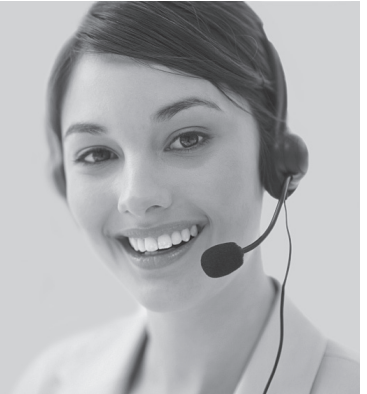


“It was great to talk with you.

Thank you for your interest in ‘What to Eat When You are Pregnant.’
I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your UPMC Health Plan health coach, I am ready to help in any way I can.”



You want to do your best to have a healthy baby. So what you eat while pregnant is more important than ever. Follow these tips:

- **Babies do not need a lot of food. They need *healthy, nutritious* food.** Too often, women think of pregnancy as a license to overeat. But if you gain too much weight, it can be tough to lose it after you have your baby. Also, your baby is more likely to weigh too much in the future.

A guide you can trust is on the website www.choosemyplate.gov. Go to www.choosemyplate.gov/pregnancy-breastfeeding.html. This guide will help you:

- **Choose foods that are packed with nutrition.** Include vegetables, fruits, whole grains, lean protein, nonfat or 1% milk, yogurt, low-fat cheese, and small amounts of vegetable oils.
- **Limit “empty-calorie” foods.** Empty calories are from added sugars and solid (saturated or *trans*) fats. Examples are soft drinks, fried foods, sweets, desserts, regular cheese, whole milk, and fatty meats.
- **Eat the amounts that are right for you.** On the MyPlate website is a tool called the Daily Food Plan for Moms. You can type in that you are pregnant, how much you weighed before pregnancy, and how active you are now. It will tell you the amounts in each food group that are best for you to eat.

Being fit during pregnancy will help you and your baby in many ways. Try to get at least 2½ hours of moderate-effort activity, such as brisk walking, every week. You may want to use this time as *your* time and a time to enjoy thinking about your baby.

- **Talk with your doctor about how much weight to gain.** The best amount depends on how much you weighed before you were pregnant. Most of the weight gain should come during the last three months. Visit your doctor often, and have your weight checked every time.
- If you are gaining too little weight, eat a little more from each food group. If you are gaining too much weight, cut back on the amount of “extras,” such as soft drinks, desserts, fried foods, cheese, whole milk, and fatty meats.



A healthier life is on the line for you!

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UPMC HEALTH PLAN

What to Eat When You Are Pregnant

- **Take a prenatal vitamin.** Your doctor will prescribe one that is safe. Taking your prenatal vitamin with meals will help you better tolerate and absorb it. Other supplements can be harmful. For example, very high levels of vitamin A can cause birth defects. Take only what your doctor prescribes.
- **Drink about 10 cups of fluids every day.** Water, juices, coffee, and tea all count toward your fluid needs. **Limit caffeine to less than 200 mg per day.** That is the amount in about 12 ounces (two small cups) of coffee. Don't forget the caffeine in teas and soft drinks too. **Do not drink alcohol.** It can slow down your baby's growth. It can also affect your baby's brain and cause birth defects.
- **What about artificial sweeteners?** According to the Food and Drug Administration, sucralose and aspartame are safe for pregnant women. Talk with your doctor about what is best for you.
- **Be careful about the types of fish you eat.** Some are high in mercury. Mercury is passed to your baby and can harm your baby's developing nervous system.
 - o Do not eat these high-mercury fish: swordfish, tilefish, king mackerel, and shark.
 - o Limit canned white (albacore) tuna to no more than 6 ounces (about 1 serving) per week. It has more mercury than light tuna.
 - o Eat 8 to 12 ounces (about 2 servings) per week of cooked fish and shellfish with little or no mercury, such as those below. Eat a variety, rather than just a few types.

- Shrimp	- Scallops	- Catfish
- Crab	- Canned light tuna (not albacore)	- Cod
- Clams	- Salmon	- Tilapia
- Oysters	- Pollock	
 - o Do you eat fish from local waters? Check with your health department for advice.
 - o Don't eat uncooked fish or shellfish, including sushi.

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UPMC HEALTH PLAN

What to Eat When You Are Pregnant

- o Do not eat foods that may contain the bacteria that causes listeriosis. This infection can lead to miscarriage or stillbirth. To prevent it:
 - Wash all fresh fruits and vegetables before using them.
 - Do not eat/drink:
 - Unpasteurized milk or soft cheeses
 - Raw or undercooked meat, poultry, or shellfish
 - Prepared meats, such as hot dogs or deli meats, unless they are heated until steaming hot

When your baby is born, you'll thank yourself for eating nutritious foods and gaining a healthy amount of weight while you were pregnant. You'll feel good knowing you did everything you could for yourself and your baby!



A healthier life is on the line for you!

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UPMC HEALTH PLAN

Take Action

Check when completed	
<p>My SMART* goal for this week</p> <p>Do your best to reach the SMART goal you set with your health coach. Write it here. Check the box when you have completed it.</p> <hr/> <hr/>	<input type="checkbox"/>
<p>Staying on the path to wellness</p> <p>When you are ready, choose one or two ideas from this tip sheet that you would like to put into action. Set a weekly SMART goal for each one. Write your goals here. Check the boxes when you have completed them.</p> <p>SMART Goal 1:</p> <hr/> <hr/>	<input type="checkbox"/>
<p>SMART Goal 2:</p> <hr/> <hr/>	<input type="checkbox"/>



A healthier life is on the line for you!

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UPMC HEALTH PLAN

What to Eat When You Are Pregnant

*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, “On Saturday I will buy several bottles of flavored seltzer. On Monday and Wednesday I will drink seltzer instead of regular soda when I get home after work.”

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

Source:

- Nutritional needs during pregnancy. Available at www.choosemyplate.gov/nutritional-needs-during-pregnancy. Accessed March 2, 12016.
- Pregnancy and Nutrition. Medline Plus. Available at www.nlm.nih.gov/medlineplus/pregnancyandnutrition.html#cat69. Accessed March 2, 2016.



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