

PREGNANCY

Eating For Two



PREGNANCY

800.414.6580

Eating foods that are good for you will help you have a healthy baby. Make sure your food choices are healthy ones. Cut down on salt and caffeine. Limit the amount of sweets and foods that are high in fat. Avoid eating fast foods.

THERE ARE FIVE FOOD GROUPS THAT ARE NEEDED FOR A HEALTHY DIET:

- Milk, yogurt and cheese
- Vegetables
- Meat, poultry, fish, dry beans, eggs and nuts
- Fruits
- Bread, cereal, rice and pasta

Watch your weight gain. It helps you have a healthy pregnancy outcome for both you and your baby. Your doctor may tell you to gain more or less weight depending on how much you weighed before you got pregnant.

Don't forget to take your prenatal vitamins. But, taking your prenatal vitamins does not replace healthy eating. It is important to take your prenatal vitamins and have a well-balanced, nutritious diet.

All women who are pregnant or planning to become pregnant should take a folic acid supplement. Folic acid is a vitamin that is needed for the development of the baby's brain and spinal cord during the early stages of pregnancy.

Folic acid is in dark green leafy vegetables like broccoli and dried peas. Folic acid is also in beans, oranges and orange juice. You can also find it in foods made with enriched flour such as breads, cereals and pasta.



FOR MORE INFORMATION about pregnancy, call Care Management at 1.800.414.6580 (TTY: 1.800.473.0989).



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Medicaid & Medical Assistance