

# Courtesy of Genesys Health System

You can start taking care of your new baby now. Here is a summary of the BEST ways to care for your baby before she/he is born:

1. HAVE NO ALCOHOL (including beer, wine, wine coolers . . .).
2. DO NOT SMOKE.
3. TAKE YOUR PRENATAL VITAMINS EVERY DAY.
4. EAT WELL USING THE MINIMUM DAILY SERVINGS.
5. MODERATE EXERCISE – 15-20 minutes three times a week with approval of your physician.

Minimum Daily Servings

- 4 Dairy**  
(1 cup milk, 1 cup yogurt, 1 oz. cheese)
- 6-8 oz. Meat**  
(1 egg, 1 oz. beef, pork, chicken or fish;  
1/4 cup cottage cheese;  
2 Tbsp. peanut butter; 1/2 cup dry beans)
- 5-6 Fruit/Vegetable** – 1 Vitamin A source – 1 Vitamin  
C source (1/2 cup any fresh, cooked or juice)
- 6-11 Grain**  
(1/2 cup cereal, rice, noodles; 1 slice bread)
- 6-8 cups Water** (8 oz.)

Weight Gain Chart

Full Term Baby . . . . .	7.7 lbs.
Placenta . . . . .	1.4 lbs.
Amniotic & Body Fluids . . . . .	1.8 lbs.
Enlarged Uterus . . . . .	2.0 lbs.
Enlarged Breasts . . . . .	2.0 lbs.
Blood Volume Increase . . . . .	4.0 lbs.
Interstitial Body Fluids . . . . .	2.7 lbs.
Maternal Storage – Fat . . . . .	3.5 lbs.
Normal Pre-Pregnancy Weight . . . . .	25-35 lbs.
Underweight Pre-Pregnancy Weight . . . . .	35-50 lbs.
Obese Pre-Pregnancy Weight . . . . .	15-25 lbs.

Sample Menu

Breakfast	Snack	Lunch	Dinner	Snack
Orange Juice	Peanut Butter	Glass Vegetable Juice	Chicken	Cheese
Bran Flakes	Sandwich	Egg Salad Sandwich	Carrot/Raisin/ Apple Salad	Crackers
with Raisins	Juice	on Pumpernickel	Whole Baked Potato	Fresh Fruit
Milk	Milk	Tomato Slices	Green Peas	
			Milk	

NAUSEATED? Have very small, frequent snacks without fat and without beverages. Sip between your snacks.

HEARTBURN? Avoid spicy, greasy foods and those associated with any discomfort. Eat small portions.

LIMIT CAFFEINE – Use of caffeine which is present in tea, coffee, chocolate, and some soft drinks is not recommended.