



# Tips for Pregnant Moms

Making healthy food choices along with regular physical activity will help fuel your baby's growth and keep you healthy during pregnancy.

## Find Your Healthy Eating Style

Choose a variety of foods and beverages to build your own healthy eating style. Include foods from all food groups: fruits, vegetables, grains, dairy, and protein foods.

The amount and types of food you eat is an important part of a healthy eating style. Before you eat, think about what and how much food goes on your plate or in your cup, bowl, or glass.

## Making Healthy Food Choices

- Make half your plate fruits and vegetables. Choose fresh, frozen, canned, dried, and 100% juice. Include dark-green, red, and orange vegetables; beans and peas; and starchy vegetables.
- Make at least half your grains whole grains. Try oatmeal, popcorn, whole-grain bread, and brown rice.
- Move to low-fat or fat-free milk, yogurt, or cheese. Fortified soy beverages also count.
- Vary your protein routine. Choose seafood, lean meats and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Use the Nutrition Facts label and ingredients list to limit items higher in sodium, saturated fat, and added sugars. Drink water instead of sugary drinks. Choose vegetable oils instead of butter.
- Enriched grains, beans, peas, oranges, spinach, or other dark-green leafy vegetables can help you get the folate-rich food you need.

## Visit Your Doctor Regularly

### Doctors Recommend:

- Pregnant women and women who may be pregnant need to avoid alcohol and smoking. Ask for advice about caffeine, dietary supplements, and drug use.
- In addition to eating a healthy diet, take a prenatal vitamin and mineral supplement containing folic acid.
- Feed your baby only human milk (also known as breast milk) for the first 6 months.

### How Much Weight Should I Gain?

- **The right weight gain** depends on your weight when you became pregnant. If your weight was in the healthy range, you should gain between 25 and 35 pounds. If you were overweight or underweight before becoming pregnant, the advice is different.
- **Gain weight gradually.** For most women, this means gaining a total of 1 to 4 pounds during the first 3 months. Gain 2 to 4 pounds each month from the 4th to 9th month.

# Daily Food Checklist

The Checklist shows slightly more amounts of food during the 2nd and 3rd trimesters because you have changing nutritional needs. This is a general checklist. You may need more or less amounts of food.\*

Food Group	1st Trimester	2nd and 3rd Trimesters	What counts as 1 cup or 1 ounce?
<i>Eat this amount from each group daily.*</i>			
<b>Fruits</b> 	2 cups	2 cups	1 cup fruit or 100% juice ½ cup dried fruit
<b>Vegetables</b> 	2½ cups	3 cups	1 cup raw or cooked vegetables or 100% juice 2 cups raw leafy vegetables
<b>Grains</b> 	6 ounces	8 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal
<b>Protein Foods</b> 	5½ ounces	6½ ounces	1 ounce lean meat, poultry, or seafood ¼ cup cooked beans ½ ounce nuts or 1 Tbsp peanut butter 1 egg
<b>Dairy</b> 	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces natural cheese 2 ounces processed cheese

*\*If you are not gaining weight or gaining too slowly, you may need to eat a little more from each food group. If you are gaining weight too fast, you may need to cut back by decreasing the amount or change the types of food you are eating.*

Get a Daily Food Checklist for Moms designed just for you.  
Go to [ChooseMyPlate.gov/Checklist](http://ChooseMyPlate.gov/Checklist).



## Seafood

Seafood is part of a healthy diet. Omega-3 fats in seafood can have important health benefits for you and your developing baby. Salmon, sardines, and trout are some choices higher in omega-3 fats and lower in contaminants such as mercury.

- Eat at least 8 and up to 12 ounces of a variety of seafood each week from choices that are lower in mercury.
- Eat all types of tuna, but limit white (albacore) tuna to 6 ounces each week.
- Do not eat tilefish, shark, swordfish, and king mackerel since they are highest in mercury.



## Being Physically Active

Unless your doctor advises you not to be physically active, include 2½ hours each week of physical activity such as brisk walking, dancing, gardening, or swimming. The activity can be done for at least 10 minutes at a time, and preferably spread throughout the week. Avoid activities with a high risk of falling or injury.

Learn about other nutrition assistance programs:  
<http://www.benefits.gov/>

Based on the *Dietary Guidelines for Americans* and  
<http://www.fns.usda.gov/wic/guidance>

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## If you feed your baby with a bottle:

**Make sure everything is clean:** This means hands, kitchen, and equipment. Sterilize new bottles and nipples before their first use. If you have chlorinated water, clean bottles in the dishwasher or by hand with warm, soapy water. Otherwise, boil nipples and bottles in water for 5 to 10 minutes.

**Formula preparation:** Talk with your baby's health care provider about the most appropriate water for your baby that is available in your area and whether that water should be boiled and cooled before mixing with infant formula. Follow the mixing instructions on the label or as given by your baby's health care provider. For information about water fluoridation, see the Florida Department of Health, Dental Health website at: [www.floridahealth.gov/programs-and-services/community-health/dental-health/fluoridation/index.html](http://www.floridahealth.gov/programs-and-services/community-health/dental-health/fluoridation/index.html).

**To reduce the amount of lead in the water:** Do not boil the water for longer than 2 minutes. Use only cold tap water and let the cold water run for 2 minutes before using it. Do not use hot tap water.

**Warming baby's bottle:** The best way to warm a bottle of formula is to place the bottle in a bowl of warm water for a few minutes, then shake the bottle. Use a prepared bottle of formula immediately. Throw away any formula left in the bottle after a feeding. Do not use a microwave oven to heat breastmilk or infant formula. The liquid heats unevenly, can get too hot, and can burn your baby's mouth.

**Storing formula:** Mixed formula that has never been heated may be stored in the refrigerator for up to 24 hours. Leftover, prepared formula that has been warmed should be thrown out and not re-refrigerated for future use. Store ready-to-feed and concentrated liquid formula covered in the original can in the refrigerator. Use within 48 hours of opening. Powdered formula, which is covered tightly with a lid, may be stored in a cool, dry place for up to 30 days.



## These foods should not be fed to your baby:

- honey—This can cause food poisoning. Also, avoid foods made with honey such as honey graham crackers.
- corn syrup and other sweet syrups
- candies, chocolate, cake, and pie
- foods and drinks with artificial sweeteners
- soda and sweetened drinks
- all types of coffee and tea
- baby food desserts
- food with added spices, seasonings, salt, and fat such as french fries and breaded fried foods
- cheese made with raw (unpasteurized) milk
- meat spreads or smoked seafood found in the refrigerated section of the store



## Eat Fish, Choose Wisely

Infants 6 months and older can eat **1 to 2 servings a week** of a variety of fish that are lower in mercury. The serving size is **1 ounce**.

**Some fish low in mercury are:** canned light tuna, catfish (farm-raised), pollock, salmon, shad, tilapia, whitefish, and whiting.

**Due to their mercury content, do not eat the following:**

Shark, King Mackerel, Swordfish, Tilefish, Orange Roughy, Bigeye Tuna, Blackfin Tuna, Little Tunny, Cobia, and Marlin.

**If you eat fish caught by family or friends, check for local or state fish advisories.** In Florida, some of the fish advisories say do not eat OR eat no more than once per month the following fish: Black Crappie, Chain Pickerel, Crevalle Jack, Great Barracuda, and Largemouth Bass.

## Be Wise...Immunize!

Babies need shots to protect them from disease.  
Bring your baby's shot record each time you come to WIC.

Florida Department of Health  
WIC Program

This institution is an equal opportunity provider.  
[www.FloridaWIC.org](http://www.FloridaWIC.org) DH 150-90, 5/17 Q4.18

This pamphlet contains general guidelines for feeding healthy babies. Talk with the nutritionist or health care provider for more information on feeding your baby.

**Pediatricians recommend babies be breastfed until at least 1 year of age or older.**

If you are thinking about giving infant formula (artificial baby milk) to your breastfed baby, talk with the nutritionist or health care provider. Babies who are not breastfed need iron-fortified infant formula until they are 1 year old.

*In the United States, it is recommended that women with HIV or AIDS not breastfeed as the virus can be passed to their baby through breastmilk. If you do not know your HIV status, please ask your health care provider for an HIV test.*

## Birth to 6 Months Breastfed Babies

**Birth to 2 months:**

8 to 12 or more breastfeedings per day

**2 to 4 months:**

8 to 10 or more breastfeedings per day

**4 to 6 months:**

6 to 8 or more breastfeedings per day

## Formula Fed Babies

**Birth to 1 month:**

2 to 3 oz formula per feeding  
8 to 12 feedings per day

**1 to 4 months:**

4 to 6 oz formula per feeding  
6 to 8 feedings per day

**4 to 6 months:**

5 to 8 oz formula per feeding  
5 to 6 feedings per day

**When feeding with a bottle, always hold your baby:** Do not put your baby to bed with a bottle or prop the bottle in your baby's mouth. Your baby could choke or could develop tooth decay.

**Water Healthy babies under 6 months old** do not usually need to be given water bottles. Check with your baby's health care provider for more information.

**Fruit Juice** is not recommended for babies under 12 months of age.

Most babies are ready to eat baby cereal or pureed baby food when they can hold their heads steady, sit with some support, and take the food off a spoon.

## Starting Solid Foods

- For babies who are only breastfed, wait until about 6 months to start solid foods. For other babies, you can begin solid foods at 4 to 6 months of age. Within a few months of starting solid foods, your baby's daily diet should include a variety of foods such as cereal, meats, vegetables, fruits, eggs, and fish, in addition to breast milk and/or formula.
- When starting baby cereal, mix a single-grain dry baby cereal with breastmilk, formula, or water. Feed 1 to 8 tablespoons prepared cereal per day **with a spoon, not** in a bottle or infant feeder.
- Introduce New Foods Safely:** When starting solid foods, begin feeding your baby foods that are least likely to cause an allergic reaction. These foods include baby cereal and pureed bananas. Feed your baby only one new food at a time. Then wait 2 to 3 days before starting another food. After each new food, watch for any reactions such as diarrhea, rash, or vomiting. If you think your baby is having a reaction to the new food, stop feeding the food to your baby and talk to your baby's health care provider. If your baby does well with the new foods, you can start to give foods such as pureed vegetables, fruits, beans, and meat. As long as you have no reason to think your baby is at risk for food allergies, you can introduce other foods such as yogurt, cheese, eggs, soy, wheat, fish, and shellfish. Talk to your baby's health care provider to find out if your baby can eat foods that contain peanuts. **Do not feed your baby whole nuts due to the risk of choking. Do not feed your baby peanut butter or nut butters unless they are thinned and blended well into foods such as yogurt, baby cereal, or fruit puree. Always make sure meat, fish, shellfish, and eggs are well cooked.**



## 6 to 8 Months

### Breastfed Babies

4 to 6 or more breastfeedings per day

### Formula Fed Babies

6 to 8 oz formula per feeding

4 to 5 feedings per day

total of 27 to 32 oz of formula per day

- If your baby is both breastfed and formula fed, talk with the nutritionist or health care provider about your baby's feeding pattern.
- Feed your baby only one new food at a time. Wait 2 to 3 days before starting another food. Then you can find out if your baby has a problem with the new food.
- As you begin to give your baby more solid foods, remember that he or she still needs breastmilk or formula every day.

### Amount of Food per Day

#### Baby Cereal

4 to 8 tablespoons or more per day of prepared cereal

#### Pureed Vegetables

4 to 8 tablespoons or more per day

#### Pureed Fruits

4 to 8 tablespoons or more per day

#### Protein Foods

1 to 6 tablespoons per day of pureed lean meat, chicken, turkey, fish, eggs, or beans

See [Fish](#) section on back of this pamphlet.

**Water** Babies over 6 months old who are eating a variety of foods may need to be given about 4 to 8 oz of plain water per day. There may be times when your baby needs to be given more water. Check with your baby's health care provider for more information.

**Fruit Juice** is not recommended for babies under 12 months of age.

## 8 to 12 Months

### Breastfed Babies

4 to 6 or more breastfeedings per day

### Formula Fed Babies

6 to 8 oz formula per feeding

4 to 5 feedings per day for ages 8 to 10 months

3 to 4 feedings per day for ages 10 to 12 months

total of 24 to 32 oz of formula per day

### Amount of Food per Day

#### Baby Cereal:

4 to 8 tablespoons or more per day of prepared cereal

**Other Grains:** crackers, whole wheat toast, noodles, brown rice, grits, and soft tortilla pieces

¼ cup—2 times per day

#### Vegetables:

¼ to ½ cup—2 to 3 times per day

#### Fruits:

¼ to ½ cup—2 to 3 times per day

**Dairy:** yogurt and diced cheese ¼ cup—1 to 2 times per day

Wait until your baby is 1 year old to give him or her whole milk.

**Protein Foods:** cooked lean meat, chicken, turkey, fish, eggs, beans, or tofu ¼ cup—1 to 2 times per day.

See [Fish](#) section on back of this pamphlet for more information.

### At 8 to 10 months

- Continue feeding pureed foods while starting your baby on some mashed and ground foods.
- Let your baby begin to eat some foods with his or her fingers.
- Feed your baby when the rest of your family eats. Eating with your baby will make him or her more likely to try new foods.

### At 10 to 12 months

- Continue feeding pureed, mashed, and ground foods while starting your baby on some soft, chopped foods.
- Let your baby begin to feed himself or herself with a spoon.
- As your baby begins to eat more solid foods and drink from a cup, he or she can be weaned from the bottle.



## Baby Food Tips

- Buy only plain vegetables, fruits, and meats. These baby foods have a greater nutritional value when compared to baby food mixed dinners. Plain meats can be mixed with plain vegetables or fruits to make your own “mixed” dinners.
- Plain fruits should be served instead of baby desserts. Baby desserts contain added sugars and starches, and are low in vitamins.
- Feed your baby from a bowl, not from the jar. This way, the baby's saliva on the spoon will not spoil the food left in the jar. Refrigerate any food left in the jar and use within 2 days; use meat or eggs within 24 hours. Any food left in the bowl should be thrown away.

### How many tablespoons are in a jar or container of baby food?

2½ oz = 5 tablespoons or about ⅓ cup

3½ oz = 7 tablespoons

4 oz = 8 tablespoons or ½ cup

6 oz = 12 tablespoons or ¾ cup

## Prevent Choking

Your baby should not be left alone when he or she is eating.

These foods can cause choking and should not be given to your baby:

- popcorn, chips, and pretzels
- nuts, seeds, peanut butter, and nut butters (See [Introduce New Foods Safely](#) section on front of this pamphlet for more information.)
- hard cookies, granola, and granola bars
- raisins and other dried fruits
- raw vegetables such as carrots and celery
- large pieces of food
- round shaped candies, gum drops, chewing gum, and marshmallows
- hard pieces of fruit, whole grapes, whole cherries, and fruits with pits or seeds
- hot, sticky breads that can “ball up” and cause choking
- fish, chicken, or turkey with bones
- hot dogs and sausages—These also should not be fed to babies because they are high in fat and salt.
- “baby food” meat sticks—These foods are not intended for infants under 1 year of age.



## To make pureed baby food:

1. Prepare meats by removing the bones, skin, and visible fat.
2. Prepare fresh fruits and vegetables by scrubbing and peeling off the skin. Remove stems, pits, and seeds. Some fresh fruits, like bananas, and most canned fruits and vegetables don't need to be cooked before pureeing. Buy canned foods that have no added sugar, syrup, or salt.
3. Boil foods until soft, in just enough water to cover foods. Allow to cool. Puree food in a food processor or blender, adding small amounts of cooking water until mixture is smooth and creamy.

## Cut, grind, or mash hard-to-chew foods:

- Cut round foods, like soft-cooked carrots, into short strips instead of coin-shaped slices.
- Grind tough meat.
- Mash or grind cooked beans, corn, and peas.
- Cut cheese chunks into very small, thin pieces.
- Cut grapes and cherries into very small pieces and remove skin, seeds, or pits.

