



## Overview

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Healthy eating when you are pregnant is important for you and your baby. It can help you feel well and have a successful pregnancy and delivery. During pregnancy your nutrition needs increase. Even if you have excellent eating habits, your doctor may recommend a **multivitamin** to make sure you get enough iron and folic acid.

You may wonder how much weight you should gain. In general, if you were at a healthy weight before you became pregnant, then you should **gain between 25 and 35 pounds**. If you were overweight before pregnancy, then you'll likely be advised to gain 15 to 25 pounds. Your doctor will work with you to set a weight goal that is right for you. Gaining a healthy amount of weight helps you have a healthy baby.

## How can you care for yourself at home?

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- Eat plenty of **of fruits and vegetables**. Include a variety of orange, yellow, and leafy dark-green vegetables every day.
- Choose whole-grain bread, cereal, and pasta. Good choices include whole wheat bread, whole wheat pasta, brown rice, and oatmeal. **Avoid high intake of rice, bread, simple carbohydrates that can increase your chances of developing diabetes in pregnancy.**
- Get 4 or more servings of milk and milk products each day. Good choices include nonfat or low-fat milk, yogurt, and cheese. If you cannot eat milk products, you can get calcium from calcium-fortified products such as orange juice, soy milk, and tofu. Other non-milk sources of calcium include leafy green vegetables, such as broccoli, kale, mustard greens, turnip greens, bok choy, and brussels sprouts.
- If you eat meat, pick lower-fat types. Good choices include lean cuts of meat and chicken or turkey without the skin.
- Do not eat shark, swordfish, king mackerel, or tilefish. They have high levels of mercury, which is dangerous to your baby. You can eat up to 12 ounces a week of fish or shellfish that



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- have low mercury levels. Good choices include shrimp, wild salmon, pollock, and catfish. Limit some other types of fish, such as white (albacore) tuna, to 4 oz (0.1 kg) a week.
- Heat lunch meats (such as turkey, ham, or bologna) to 165°F before you eat them. This reduces your risk of getting sick from a kind of bacteria that can be found in lunch meats.
  - Do not eat unpasteurized soft cheeses, such as brie, feta, fresh mozzarella, and blue cheese. They have a bacteria that could harm your baby.
  - Limit caffeine. If you drink coffee or tea, have no more than 1 cup a day. Caffeine is also found in colas.
  - Do not drink any alcohol. No amount of alcohol has been found to be safe during pregnancy.
  - Tell your doctor about all vitamins and supplements you take.



## Your Care Instructions

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Exercise is good for healthy pregnant women. It can relieve back pain, swelling, and other discomforts of pregnancy. It also prepares your muscles for childbirth. And exercise can improve your energy level and help you sleep better.

If your doctor recommends it, get more exercise. Walking is a good choice. Bit by bit, increase the amount you walk every day. **Try for at least 30 minutes on most days of the week.** But if you do not already exercise, be sure to talk with your doctor before you start a new exercise program. Try exercise classes for pregnant women. We do not recommend contact sports during pregnancy.

## How can you care for yourself at home?

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- Talk with your doctor about the right kind of exercise for each stage of pregnancy.
- Listen to your body to know if your exercise is at a safe level.
  - Do not become overheated while you exercise.
  - If you feel tired, take it easy. You might walk instead of run.
  - If you are used to strenuous exercise, pay attention to changes in your body that mean it is time to slow down.
  - High body temperature can be harmful to your baby. So if you want to use a sauna or hot tub, be sure to talk to your doctor about how to use them safely.
- If you exercised before getting pregnant, you should be able to keep up your routine early in your pregnancy. That might include running and aerobics. Later, you may want to switch to swimming or walking.
- Eat a small snack or drink juice 15 to 30 minutes before you exercise.



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- Eat a healthy diet. Make sure it includes plenty of beans, peas, and leafy green vegetables. You may need to increase how much you eat to get extra energy for exercise.
- Drink plenty of fluids before, during, and after exercise.
- Avoid contact sports, such as soccer and basketball. Also avoid scuba diving, exercise in high altitude (above 6,000 feet), and horseback riding.
- Do not get overtired while you exercise. You should be able to talk while you work out.
- After your fourth month of pregnancy, avoid exercises (such as sit-ups and some yoga poses) that require you to lie flat on your back on a hard surface.
- Try swimming and brisk walking during all your pregnancy.
- Get plenty of rest. You may be very tired while you are pregnant.
- You are in Florida – Enjoy the Outdoors and the swimming pool to help relax and burn some calories :D