



I'm Pregnant!

WIC is here to support you, answer your questions, and provide you food and nutrition tips for a healthy pregnancy.



Your Baby's Health Starts with Your Health

By taking care of yourself now, you are more likely to have a healthy baby and less likely to have problems during labor and delivery.

Remember to:

- Go to all of your prenatal appointments.
- Follow the advice of your health care professional.
- Relax when you can.
- Get help from your friends and family as you prepare for your baby.
- Take your prenatal vitamin every day.
- Be active.





Why Is Being Active so Important?

Being active and exercising can help you feel energized and may make delivery easier. Exercise can help with body aches and pains now and will help you lose weight after delivery. Physical activity can also lower the risk of diabetes and high blood pressure during pregnancy.

Try walking, stretching, swimming, and playing with your children or pets. Ask your health care professional about exercise while pregnant.

My Pregnancy Week-by-Week

Pregnancy is an exciting time—you and your baby will grow a lot in the next several months! This timeline gives you a little look at what may be happening during your pregnancy.

Every pregnancy is different. Talk to your WIC counselor or health care professional if you have questions.



My 1st Trimester

(Weeks 1–13)

The first weeks of pregnancy can be a whirlwind of emotions and changes in your body.

- Emotional—cry easier, more sensitive
- Constipation
- Feeling tired
- Morning sickness

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ABOUT YOUR BABY

At 4 weeks:

- The heart, brain, and spinal cord forming



At 8 weeks:

- All major organs and external body structures forming
- Heart beats regularly
- Arms, legs, fingers, toes growing, and eyes formed



At 12 weeks:

- Baby can make a fist
- Baby is about 3 inches long and weighs almost 1 ounce



My 2nd Trimester

(Weeks 14–26)

Many women have more energy in the 2nd trimester.

- Bigger appetite
- Less tired
- Less morning sickness
- Feel flutters of baby moving
- Belly begins to grow
- Some ankle swelling, leg cramps, and backaches

ABOUT YOUR BABY

At 16 weeks:

- Baby makes sucking motions
- Baby is about 4 to 5 inches and weighs almost 3 ounces



At 20 weeks:

- Baby is more active
- Eyebrows, eyelashes, fingernails, and toenails formed
- Baby can hear and swallow



At 24 weeks:

- Hair begins to grow on baby's head
- Baby sleeps and wakes regularly
- Baby is about 12 inches long and weighs about 1 ½ pounds



At 32 weeks:

- Bones are all formed
- Baby kicks are forceful
- Eyes open and close
- Baby is gaining weight quickly
- Baby weighs about 4 to 4 ½ pounds



At 36 weeks:

- Baby is getting bigger
- Baby is about 16 to 19 inches long and weighs about 6 to 6 ½ pounds



At 37–40 weeks:

- Near your due date baby may turn into a head-down position for birth



My 3rd Trimester

(Weeks 27–40)

You get to meet your baby soon!

- Feel lots of baby movement
- Short of breath
- Heartburn
- Harder to sleep

Urgent Maternal Warning Signs

It's important to be mindful of warning signs that may lead to serious health complications during pregnancy or after giving birth. Talk with your health care provider immediately about any concerns you may have.

Physical Warning Signs:

- Headaches that will not go away
- Dizziness or fainting
- Changes in vision
- Fever of 100.4° F or higher
- Extreme swelling of hands or face
- Trouble breathing
- Chest pain or fast beating heart
- Severe nausea or throwing up
- Severe belly pain that does not go away
- Severe swelling, redness, or pain of your leg or arm
- Overwhelming tiredness
- Baby's movement stopping or slowing during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Vaginal bleeding or discharge after pregnancy

Mental Health Warning Signs:

- Having a lasting sad, anxious, or “empty” mood
- Feelings of guilt, worthlessness, or helplessness
- Feelings of irritability or restlessness
- Crying more often than usual
- Feelings of anger
- Withdrawing from loved ones
- Feeling distant from your baby
- Worrying or feeling overly anxious
- Significant loss of energy
- Problems concentrating, recalling details, and making decisions
- Not getting pleasure from things you once did
- Sleeping too much or too little
- Overeating or loss of appetite
- Thinking about hurting yourself or your baby
- Aches or pains that do not get better with treatment
- Doubting your ability to care for your baby

Need help? Find resources at [211.org](https://www.211.org)

Tips to Help Pregnancy Discomforts

Nausea

- Eat small, frequent meals
- Try some plain crackers or dry cereal
- Avoid greasy, fried foods
- Eat high protein snacks throughout the day
- Eat or sip sour/tart flavored fruits or juices

Heartburn

- Eat small, frequent meals
- Wait about 30 minutes after eating before lying down
- Avoid or limit spicy, greasy, acidic, and fried foods
- Take a walk—being active may help

Constipation

- Choose foods higher in fiber
- Drink plenty of water and fluids. Prune juice is very helpful
- Be active every day
- Eat regular meals and snacks



Healthy Weight Gain

Your baby depends on you to gain a healthy amount of weight during pregnancy. Gaining the right amount of weight will help your baby grow strong, can help you have a better delivery, and will make it easier for you to get back to your pre-pregnancy weight.

The amount of weight to gain is different for every pregnancy. Your pre-pregnancy weight, the number of babies you are having, and medical conditions may affect how much weight gain is recommended for you.

Pre-Pregnancy Weight	Recommended Weight Gain
Underweight	28–40 pounds
Normal weight	25–35 pounds
Overweight	15–25 pounds
Obese	11–20 pounds

Weight gain is often slow at first—you may only gain one to five pounds in the first three months of pregnancy. You may expect to gain one pound per week in the last six months of pregnancy until your baby comes.

What Happens If I Gain Too Much Weight?

Gaining too much weight during your pregnancy could lead to: high blood pressure, diabetes, early delivery (premature baby), a very large baby, the need for a C-section, and extra weight to lose after delivery.



Where Does All My Weight Go?

In addition to your growing belly, you may have noticed the rest of your body changing. Weight gained during pregnancy is not just the baby. You will have changes all over your body to help your growing baby.

Blood: 4 pounds

Body Fluids: 4 pounds

**Mother's Extra Muscle
and Fat Stores:** 7 pounds

Breasts: 2 pounds

Baby: 7 ½ pounds

Placenta: 1 ½ pounds

Uterus: 2 pounds

Amniotic Fluid: 2 pounds



Tips to Slow Down Weight Gain:

- Eat more fresh fruits and vegetables.
- Eat less of the “extras” such as added sugars and solid fats in foods like sodas, desserts, fried foods, whole milk, and fatty meats.
- Eat slowly and take time to enjoy your food.
- Take a break from screens while eating.
- Talk to your health care professional about increasing physical activity. For most women, physical activity can be continued throughout pregnancy.

Tips to Gain More Weight:

- Eat 2 or 3 healthy snacks between meals.
- Add nutrient- and calorie-rich foods such as avocado, nuts, dried fruit, and peanut butter to snacks and meals.
- Drink fluids in between meals instead of during.
- Talk to a WIC nutritionist for more ideas.



Eating Well

Eating a variety of foods is important for giving your baby the best possible start and for helping you feel your best.

Many women think they need to eat a lot more food because they are eating for two. This is not true! Simply include a variety of foods in your diet, such as fruits, vegetables, whole grains, protein, and dairy.

Get information about nutrition education, meal planning and recipes at [WICHealth.org](https://www.wichealth.org)



**Eat Well to
Feel Good
Every Day!**



Vegetables

2 to 3 or more of these choices:

- 1 cup fresh vegetables
- 1 cup frozen or canned vegetables
- 2 cups raw or leafy vegetables

Choose a variety of colorful vegetables. Make sure to include dark green, red, and orange choices such as carrots, broccoli, spinach, red and green bell peppers, kale, sweet potato, or squash.

Fruits

2 of these choices:

- 1 cup fresh fruits
- 1 cup unsweetened frozen or canned fruits

Focus on whole fruits. Eat a fruit with vitamin C every day, such as oranges, strawberries, melons, mangos, papayas.

Grains, Breads, & Cereals

6 to 8 of these choices:

- 1 slice bread
- 1 small tortilla
- 1 cup ready-to-eat cereal
- 4 crackers
- ½ cup cooked cereal, noodles, rice

Look for whole grain cereals fortified with iron and folic acid. **Getting enough folic acid is especially important before and during pregnancy.**

Choose mostly whole grain foods, such as whole wheat bread, whole grain crackers, brown rice, steel cut oats, whole grain pasta, and whole wheat or corn tortillas.

Protein Foods

6 to 7 of these choices:

ANIMAL PROTEIN

- 1 ounce lean meat, chicken, turkey, fish
- 1 egg

VEGETABLE PROTEIN

- ¼ cup cooked dry beans, peas, lentils
- 1 tablespoon peanut butter
- ¼ cup tofu
- ½ ounce nuts or seeds

Vary your protein routine to include lots of different protein-rich foods.

Dairy Products

3 to 4 of these choices (4 for teens):

- 1 cup milk
- 1 cup yogurt
- 1 ½ ounces cheese
- 2 cups cottage cheese

Choose mostly nonfat or low fat milk products. These are rich in the mineral calcium.



Drink beverages and eat foods with less caffeine and added sugars, sodium, and saturated fats.

Remember to include physical activity!



Recipes

Greek Salad with Poached Salmon

Ingredients

- ½ seeded and chopped cucumber
- ¾ cup halved cherry tomatoes
- ⅓ cup chopped onion
- 1 juiced lemon
- 1 (12 ounce) filet salmon
- salt and pepper to taste
- ¼ cup sliced olives
- ⅓ cup grated or crumbled cheese
- a pinch of oregano
- 1 tablespoon oil

Directions

Step 1

Wash prep surfaces, your hands, fruits, and vegetables.

Step 2

Seed and chop the cucumber, halve the tomatoes, and chop the onion. Slice olives. Grate or crumble cheese.

Step 3

Fill a saute pan with two inches of water and bring to a boil.

Step 4

Slice half of the lemon (reserve the other half for the juice).

Step 5

Add salt and pepper to both sides of the fish.

Step 6

Add salmon to the boiling water. Turn down heat to simmer.

Step 7

Poach the salmon for about 10 minutes (until opaque throughout). Chill in fridge until cool.

Step 8

For the Greek salad: combine cucumber, tomatoes, onion, olives, cheese, oregano, salt, and pepper. Squeeze the lemon juice, and drizzle oil on top. Toss ingredients to mix.

Step 9

Dish up the salad and place the salmon on top.



One Pot Jumbalaya

Ingredients

- ½ cup onion
- 3 bell peppers
- 1 stalk celery
- 2 cloves garlic
- 2 tablespoons oil
- 1½ cups chicken
- 8 ounces sausage
- 3 cups low-sodium broth
- 2 cans 15-ounce crushed tomatoes
- 1½ cups uncooked brown rice
- ½ tablespoon Cajun spice (mix of paprika, cayenne, garlic, oregano, salt, other spices)
- 1 teaspoon dried thyme
- 3 bay leaves
- 1 teaspoon Worcestershire sauce
- 8 ounces peeled and deveined shrimp

Directions

Step 1

Wash prep surfaces, your hands, and vegetables.

Step 2

Chop onions, peppers, and celery into bite-size pieces. Mince or crush garlic.

Step 3

Heat oil in a large dutch oven or sturdy pot. Sauté veggies and garlic until they soften, about 4-5 minutes.

Step 4

Cut chicken and sausage into bite-size pieces.

Step 5

Add the chicken and the sausage and continue cooking until chicken is no longer pink on the outside.

Step 6

To the pot, add the rest of the ingredients, except the shrimp. Stir to combine.

Step 7

Decrease the heat to medium-low and simmer for 45 minutes.

Step 8

Once the rice is soft, add more seasonings to your taste preference.

Step 9

Add shrimp and continue to simmer until the shrimp are pink and cooked through.

Step 10

Serve warm and enjoy!

TIP

Using brown rice may require additional liquid.



Broccoli and Cheese Rice Bowl

Ingredients

- ½ cup broccoli florets
- ½ cup shredded cheese
- ⅔ cup instant brown rice
- 1⅓ cups water
- 1 teaspoon corn starch
- 6 tablespoons low-fat milk
- salt and pepper to taste

Directions

Step 1

Wash prep area, your hands, and fresh broccoli.

Step 2

Chop broccoli into very small bite-sized pieces and shred the cheese.

Step 3

In a large, microwave-safe bowl, add rice, broccoli, and water.

Step 4

Cover the top of the bowl and microwave for 3 1/2 - 4 minutes. Be sure water does not overflow while cooking.

Step 5

Once the rice is fully cooked, remove the bowl from microwave. Mix in cornstarch, milk, cheese, salt, and pepper. Blend well.

Step 6

Place back in microwave and cook for an additional 1 1/2 minutes. Serve immediately.



Peanut Butter Energy Balls

Ingredients

- 1¾ cups quick cook oats or crispy rice cereal
- ¾ cup peanut butter
- ⅓ cup maple syrup or honey
- 1 teaspoon vanilla extract (optional)
- dash of salt
- ½ cup mini chocolate chips or diced raisins (optional)

Directions

Step 1

Wash prep surfaces and your hands.

Step 2

In a medium bowl, add oats or crispy rice cereal, peanut butter, and maple syrup or honey. Add vanilla extract and salt if desired.

Step 3

Using a spoon or clean hands, combine until smooth. Add chocolate chips or raisins if desired, and mix in.

Step 4

Cover and chill in refrigerator for 30 minutes. Take out and roll into 1-inch balls.

Step 5

Store in zip-top plastic bags in refrigerator or freezer.

TIPS

Kids love to help mix the ingredients, with clean hands! They also love to help roll the balls. You can use other nut butters like almond butter instead of peanut butter. If you are having trouble rolling these, try wetting your hands or adding a little water to the mixture. Instead of rolling into balls, you can press the mixture into a square pan lined with parchment paper. Refrigerate, then cut into bars. Feel free to experiment! As another variation, you could add a little cocoa powder.



Foods to Limit or Avoid

Pregnant women should limit or avoid some foods during pregnancy.

- Do not drink raw or unpasteurized milk, cheese or juice. This includes homemade queso blanco, queso fresco, and panela.
- Do not eat raw or undercooked meat, eggs, and fish. This includes sushi and meat spreads like patés.
- Always heat hot dogs and luncheon meats until steaming hot.

Avoid eating fish with high levels of mercury.

- Avoid shark, swordfish, tilefish, or king mackerel. These are highest in mercury and could be harmful to your baby.
- Choose lower mercury fish such as catfish, cod, chunk light tuna (canned), mackerel (not king mackerel), salmon, sardines, shrimp, tilapia, trout.
- Limit Albacore “white” tuna to 6 ounces or less a week. Albacore has more mercury than chunk light tuna.
- Visit [FloridaHealth.gov/ChooseHealthyFish](https://www.floridahealth.gov) to learn more.



Protecting You and Your Baby



Avoid Alcohol, Drugs and Smoking

When you are pregnant, drinking any amount of alcohol is not safe. Drinking alcohol can harm your baby's brain and cause long-term learning problems.

Taking any street drug, or prescription medicines that are not yours, can be harmful to you and your baby. Be sure to let your health care professional know as soon as you think you are pregnant.

Avoid using tobacco products, such as cigarettes and e-cigarettes. Also, avoid breathing secondhand smoke or e-cigarette aerosol (vapor).

Cigarette smoke is harmful and may lead to health problems including premature birth and birth defects. The best choice is to quit tobacco use. If you need help quitting, talk to your health care professional or WIC counselor. Visit [TobaccoFreeFlorida.com](https://www.tobaccofreeflorida.com) to learn more about quitting.

There is no known safe amount of marijuana to use during pregnancy. Breathing marijuana smoke is bad for you and your baby. Marijuana that passes to your baby during pregnancy may cause low birth weight and health problems, especially during your baby's first year of life.

Get Dental Care

Taking care of your mouth while you are pregnant is important for you and your baby. Gum disease can cause a premature or small baby. Brushing and getting dental checkups and treatment will help keep you and your baby healthy.

While you are pregnant:

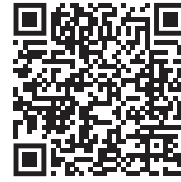
Brush your teeth with a soft toothbrush and toothpaste with fluoride twice a day.

Get a dental checkup. It is safe to have dental care when you are pregnant.

Let the staff know you are pregnant and your due date.



What About Breastfeeding?



Scan the QR to learn more about breastfeeding.

This is a great time to start thinking about how you want to feed your baby. Ask a friend or relative who has breastfed about her experience. What did she find challenging? What did she like?

WIC supports breastfeeding moms

We provide support and information during your pregnancy and after your baby is born. WIC support comes in many forms and varies by location.

Services may include:

- Individual and group breastfeeding classes
- Breast pumps
- Support groups
- Breastfeeding peer counselors
- Referrals to breastfeeding experts

WIC staff are happy to answer your questions. There are so many reasons to breastfeed and WIC is here for you.



Know the ABCs of Safe Sleep Alone. Back. Crib.



Give babies their own sleep space in your room, separate from your bed.



Use a firm, flat, and level sleep surface, covered only by a fitted sheet.



Remove everything from baby's sleep area, except a fitted sheet to cover the mattress.

No objects, toys, or other items.



Place a wearable blanket to keep baby warm without blankets in the sleep area.

Make sure baby's head and face stay uncovered during sleep.



Place babies on their backs to sleep, for naps, and at night.



Couches and armchairs are not safe for baby to sleep on alone, with people, or with pets.





Florida WIC
800-342-3556
FloridaWIC.org

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