist, nurse or doctor for advice about which fish to eat.

## FOODS WITH IRON

Iron is important for you and your baby. Iron is in many different kinds of food.



### Tips for iron foods:

- **Take your iron pill each day with orange juice.**
- Eat stews and soups made with beans and meat, like chili. All kinds of beans have iron.
- Buy cereals with iron added, like Cream of Wheat and Total.
- Eat dried fruits like raisins and prunes as a snack.
- Eggs, chicken, fish, pork, beef and liver have iron too.

### Kim and Maria talk about iron

#### Maria:

The nurse took my blood. She found out that my iron was low. She told me I was anemic. Now I am on WIC. **WIC foods like beans, peanut butter and cereals will give me more iron.**

#### Kim:

I am anemic too. I take iron pills each day with orange juice. The orange juice helps my body use the iron pill.

#### Maria:

I get constipated when I take my iron pill. I know the iron is good for my baby and me so I take it anyway. I drink lots of water and eat salads and fresh fruit to help.



## What about eating out?



### Try MORE of these...

Burgers with lettuce, tomato and cheese  
Grilled chicken or fish  
Hoagie or sub  
Pizza topped with green peppers or broccoli  
Salads, baked potatoes, coleslaw  
Water, juice or milk

### ...and try LESS of these

Burgers with rich toppings  
Fried chicken or fish  
Cheese steaks  
Pizza with pepperoni, sausage or ham  
French fries  
Coffee, tea, soda

## Food truck (street vendor) suggestions

### Try MORE of these...

100% fruit juices  
Peanut butter crackers  
Peanuts and raisins  
Cheese sandwich with lettuce and tomato  
Taco  
Fresh fruit or fruit salad  
Yogurt

### ...and try LESS of these

Soda, punch or fruit drinks  
Potato chips or cheese twists  
Cookies  
Hot dog  
Hot sausage  
Cupcakes or pies  
Candy bar

## Salad suggestions

### Try MORE of these...

Fresh vegetables such as carrots, tomatoes and broccoli  
Fresh fruit or canned fruit in its own juice  
Kidney beans, chick peas, green beans  
Cottage cheese or grated cheese  
Oil and vinegar, lite dressing or just a little bit of regular dressing

### ...and try LESS of these

Vegetables in butter or sauce  
Fruit in heavy syrup  
Potatoes or macaroni with too much dressing  
Bacon bits  
Thick dressings

## Food shopping

When you go food shopping, make a list of what you will buy in each of these groups:

Fresh fruit	Dry beans, pasta, rice
Fresh vegetables	Milk products
Cereals and breads	Canned or frozen foods
Beef, chicken, fish	Other



When Kim and Maria go food shopping, they bring a list of food to buy from each food group. They find that eating at home costs less than eating out. Also, they can make just what they want to eat.

✿ Turn the page to see some of the meals Kim and Maria like to eat. Try them!

# MEALS AND SNACKS

## Breakfast

Orange juice  
Scrambled eggs  
Whole wheat toast  
with jelly  
Milk



Cereal with milk and raisins  
Whole wheat bread with  
peanut butter  
Fruit juice



Melted cheese on toast  
Fresh fruit  
Milk

## Lunch

Vegetable soup  
Turkey sandwich with  
cheese, lettuce and tomato  
Banana  
Milk



Cheeseburger with tomato  
Orange slices  
Milk



Cheese pizza  
Fresh fruit  
Fruit juice

## Dinner

Chicken with rice and beans  
Fresh fruit salad  
Milk



Chili with grated cheese  
Corn bread  
Lettuce and tomato salad  
Peach slices  
Milk



Spaghetti with meat sauce  
Cooked greens  
Italian bread  
Applesauce  
Milk

## Snacks

Fresh fruit  
Cheese and crackers  
Cereal with milk  
Ice cream  
Milk shake  
Pudding or flan  
Yogurt  
Peanut butter on crackers  
Fruit juice

## Choosing how to feed your baby

Maria's baby is due in just two weeks.  
Maria and Kim have a lot to talk about.

**Maria:**

I will be having my baby very soon. I can't wait to bring my baby home.

**Kim:**

Do you know how you will feed your baby?

**Maria:**

I've decided to breastfeed. My mom wants me to nurse her grandchild. My grandmom said she would help me. She breastfed all her children.

**Kim:**

What's so good about breastfeeding?

**Maria:**

My grandmom said that if I breastfeed, my baby will get better nutrition. She also said that breastfeeding will help me get my shape back sooner.

**Kim:**

I thought breastfeeding was only good for the baby. I didn't know it was good for the mom too! I will think about breastfeeding.



Breastfeeding gives babies the best chance for a healthy life. Breastfed babies stay healthy more than formula-fed babies. Babies love to feel close to you.

**Originally developed by:**

Maternal and Child Health  
Department of Public Health  
City of Philadelphia  
Illustrations: Ann Bedrick

**Special thanks:**

Health Care Center nurses of the Philadelphia Department of Public Health and other local nutritionists and nurses for their guidance and technical review in the first edition. Additional thanks to the many health-care professionals nationwide who contributed their suggestions for the 1998 and 2007 editions of this booklet.

This booklet is produced by the Division of Maternal, Child and Family Health, Philadelphia Department of Public Health, City of Philadelphia.

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Original booklet was supported in part by project #MCJ-423881 from the Maternal and Child Health Program (Title V, Social Security Act), Health Resources and Services Administration, Department of Health and Human Services

Revised, January 1998  
Reprinted, Summer 1999  
Reprinted, Fall 2000  
Reprinted, Spring 2004  
Revised, Spring 2007



Kim and Maria with their new babies.