



# Healthy Habits While Pregnant

Tips to improve nutrition and exercise

## Benefits of Exercise

- Decrease excess weight gain
- Reduce risk of emergency C-section
- Improve mental health during and after pregnancy
- Reduce risk of gestational diabetes
- Help with postpartum recovery

## Ways to Exercise

- Walk
- Ride a bike
- Dance
- Yoga or pilates
- Build strength with weights or resistance bands

## Sample Schedule

- Monday:** 30-minute brisk walk  
**Tuesday:** Yoga (30-minute YouTube video)  
**Wednesday:** 30-minute brisk walk  
**Thursday:** At home exercise or stretches (30-minute YouTube video)  
**Friday:** 30-minute brisk walk

## Improve your Diet

Eat lots of:

- Fruits
- Vegetables (especially leafy greens!)
  - Kale, spinach, collard greens
- Whole grains
  - Multigrain bread, brown rice, quinoa, whole wheat pasta, oats
- Lean proteins
  - Chicken, fish, beans, eggs
- Healthy fats
  - Cheese, dark chocolate, avocados, nuts, full-fat yogurt

## Use Local Resources

- Food Banks
- WIC (Women, Infants, and Children) programs
- Farmers markets



## Budget-Friendly Tips

- In-season fruits and veggies are cheaper and fresher
- Make smoothies with frozen fruits and veggies
  - Add a spoonful of nut butter for protein and healthy fat
- Buying grains in bulk can be cheaper

# Folate

Folate is a type of vitamin B. Your baby's brain and spinal cord need folate to grow properly. Get folate from food and folic acid supplements.

**Foods with folate:**

Spinach, beans, lentils, asparagus, broccoli, oranges

# Iron

Iron makes sure your growing baby gets the oxygen they need. You need iron too. If you don't get enough iron, you could feel weak, tired, and short of breath. You can take iron supplements. Many foods also contain iron.

**Foods with iron:**

Red meat, fish, eggs, nuts, tofu

# Calcium

Calcium builds strong bones and teeth for both you and your baby. It prevents bone loss and teeth problems for you.

**Foods with calcium:**

Milk, cheese, yogurt, sardines, dark green leafy vegetables



Talk to your doctor about over-the-counter prenatal vitamins.

# Vitamin A

Vitamin A is important for healthy skin and eyesight.

**Foods with vitamin A:**

Carrots, green leafy vegetables, sweet potatoes

# Vitamin C

Vitamin C is important for healthy teeth, gums, and bones. It keeps your immune system strong.

**Foods with vitamin C:**

Oranges, strawberries, broccoli, tomatoes

# Vitamin D

Vitamin D is important for healthy teeth, bones, skin, and eyesight.

**Sources of vitamin D:**

Sunlight, milk, fish

# Resources

## West Philly Food Banks:

The Charles Foundation  
• 605 N 52<sup>nd</sup> St

Haddington Overbrook Resident Council  
• 648 N 57<sup>th</sup> St 19131  
• (267) 319 2223

48<sup>th</sup> St Mount Pleasant Baptist Church  
• 5539 Vine St  
• (215) 474 4906

## Pennsylvania WIC Program:

