PREGNANCY

Eating For Two

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.

Unison HEALTH PLAN®

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

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711). For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).
La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Sí necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).
ព័ត៌មាននៅក្នុងសេចក្តីប្រកាសនេះ មានជូនជាភាសាផ្សេងទៀត និងក្នុងទម្រង់ដទៃទៀត តាមរយៈការទូរស័ព្ទទៅខាងសវោសមាជិកដែលមានលេខ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លេខ 711).
此通知里的信息有其它语言及格式，请致电 1.800.414.9025（听力有障碍人员请转分机 711）联系会员服务处索取。
Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).
Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).

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