Some tips to help you choose healthy foods:

- Aim for three regular meals and three healthy snacks each day. Include foods from all of the food groups.
- Limit foods such as candy, cookies, cake, pie, soda and coffee. These foods do not have many nutrients needed for you and your baby.
- Grab a handful of nuts for a snack. They are a great source of protein. A piece of fruit or a cup of yogurt are quick snacks that will give you extra energy.
- Drink a glass of low-fat milk and eat half a peanut butter sandwich or a quesadilla for a healthy bedtime snack.
- Think variety! Try to include fruits and vegetables of different colors.
- Try 100% whole wheat breads, pastas and tortillas for added fiber and vitamins.

For More Information
Visit www.healthy-baby.org

For additional food resources:
Hunger Free Colorado
720-328-1284 or info@hungerfreecolorado.org

For more healthy eating and meal planning tips:
ChooseMyPlate.gov

For nutrition information and food assistance:
W.I.C. (Women, Infants and Children) Program
1-800-688-7777 or www.cdphe.state.co.us/ps/wic

To locate a community health center near you visit www.cchn.org

Supported by Grant No. 800MC21421 from the Maternal and Child Health Bureau (Title V, Social Security Act), Health Resources and Services Administration, Department of Health and Human Services.
How much weight gain is enough? How much is too much?
It depends on your weight before pregnancy.
Most women gain 2 to 5 pounds in the first three months. After that, aim for about 1 pound per week. Talk to your healthcare provider to find out how much weight gain is best for you and your baby.

<table>
<thead>
<tr>
<th>Pre-pregnancy Weight</th>
<th>BMI</th>
<th>Recommended Weight Gain</th>
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<tr>
<td>Underweight</td>
<td>&lt;18.5</td>
<td>28–40 pounds</td>
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Fill out the following to keep your weight gain goal in mind.
My weight before pregnancy: ______________
Total pounds I should gain: ______________
My goal weight by the end of my pregnancy: ______________________

Babies born between 38 and 40 weeks gestation, weighing 6 to 9 pounds, are at a healthy birth weight.

Now that you are pregnant, you are eating for you and your baby.
When you eat healthy foods, your baby does too.
By gaining the right amount of weight during pregnancy, you are giving your baby a healthy start to life.
If you gain too little, your baby may be born too small. If you gain too much, your baby may be born too big.

IT’S HEALTHY TO GAIN THE RIGHT AMOUNT OF WEIGHT

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IF YOU GAIN TOO LITTLE, YOUR BABY MAY BE BORN TOO SMALL. IF YOU GAIN TOO MUCH, YOUR BABY MAY BE BORN TOO BIG.

EVERY WOMAN IS DIFFERENT WHEN IT COMES TO WEIGHT GAIN

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My weight before pregnancy: ______________
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What about weight loss after pregnancy?
For your health, lose the weight you gain during pregnancy within 6 to 12 months after your baby is born. To help you do this, continue to eat healthy foods and be sure to exercise at least 30 minutes every day.