

Tips for **PREGNANCY**

Give your baby a great start by eating well, staying active and practicing self-care. Weight gain is healthy and normal, yet it can feel stressful for some women. The key is building healthy habits and trusting your body to gain the amount that is right for you.

Eat Well

Listen To Your Body

Eat when you are hungry, and stop when you feel full.

Eat Slowly

Enjoy your food and try smaller meals throughout the day.

Prepare Snacks

Store chopped fruits and vegetables, cheese or yogurt for easy snacks.

Make Balanced Meals

Combine protein, fiber and healthy fats for meals.

Add Flavor To Food

Use fresh herbs, spices, citrus, salsa or dressings.

Stay Hydrated

Choose water over sugary drinks and sodas.

Stay Active

Move Your Body

Being active for 30 minutes a day helps your body and mind. Break it up into short walks or bursts of activity throughout the day.

Stretch

Stretching helps relieve tension from stress.

Practice Self-Care

Set Yourself Up For Better Sleep

Go to bed and get up at the same time every day. Use extra pillows to support your body. Avoid large meals within 3 hours of bedtime.

Make Time For Relaxation

Try deep breathing, meditating, writing, calling a friend or spending time outdoors.



Looking for MEAL IDEAS?

Build a balanced plate with WIC foods by combining **protein, fiber** and **fat**. Here's some inspiration. You can make these meals your own by swapping in your favorite foods.

Build a satisfying salad



Make a hearty soup



PROTEIN

Meat
Fish
Tofu
Nuts
Dairy
Eggs

FIBER

Whole grains
Fruits
Vegetables
Beans
Nuts

FAT

Fatty Fish
Oils
Olives
Avocado
Nuts
Dairy
Eggs

Try eggs in new ways



Scan the QR code for more pregnancy tips.

If you or your health care provider have concerns about your nutrition or growth during pregnancy, talk with a WIC nutritionist or dietitian for personalized ideas to meet your needs.

Visit our website at [TexasWIC.org](https://www.texaswic.org).



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