

# Healthy Habits During Pregnancy

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Healthy eating and physical activity are important for the well-being of you and your baby. Please take a moment to answer these questions.



1. How many days a week are you usually active? \_\_\_\_\_

2. What kinds of exercise or activity do you enjoy? \_\_\_\_\_

3. How comfortable would you be continuing or increasing your level of activity?

Very Comfortable    Somewhat comfortable    Not comfortable    Not sure



4. How many fruits and vegetables do you eat each day? \_\_\_\_\_

5. How many times a week do you eat takeout and fast food? \_\_\_\_\_

6. How much are you eating compared to before you were pregnant?

Much more    A little more    Same amount    A little less    A lot less



7. How many of these drinks do you usually have each day?

\_\_\_\_\_ Water   \_\_\_\_\_ Coffee   \_\_\_\_\_ Soda   \_\_\_\_\_ Sports drinks

\_\_\_\_\_ Juice   \_\_\_\_\_ Energy drinks   \_\_\_\_\_ Alcohol   \_\_\_\_\_ Other



8. How many hours of sleep do you usually get each night? \_\_\_\_\_

9. How often do you feel that you manage your stress in a healthy way?

Never    Some of the time    Most of the time    Always

10. **Is there one thing you would like to work on during your pregnancy?**

Move more    Eat more real foods    Drink more water    Get better rest    Other \_\_\_\_\_

*Please share this form with your provider. Then take it home with you. Thank you!*

*Turn this over for Small Steps to get started.* 

# When it comes to your health, *small steps* go far!



## Move More

There's no better time to be active

Pregnancy is a great time to explore being active! Now is the time to set healthy patterns for you and your baby.

For most women, it's safe to be active. Walking, swimming, fitness classes, or prenatal yoga are all good options.

Moving for 30 minutes on most days is good for you and your baby. You can split it up—10 minutes at a time has benefits.

Stay comfortable while you're active—wear loose clothing, stay out of the heat, and drink plenty of water.

Being active helps with some aspects of pregnancy, like constipation and leg swelling.



## Eat Real

Fresh, natural foods help your baby grow

Choose foods in their natural form. Eat less packaged food.

Eat a variety of fruits and veggies. It's good for you, and may even teach your baby to like different tastes!

If some raw vegetables bother your stomach, cook them. Try roasting, steaming, or sautéing.

Iron is important. Lean red meats, poultry, beans, and peas are all good sources.

Most women need only 300 extra calories each day during pregnancy. That's the number of calories in a piece of whole wheat toast with peanut butter and an apple.



## Drink Water

It's the best choice for you and your baby

Limit sugary drinks. Reach for water instead.

Eat foods with water in them like oranges, cucumbers, and watermelon.

If water makes you queasy, try sucking on crushed ice cubes.

Having constipation? Water helps to keep things moving.

Add flavor. Put a fruit wedge in your water. Try fresh ginger and lemon to settle your stomach!



## Rest Up

Make time for sleep and relaxation

Sleep is a priority! Try for at least 8 hours of sleep, and take short naps if you are still tired.

Trouble getting comfy? Try a pillow under your belly or between your legs, or a rolled-up towel behind your lower back.

Find time to relax. Take 10 minutes a day of quiet time to refocus and energize.

For fewer nighttime trips to the bathroom, drink plenty of water during the day then cut back a few hours before bed.

Heartburn can be a sleep stealer. Limit fat, acid, and caffeine. Eat smaller meals and don't lie down after eating

Gaining the right amount of weight during pregnancy is important for you and your baby. Here is your weight gain goal: \_\_\_\_\_ – \_\_\_\_\_ pounds