



A Healthy Pregnancy Good for Mom, Good for Baby

Healthy Eating



Eating healthy is important for both mom and baby. Try to eat whole grains (like brown rice or whole wheat bread), fruits, vegetables and plant-based protein (like beans, lentils and nuts) or lean protein (like eggs, chicken or plain non-fat Greek yogurt).

Move More



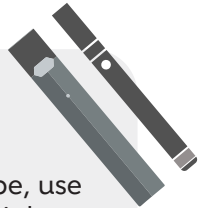
Being active is good for both your heart and mental health. Aim for at least 150 minutes of moderate activity or 75 minutes of vigorous activity each week. Talk to your health care professional before starting any new exercise routine.

Manage Weight



Too much extra weight before pregnancy can increase your risk for pregnancy complications. Your health care professional can help you know what a healthy weight is for you before, during and after pregnancy.

Quit Tobacco & Alcohol



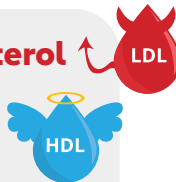
If you smoke, vape, use e-cigarettes or drink alcohol, stop before becoming pregnant.

Get Healthy Sleep



Most adults need 7-9 hours of sleep each night. Finding a routine that works for you can help you get better sleep.

Control Cholesterol



Cholesterol is a fat-like substance that comes from food and your body. High cholesterol can affect your heart and brain health.

Manage Blood Sugar



Diabetes is when blood sugar (blood glucose) is too high. Gestational diabetes develops during pregnancy and can affect the health of both mom and baby. Eating healthy foods low in sugar along with exercise can help you manage your blood sugar.

Manage Blood Pressure



Pregnancy causes extra strain on your body and blood vessels. High blood pressure can happen before, during or even up to a year after pregnancy. Talk to your health care professional about your numbers and if you should monitor your blood pressure at home.

Care for Yourself

Taking care of your mental health is just as important as taking care of your body.

[goredforwomen.org/
pregnancy](https://www.goredforwomen.org/pregnancy)

