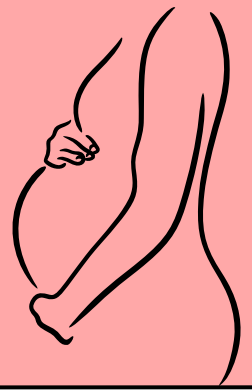


# Healthy Mom, Healthy Baby



Whether you are planning for a pregnancy or already expecting a bundle of joy, nourishing yourself is one of the most powerful ways support a healthy pregnancy. Eating well, exercising and staying hydrated will fuel your energy, nurture baby's development and help you feel your best.

## EAT A VARIETY OF WHOLE FOODS

Support your body and baby by choosing nutrient-rich foods throughout pregnancy.

A few key nutrients to know:

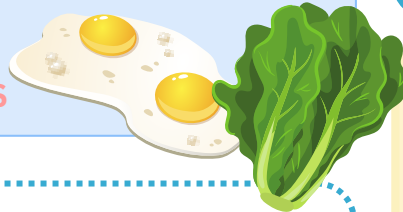
**Folate:** prevents neural tube defects

**Calcium:** builds strong bones

**Iron:** supports oxygen flow + prevents anemia

**Choline:** promotes fetal brain development

**WHOLE FOODS =  
WHOLE BODY BENEFITS**



## MOVE YOUR BODY

Boost your strength and stamina for labor, ease back pain, relieve constipation and lift your mood - with movement that feels good.

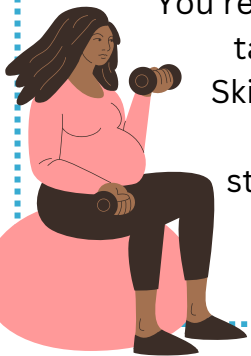
Aim for **at least 150 minutes** of moderate activity each week (walking, swimming, yoga).

You're at the right intensity if you can talk but not sing while exercising.

Skip high impact/jerky movements and always listen to your body,

stopping immediately if anything feels off. Movement should

help you feel better, not worse.



## DO YOUR BEST!

Eat what you can, when you can; move in ways that feel good to you; and rest whenever possible. Enjoy this special season with your newborn, and remember to care for and fuel your own body along the way.

## STAY HYDRATED

Water helps deliver nutrients to the placenta and flushes out waste, so it's worth a few extra trips to the bathroom.

Drink at least **8-12 cups** (64-96oz) of water each day.

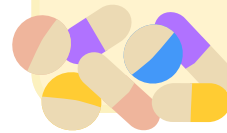
*Soda, juice, lemonade, etc. do not count towards this goal.*



## CHOOSE SUPPLEMENTS WISELY

A trusted prenatal paired with an omega-3 is a solid foundation, though some individuals may need additional iron and/or vitamin D.

Look for products with methylated folate rather than synthetic folic acid to ensure the most useable form.



## BE MINDFUL OF FOOD SAFETY

Keep yourself and baby safe with these key practices:

**Do Not Consume Alcohol:** prevent potential harm and developmental risks

**Limit Caffeine:** aim for <200 mg per day

**Avoid High-Mercury Fish:** swordfish, shark, king mackerel, tilefish

**Cook Foods Thoroughly:** no raw or undercooked meats, eggs or seafood

**Go Pasteurized:** choose milk, cheese and juices labeled "pasteurized"

**Wash Produce Well:** remove dirt, bacteria and pesticide residue

