



HOW TO HAVE A HEALTHY PREGNANCY

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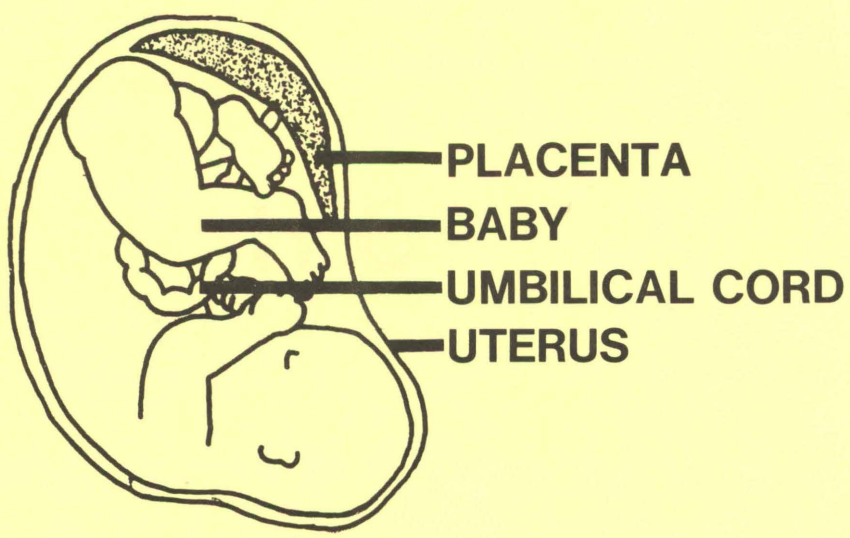
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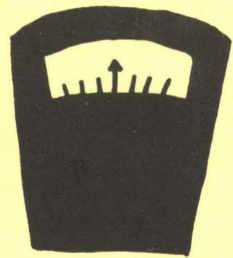
1 Be sure to see the doctor as soon as you think you are pregnant. Early and regular visits to the doctor can help insure a healthy mother and baby.



2 Your baby gets the materials for its growth from the foods you eat. So it is important for you to eat good foods and take care of yourself.



3 You will gain weight as your baby grows and your body changes to meet your baby's needs. The average pregnant woman gains 24-28 pounds.



4

You should not try to diet while you are pregnant. Too little weight gain might cause a baby to be born before it is ready or to have other problems. Teenagers who are pregnant must be especially careful to eat well because their bodies are still growing and need extra nutrients. Too much weight gain is also risky for your health and your baby's health.



5

If you have morning sickness, nausea or heartburn, try these hints:

- *Eat a few dry crackers before you get out of bed in the morning.*
- *Get out of bed slowly.*
- *Eat small, frequent meals and snacks instead of three large meals every day.*
- *Drink liquids between meals instead of with meals.*

6

BEWARE OF. . .

- X-RAY
- MEDICINES & DRUGS
(Unless your doctor suggests them)

- ALCOHOL
- CAFFEIN
- CIGARETTES

- FOODS LOW IN NUTRIENTS

<i>cakes</i>	<i>candy</i>
<i>pies</i>	<i>chips</i>
<i>soda pop</i>	<i>alcohol</i>
<i>drinks and</i>	
<i>punches</i>	

7 If you crave any special foods, or non-food items, or dislike certain foods, talk to your doctor, nurse or nutritionist about it. They can help you decide if it will be any problem for you or your baby.

8 Now is the time to think about . . .
BREAST FEEDING

- Always ready to feed
- Can be less expensive
- Made for babies
- Early protection against infections
- Can prevent some allergies

or

BOTTLE FEEDING

- Allows others to feed the baby
 - Must shop for and store formula
 - May need mixing and heating
- Either way can provide the nutrients for a healthy baby.



9 **REMEMBER. . . EAT A GOOD DIET WITH A VARIETY OF FOODS . . . AND VISIT THE DOCTOR REGULARLY!**

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