



EAT  
GROW  
LIVE

HEALTHY



TIPS FOR A  
**HEALTHY PREGNANCY**



## DEAR MOM-TO-BE,

You want to have a healthy baby and keep yourself healthy, too. Eating right and getting health care helps you reach your goal. The WIC Program lets you:

- ✓ Learn how to get health care and other services;
- ✓ Learn to make smart food choices;
- ✓ Learn ways to keep your baby safe;
- ✓ Learn about breastfeeding; and
- ✓ Get checks to buy healthy foods.

The tips in this booklet do not replace your doctor's advice. Talk with your doctor at your prenatal checkups. Write down questions to ask before you go.

WIC can help you learn more about healthy eating. WIC has nutrition sessions for you and other moms to learn, share ideas, and ask questions. We hope you enjoy being in WIC.

Sincerely,  
The WIC Program staff

NEXT STEPS/GOALS:

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## GET PRENATAL CARE.

Prenatal care is health care for pregnant women. A doctor or specially trained nurse checks that you and your baby are okay. Your prenatal checkups will likely be:

- 1 checkup each month for the first 6 months;
- 2 checkups each month in the 7th and 8th months;
- 1 checkup each week in the 9th month; and
- 1 checkup 6 weeks after your baby is born (postpartum).

Get prenatal care as soon as you think you are pregnant. Go to all your checkups. You can learn more about your baby and how your body is changing. If you need help to pay for prenatal care, call the Delaware Helpline 2-1-1.

# CHOOSE FOODS FOR YOU AND BABY, TOO



- Your baby grows best when you eat right.
- Every day, eat foods from all 5 food groups.

<p><b>GRAINS</b> 6 ounces (6 servings or more)</p>		<p><b>1 OUNCE IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• 1 slice bread or tortilla</li> <li>• ½ bagel or hamburger bun</li> <li>• ½ cup cooked rice, noodles, or cereal</li> <li>• 1 cup flake-type cereal</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Eat whole grains like: <ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Whole wheat or rye bread</li> <li>- Brown rice</li> <li>- Corn or whole wheat tortillas</li> </ul> </li> </ul>
<p><b>VEGETABLES</b> 2½ cups (5 servings or more)</p>		<p><b>1/2 CUP IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• ½ cup chopped or cooked</li> <li>• 1 cup lettuce or other leafy greens</li> <li>• ½ cup vegetable or tomato juice</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Eat many kinds and colors: dark green, orange, red, yellow, purple, and white.</li> <li>• Add to: scrambled eggs, rice, noodles, salads, and casseroles.</li> </ul>
<p><b>FRUITS</b> 1½ cups (3 servings or more)</p>		<p><b>1/2 CUP IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• ½ cup chopped or cooked</li> <li>• 1 fruit—apple, orange, peach</li> <li>• ½ cup 100% fruit juice</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Eat many kinds and colors: red, yellow, orange, blue, green, and white.</li> <li>• Put sliced or chopped fruit on cereal, pancakes, pudding, and frozen yogurt.</li> </ul>
<p><b>MILK &amp; MILK PRODUCTS</b> 3 cups (3 servings)</p>		<p><b>1 CUP IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• 1 cup lowfat milk</li> <li>• 1 cup yogurt</li> <li>• 1 to 2 slices cheese</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Buy lowfat (1%) or fat free milk.</li> <li>• If it is hard to drink milk, get ideas from WIC.</li> </ul>
<p><b>MEAT &amp; BEANS</b> 6 ounces (or more)</p>		<p><b>1 OUNCE IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• 1 ounce meat, chicken, turkey, or fish</li> <li>• ¼ cup canned light tuna</li> <li>• 1 egg</li> <li>• ¼ cup cooked beans or tofu</li> <li>• 1 tablespoon peanut butter or nuts</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• A 3-ounce serving is the size of a deck of cards.</li> <li>• Eat more beans like you get from WIC. Ask WIC for recipes.</li> <li>• Choose lean meats. Bake, broil, or grill them.</li> </ul>



# SAMPLE MENU

You and your baby do best when you eat regular meals. Here is an idea for one day.

## BREAKFAST

WIC cereal + lowfat milk  
Wheat toast with peanut butter  
Banana  
WIC juice

## MORNING SNACK

Plain yogurt  
Orange slices

## LUNCH

Chili with WIC beans  
Cornbread or tortilla  
Broccoli  
Sliced cheese  
Water

## AFTERNOON SNACK

Graham crackers  
Handful of nuts  
Strawberries

## DINNER

Chicken  
Rice  
Carrots  
Salad—lettuce, tomato  
Lowfat milk



## SNACK SMART.

When you want a snack, have one of these:

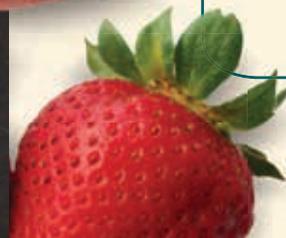
- Banana or other fruit
- Lowfat chocolate milk
- Apple slices or banana with peanut butter
- Pudding made with lowfat milk
- Cheese slice on whole wheat toast
- Carrot sticks dipped in salsa
- Nuts and raisins
- Lowfat vanilla yogurt
- Tomato juice
- Hard cooked egg
- WIC cereal
- Oatmeal raisin cookies



## FOR FAST FOOD

**On the go?** Ask for these fast foods.

- Grilled chicken sandwich
- Hamburger or cheeseburger
- Main dish salad or side salad
- Pizza topped with green peppers, tomatoes, and mushrooms
- Baked potato with vegetable and cheese toppings
- Fruit
- Water, lowfat milk, or WIC juice



## MINI MEALS

If you don't feel like eating, try a mini meal.

Pick a food from each group. You decide how much.

Example: Cold cereal + Lowfat milk + Banana

GROUP 1	GROUP 2	GROUP 3	IF YOU LIKE
Bagel	Cheese	Apple	Butter
Baked potato	Cottage cheese	Banana	Cream cheese
Cold cereal	Frozen yogurt	Grapes	Fruit spread
Whole wheat tortilla	Lowfat milk	Melon	Jelly
Crackers	Milkshake	Orange	Margarine
English muffin	Pudding	Peach	Sugar
Graham crackers	Yogurt	Pineapple	
Hamburger bun	Cooked beans	Raisins	
Noodles	Cooked chicken	Strawberries	
Noodle soup	Cooked meat	Broccoli	
Oatmeal or grits	Egg, hard cooked	Carrots	
Pita bread	Egg salad	Green peppers	
Raisin bread	Egg, scrambled	Raw spinach	
Rice	Hamburger	Tomato	
Roll	Nuts (like walnuts)	Tomato soup	
Whole grain bread	Peanut butter	Vegetable soup	

## FOOD SAFETY TIPS

- Wash your hands with soap and water before you eat or fix food.
- Wash vegetables and fruit with water before eating or cooking.
- Cook meat, chicken, turkey, fish, and seafood to the well-done stage. Use a meat thermometer.
- Cook hot dogs, cold cuts, and deli meats like bologna, salami, or ham until steaming hot before eating.
- If you eat fish one or more times a week, ask WIC or your doctor for more information.

## KEEP YOUR TEETH HEALTHY.

To keep your teeth and gums healthy, be sure to:

- Brush your teeth (and tongue) at least two times a day.
- Floss your teeth two times a day.
- Drink water, not sugary drinks.
- Get a dental checkup.

Use a soft-bristle toothbrush. Brush gently. If your gums bleed when you brush or floss, tell your doctor.



## WHAT ABOUT VITAMINS?

Your doctor may say to take a prenatal vitamin. It is a pill with extra iron and folic acid to help your baby grow. Take the pill with water. If it is hard to take, talk with your doctor. Do not take any other vitamins unless your doctor says to.



## BE ACTIVE FOR A HEALTHY BODY.

Your body stays fit when you move it. If your doctor says it is okay, try to keep active. Walking and swimming are two ways. You will look and feel good because you:

- have more energy and feel less tired
- sleep better
- work off stress
- tone your muscles
- have better posture

Find time to be active for 30 minutes, most or all days of the week. You can break the time up like this:

- walk 10 minutes in the morning
- walk 10 minutes after lunch
- walk 10 minutes after dinner

# WEIGHT GAIN



You need to gain weight so your baby grows right. General weight guidelines are as follows, but your doctor will say how much.

**UNDERWEIGHT:** 28–40 pounds

**NORMAL WEIGHT:** 25–35 pounds

**OVERWEIGHT:** 15–25 pounds

**OBESE:** 11–20 pounds

First trimester weight gain should be 1.1–4.4 pounds for a single pregnancy. After the 3rd month, you might gain about ½ to 1 pound a week. To keep a steady weight gain:

- Eat when you feel hungry.
- Choose healthy foods to eat.
- Drink water when you get thirsty.
- Keep active by walking.

If your weight gain is:

Just right—You can lose the weight after your baby is born.  
Too little—Your baby could be born too small or too soon.  
Too much—It is hard to lose the weight after the baby is born.

Notes

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# KEEP YOUR BABY SAFE.



## ⊘ Don't smoke or use tobacco.

If you smoke, your baby:

- may be born too small or too sick to live.
- may be at risk for crib death (SIDS).
- may be at risk for lung problems like asthma.

Get help to cut back or quit. Talk with your doctor or call the **Delaware Quitline 1-866-409-1858**.

## ⊘ Don't drink beer, wine, liquor, or mixed drinks.

If you drink, your baby:

- may be born exposed to alcohol and have to go through difficult withdrawal: irritability (fussiness), shaking, and diarrhea.
- may have health or learning problems for life.

Even a drink once in a while could hurt your baby. Get help to quit. Talk with your doctor or call **1-800-662-HELP (4357)**.

## ⊘ Don't use drugs.

If you use drugs, your baby:

- may be born exposed to drugs and go through painful withdrawal: shaking and crying.
- may have irritability and feeding problems.
- may have to stay in the hospital while withdrawing from drugs.

Get help to quit. Talk with your doctor or visit **helpsherede.com**.



**New Castle County 1-800-652-2929**

**Kent and Sussex Counties 1-800-345-6785**

### Say NO to:

- |                       |                          |
|-----------------------|--------------------------|
| × Beer                | × Crack/cocaine          |
| × Wine                | × LSD                    |
| × Mixed drinks        | × PCP or angel dust      |
| × Liquor              | × Heroin                 |
| × Cigarettes          | × Methamphetamines       |
| × Smokeless tobacco   | × Opioids                |
| × Misuse of medicines | × Vape and Juul products |
| × Marijuana           |                          |

## ⊘ Don't take medicine without your doctor's OK.

Ask your doctor if the medicine is safe before you take it. Any medicine, even aspirin, laxatives, or cold tablets could hurt your baby.

## ⊘ Don't take herbal supplements or drink herbal teas.

Some herbs might hurt your baby. If you take herbs or drink herbal teas, ask your doctor if it is safe.

## ⊘ Don't eat certain foods.

Some foods can make you sick or hurt your baby.

Do not eat:

- Tilefish, swordfish, king mackerel, or shark
- Crab mustard
- Raw oysters or fish like sushi or sashimi
- Rare or raw meat, chicken, or turkey
- Deli meat spreads or patés
- Raw or soft-cooked eggs
- Feta, blue-veined, Brie, or Mexican-style (queso blanco or queso fresco) cheeses
- Unpasteurized (raw) milk or cheese
- Unpasteurized juice or cider
- Raw sprouts, like alfalfa sprouts



## PREGNANCY DISCOMFORTS

Your body changes when you are pregnant. You might feel sick to your stomach the first 3 or 4 months. Some smells and foods might make you throw up.

### If you feel sick... (Morning Sickness\*)

- Open the window to let fresh air in and stale air out.
- Get up slowly when you wake up.
- Stay away from smells that make you sick.
- Eat cold foods if the smell of food makes you sick.
- Eat any food that stays down.
- Eat small amounts of food every one or two hours.
- Drink liquids, but take small sips.

As your baby grows, you might get an upset stomach when you eat. It might be hard to move your bowels. Talk to your doctor if you get these problems. Do not take medicine unless your doctor says to. Here are some tips:

### If you have heartburn...(Indigestion)

- Eat 5 or 6 small meals, not 2 or 3 large ones.
- Eat less fried or greasy foods.
- Eat less spicy foods.
- Drink small sips of water with your meals.
- Don't drink sodas, coffee, or tea with caffeine.
- Walk after you eat.



### “MORNING” SICKNESS

can occur anytime of the day.



*Even if you feel sick, you still need food and liquids. If you can't keep anything down, call your doctor.*

### If you can't move your bowels... (Constipation)

- Eat high fiber foods like:
  - Vegetables
  - Fruit
  - WIC beans
  - Whole grain cereal
  - Whole wheat bread and crackers
  - Whole wheat noodles
  - Brown rice
  - Corn tortillas
- Drink plenty of fluids like water.
- Walk after you eat.





## BREAST MILK IS THE NORMAL WAY TO FEED YOUR BABY.

- Breast milk has the right ingredients in the right amounts to give your baby a healthy start. It is all your baby needs for the first 6 months.
- Breast milk is easy to digest. Bowel movements are softer and easier to pass.

### Breastfeeding is good for mom, too.

- Nursing is convenient. Breast milk is always ready and at the right temperature. Moms find that:
  - Nighttime feedings are easy.
  - It saves time—there is no mixing formula or cleaning bottles.
  - There is less to pack up when you go out.
- Nursing saves money—you don't need to buy formula or bottles.

Nursing a baby is a loving, caring, enjoyable experience! It helps you relax and feel close to your baby. Moms feel proud that their babies grow as a result of something only they can do!



## DID YOU KNOW?

Babies who do not get breast milk have more:

- Allergies
- Illnesses and hospital stays
- Earaches
- Diarrhea and constipation
- Tooth decay

Moms who do not breastfeed their babies may:

- Bleed longer after giving birth.
- Take longer to get back into shape.
- Have a higher risk of some types of cancers.
- Have weaker bones as they get older.

# BREASTFEEDING BASICS

- 1. NURSING SHOULD NOT HURT.**  
Your breasts might be tender for a few days, but this should pass. Learning the right way to put the baby to breast helps prevent problems. If you have discomfort, ask for help.
- 2. A MOM CAN MAKE ALL THE MILK HER BABY NEEDS.**  
How much milk you make depends on how often your baby nurses, not on the size of your breasts. The more your baby nurses, the more milk you make.
- 3. NURSING WILL NOT MAKE BREASTS SAG.**  
Breasts change due to pregnancy, not breastfeeding. Wearing a supportive bra during pregnancy and breastfeeding may help.
- 4. NURSING INVOLVES THE WHOLE FAMILY.**  
Family members and friends can help with the baby at bath time, diaper change, and playtime. They can help with household chores. Babies need lots of love and cuddling other than at feeding time.
- 5. MOMS WHO NURSE CAN EAT THEIR FAVORITE FOODS!**  
A special diet is not needed. Drinking liquids to satisfy thirst is important.
- 6. BABIES CAN BE NURSED IN PUBLIC IF MOMS CHOOSE TO.**  
You can nurse without anyone else knowing by placing a blanket over your shoulder to cover the baby. A breastfeeding counselor can give other suggestions.
- 7. MOMS CAN NURSE IF THEY GO BACK TO WORK OR SCHOOL.**  
You can:
  - Have the baby brought to you for feeding.
  - Leave mother's pumped or expressed milk for feeding your baby.
  - Have your baby drink infant formula while you are away; but nurse when you and the baby are together.
- 8. MOMS CAN NURSE IF THE BABY IS BORN BY C-SECTION.**  
The surgery and pain medicine do not affect how much milk is made.



## WHEN YOU BREASTFEED, HERE ARE SOME IMPORTANT THINGS TO KNOW:

- Most over-the-counter and prescription medicines are safe while nursing. You should still tell the baby's doctor about any medicines (even birth control pills) you are taking.
- It is best to choose caffeine-free drinks. Drinks with caffeine, like coffee, tea, and some sodas, get into breast milk and can make some babies fussy.
- Alcohol passes into mother's milk. It is best to avoid beer, wine, mixed drinks, and liquor. If you have questions, ask your baby's doctor or a breastfeeding counselor.
- Nicotine from cigarettes passes into mother's milk. It is best if you can quit smoking. If you can't quit, you can still nurse if you:
  - Cut back smoking as much as possible.
  - Do not smoke when in the room with baby.
  - Smoke just after nursing instead of before or during a feeding.
  - Change your shirt after smoking.
- Mothers who use street drugs should not breastfeed and should stop using drugs.
- If a mother or her partner is HIV-positive or has AIDS, she should not breastfeed. If you think you have AIDS or are at risk for it, get tested.

# MAKE TIME FOR YOURSELF.

## Having a baby is hard work!

At times you may feel tired and grumpy. You might even feel sad. Find time to relax and get some rest. If you feel overwhelmed, get help.

- Ask for help from family and friends.
- Find someone to talk to, like your family doctor.
- Call 1-800-944-4PPD (1-800-944-4773) any hour of the day or night.

If you have thoughts of harming yourself or your baby, get immediate help by calling 1-800-273-TALK (1-800-273-8255).

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(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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**DELAWARE HEALTH AND SOCIAL SERVICES**

Division of Public Health

WIC Program

## Questions?

### Delaware WIC Program

New Castle County: 302-283-7540  
Kent and Sussex Counties: 302-424-7220