



Your Self-Care Matters

STEPS TOWARD A
HEALTHY PREGNANCY





Eating Tips

Pump Up the Protein

3 servings a day

Beans & lentils

Meat & fish* (cooked well-done)

*Low-mercury fish.

Focus on Vegetables & Fruits

4+ servings of vegetables a day

2-4 servings of fruit a day

Dark leafy greens & broccoli

Sweet potatoes, pumpkins & carrots

Pump Up the Calcium

Pasteurized dairy is safe

4 servings

Food Resources

WIC (Women, Infants, Children)

benefits begin with pregnancy

Staying Healthy

Water Matters

At least 12 (8oz) glasses a day

Prenatal Vitamins Should Include:*

Be sure to check coverage with insurance provider

Folic Acid (600mcg)

Iron (27mg)

Calcium (1000mg)

Vitamin D (600 IU)

Omega 3 Fatty Acids

Check Medication

Consult a medical provider

Prenatals can be prescribed

Time for Yourself Matters

Get plenty of sleep

Make time for naps

Pause, breathe & rest





Staying Active

Safe Activities**

- Maintain pre-pregnancy activities
- Prenatal yoga
- Walking
- Swimming or water aerobics
- Dancing

Exercise

- Reduces risk of gestational diabetes, excessive weight gain & low back pain
- 3-5 times/week for 20-30 min

**Consult your medical provider when adding a new activity.

Finding Support

Medical Visits

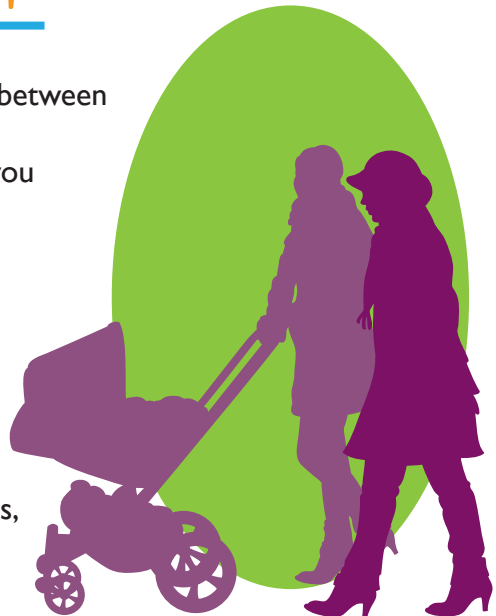
- First appointment should be between 8-12 weeks of pregnancy
- Take a list of questions with you
- Feel free to bring someone

Positive Relationships

- Trust your judgment
- Take a moment to laugh
- Seek out reliable support

Sisterhood

- Create your own circle
- Take pregnancy related classes, WIC classes, Prenatal Yoga





Resources To Know

Healthy Living

womenshealth.gov
shapeyourfutureok.com
text4baby.org

Recipes & More

oniproject.org
choosemyplate.gov

Support & Resources

occhd.org/WIC
okhelpline.com
okhca.org
metrofamilymagazine.com
varietycare.org
communityhealthok.org
okdhslive.org
Tribal WIC may be available

24-Hour Hotline

211.org or call 2-1-1

Infant Mortality
Alliance



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