

# My Pregnancy Information Book



Created by Justine Gonzalez, student nurse, for a client at Operation SafeHouse  
Azusa Pacific University, School of Nursing  
GNRS 587 Community Health Nursing, with Dr. J. Pfeiffer

# Good Foods to Eat During Pregnancy

*Healthy eating for pregnancy is no different from at any other time of your life. There is no need to “eat for two”, eating a varied diet made up from the four main food groups below is enough. Try to eat regularly - three meals per day are ideal to ensure you and your baby get all the nutrients needed.*

1. **Bread, rice, potatoes, pasta, and other starchy foods (yam or sweet potato).** These foods give you energy and should make up the main part of each meal. Choose wholegrain options.
2. **Fruit and Vegetables.** These provide vitamins, minerals, and fiber. Aim to eat 5 or more portions per day. Fresh, frozen, canned, dried, and juiced are all fine options.
3. **Meat, Fish, Eggs, Beans, and other NonDairy sources of protein (nuts, legumes and tofu).** Many of these provide iron as well. Include foods from this group 2 times a day. Try to eat one portion of oily fish per week.
4. **Milk and Dairy foods.** These give you Calcium. Try to eat 3 portions of these foods per day. One portion is provided by one the following: one glass of milk, 1 serving of yogurt, or 2 slices of cheese. Choose low fat dairy products unless you are underweight. If you eat soy or tofu, check if they have calcium added. Other non-dairy foods containing some calcium include: tahini, green leafy vegetables, broccoli, tofu, beans, sardines, almonds, and dried fruit.
5. **Foods High in Fat and/or Sugar.** Keep foods from this food group (cakes, cookies, chocolate) to a minimum.

## Tips to Help Eat with Morning Sickness

- Eat small meals
- Eat often
- Eat bland, starchy foods (toast or crackers)
- Sip fluids throughout the day for hydration
- Cold, bland, non-greasy foods are often better-tolerated
- Try ginger or foods containing ginger
- Try wrist acupressure bands

## Prenatal Vitamins should include:

- **Folic Acid or folate:** 400 – 800 mcg (micrograms) **OR** 0.4 to 0.8 mg (milligrams)
  - to avoid birth defects like spina bifida or other neural tube defects
- **Iron:** 30 mg
  - Essential for baby’s growth and to avoid anemia for you. It helps hold oxygen on your red blood cells that delivers oxygen to the baby.
  - It may cause constipation, so you can take a stool softener like Colace
- **Calcium:** 250 mg
  - For baby’s bone development
- **Magnesium:** 400 mg
  - For baby’s bone development
- **Vitamin D:** 400 to 800 IU
  - Helps absorb calcium and helps keep a healthy blood pressure
- **DHA and EPA:** 250 mg
  - Baby’s brain and eye development, and to prevent premature birth.
- **Vitamin B6:** 2 mg
  - Baby’s brain development and nervous system; maintain your energy and balance your mood.
- **Vitamin C:** 50 mg
  - Immunity for mom and baby
- **Choline:** 30 mg
  - May help with baby’s IQ and cognitive abilities later in life

# Foods to Avoid During Pregnancy

1. **Raw Meat:** Uncooked seafood (fish) and rare or undercooked beef or poultry should be avoided because of the risk of contamination with coliform bacteria, [toxoplasmosis](#), and [salmonella](#).
2. **Deli Meat:** Deli meats have been known to be contaminated with [listeria](#), which can cause [miscarriage](#). Listeria has the ability to cross the placenta and may infect the baby leading to infection or blood poisoning, which may be life-threatening. If you are pregnant and you are considering eating deli meats, make certain that you reheat the meat until it is steaming.
3. **Fish with Mercury:** Fish that contain high levels of mercury should be avoided. Mercury consumed during pregnancy has been linked to developmental delays and brain damage. A sample of these types of fish include: shark, swordfish, king mackerel, and tilefish. Canned, chunk light tuna generally has a lower amount of mercury than other tuna, but still should only be eaten in moderation. Certain types of [fish used in sushi](#) should also be avoided due to high levels of mercury. Please see [Mercury in Fish](#) for specific types of fish and further information on how to calculate mercury levels.
4. **Smoked Seafood:** Refrigerated, smoked seafood often labeled as lox, nova style, [kippered](#), or jerky should be avoided because it could be contaminated with Listeria. (These are safe to eat when they are in an ingredient in a meal that has been cooked, like a casserole.) This type of fish is often found in the deli section of your grocery store. Canned or shelf-safe smoked seafood is usually OK to eat.
5. **Raw Shellfish:** The majority of seafood-borne illness is caused by undercooked shellfish, which include oysters, clams, and mussels. Cooking helps prevent some types of infection, but it does not prevent the algae-related infections that are associated with red tides. Raw shellfish pose a concern for everybody, and they should be avoided altogether during pregnancy
6. **Raw Eggs:** Raw eggs or any foods that contain raw eggs should be avoided because of the potential exposure to salmonella. Some homemade Caesar dressings, mayonnaise, homemade ice cream or custards, and Hollandaise sauces may be made with raw eggs. If the recipe is cooked at some point, this will reduce the exposure to salmonella. Commercially manufactured ice cream, dressings, and eggnog are made with pasteurized eggs and do not increase the risk of salmonella. Restaurants should be using pasteurized eggs in any recipe that is made with raw eggs, such as Hollandaise sauce or dressings
7. **Soft Cheeses:** Imported soft cheeses may contain bacteria called Listeria, which can cause [miscarriage](#). Listeria has the ability to cross the placenta and may infect the baby leading to infection or blood poisoning, which can be life-threatening. You would need to avoid soft cheeses such as: Brie, Camembert, Roquefort, Feta, Gorgonzola and Mexican style cheeses



that include queso blanco and queso fresco, unless they clearly state that they are made from pasteurized milk. All soft non-imported cheeses made with pasteurized milk are safe to eat.

8. **Unpasteurized Milk and Juices:** Unpasteurized milk or juice may contain a bacteria called listeria, which can cause miscarriage. Listeria has the ability to cross the placenta and may infect the baby leading to infection or blood poisoning, which can be life-threatening. Make sure that anything you drink is pasteurized.



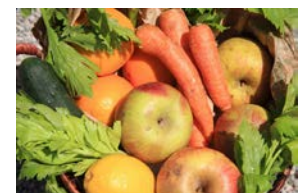
9. **Caffeine:** Although most studies show that caffeine intake in moderation is OK, there are others that show that caffeine intake may be related to miscarriages. Avoid caffeine during the [first trimester](#) to reduce the likelihood of a miscarriage. As a general rule, caffeine should be limited to [fewer than 200 mg per day during pregnancy](#). Caffeine is a diuretic, which means it helps eliminate fluids from the body. This can result in water and calcium loss. It is important that you are drinking plenty of water, juice, and milk rather than caffeinated beverages. Some research shows that large amounts of caffeine are associated with miscarriage, premature birth, low birth weight, and withdrawal symptoms in infants. The safest thing is to refrain from consuming caffeine.



10. **Alcohol:** There is **NO** amount of alcohol that is known to be safe during pregnancy, and therefore alcohol should be avoided during pregnancy. Prenatal exposure to alcohol can interfere with the healthy development of the baby. Depending on the amount, timing, and pattern of use, alcohol consumption during pregnancy can lead to [Fetal Alcohol Syndrome](#) or other developmental disorders. If you consumed alcohol before you knew you were pregnant, stop drinking now. You should continue to avoid alcohol during [breastfeeding](#). Exposure of alcohol to an infant poses harmful risks, and alcohol does reach the baby during breastfeeding.



11. **Unwashed Vegetables:** Yes, vegetables are safe to eat, so you still need to eat them. However, it is essential to make sure they are washed to avoid potential exposure to toxoplasmosis. [Toxoplasmosis](#) may contaminate the soil where the vegetables were grown.



# Your guide to staying active in pregnancy

- ✓ Physical activity in pregnancy is safe and healthy
- ✓ Being active benefits you and your baby
- ✓ Stay active: 30 minutes a day, 4 times a week

Exercising increases the blood flow to the placenta. This is great for your baby's growth and development.

## 4.5 times

...more likely to have a caesarean section if not active during pregnancy



## Activity ideas



Always chat with your instructor or midwife to make sure activities work for you



### Trimester 1

1 to 12 weeks

- ✓ If already active, continue as usual.
- ✓ If new to exercise start gently and build up - walking is a good start.
- ✗ Don't exercise in very hot conditions.
- ✗ Avoid contact sports throughout pregnancy to prevent your bump being bumped.



### Trimester 2

13 to 28 weeks

- ✓ Keep going! Regular exercise make you feel better and less tired.
- ✓ Make sure you can hold a conversation. Being breathless when you talk means you are working too hard.
- ✗ Don't lie on your back for longer than a few minutes.
- ✗ Avoid stomach crunches and sit-ups.



### Trimester 3

29 to 40 weeks

- ✓ Gentle swimming, walking and dancing are great.
- ✓ In the gym, cycling and rowing are gentle on your bump.
- ✓ Listen to your body - if it feels good, keep it up; if it is uncomfortable, stop and seek advice!
- ✓ Drink plenty of water.

## Exercise helps prevent...

- headaches
- stress and depression
- tiredness
- pelvic pain
- backache
- constipation
- cramps and swollen feet



## What's my activity goal this week?

This week, ask yourself:

- ✓ Who with?
- ✓ Which days, at what time?
- ✓ What type of activity?
- ✓ Single session or short bursts today?
- ✓ How will I reward myself?

# What exercise can I do?

Remaining physically active during your pregnancy is important for you and your baby.

Incorporating activity to your daily routine is easy. Here are some examples how:

- Walk instead of taking the bus or get off a stop early. Popping to the shops on foot or a stroll through the park counts as exercise and helps to keep your fitness levels up.
- Climb stairs instead of calling the lift, or get out of the lift one floor early and walk the last bit.
- If you have other children, walk them to school, nursery or toddler group if it's not too far.
- If you're doing the housework, turn your music up and put a bit of vigor into it for a good workout.
- Take the dog for an extra walk.
- Do some gardening – cutting the grass, weeding and planting are all good exercise.
- Have a dance. Put on your favorite CD or music channel and get moving. It's a good low-impact way to exercise as long as you're not jumping around too much – and it's fun!

You can also take part in classes, do swimming, jog, or go to the gym. These activities are all good for you as long as you don't exert yourself by trying to reach peak fitness level.

## Don't forget about your pelvic floor muscles

You should also exercise your pelvic floor muscles as part of your exercise plan. These muscles are located between your legs, and run from your pubic bone at the front to the base of your spine at the back. They are shaped like a sling and hold your bladder and urethra (the tube urine comes out of) in place and stop you from peeing by accident! [You can give your pelvic floor muscles a workout any time of day, anywhere](#), as nobody will know you are exercising them.

*[See attached pages for how to exercise pelvic floor muscles!](#)*



## What exercise is good for me?



**Walking** is the foundation of pregnancy fitness and you can do it throughout your pregnancy. It is free and it is on your doorstep. If you are not used to doing much exercise this is where to start. Begin with a five minute stroll and gradually build up. You can walk faster, further and for longer the fitter you become. Just remember to keep to a pace in which you can hold a conversation.



**Swimming** is a great way to get your heart rate up without putting extra stress on your joints or ligaments. For an upper body workout, place a float between your knees and just move your arms. Try to avoid holding your head out of the water because this can cause neck and back strain.



**Aquanatal classes** are popular during pregnancy because, as in swimming, the water helps to support you and your bump while you exercise. It is a fun way to meet other mums too.



Feel comfortable to carry on with your **aerobic exercise** classes. You can reduce the impact on your joints and risk of falling over by avoiding quick jumps, twists and turns. Mention to your instructor that you are pregnant and they will tell you how to adapt some of the moves to suit you.

**Yoga** is a great way to de-stress and release tension, as well as helping to improve your breathing and circulation. Strengthening your muscles will help you carry the weight of your growing baby and make you more comfortable in general. Stretching will help target specific aches and pains. Some deep twists and bends are not suitable during pregnancy so make sure you tell your instructor you are pregnant or look for a class specific for pregnant women.



**Pilates**, as in yoga, helps to prevent aches and pains and is especially good for all the things that you need to consider during pregnancy and that you want to strengthen - pelvic floors, abdominal muscles and back muscles.

**Jogging.** If you're already a jogger, it's absolutely fine to continue running in pregnancy. Always keep hydrated and wear a stretchy support band to reduce discomfort when your bump becomes heavy. If you become too hot, stop and take a break – this is particularly important in pregnancy. If you are not used to jogging this is not one to start while pregnant.



**Cycling.** You may hear advice not to cycle while pregnant. This is because your sense of balance changes, which may make you more likely to fall off. If you are an experienced cyclist, you should be safe to continue as usual, but if you feel less stable then stay off the bike to be on the safe side. Indoor cycling on a stationary bike or in a group cycling class is safe.



**Resistance training.** Working with weights is a great way to keep your muscles toned during pregnancy and strengthen your core, and is thought to help during labor. Using weight machines rather than free weights will be safer if you are not used to weight training. You can also attend classes based around weight-training or body conditioning. Opt for free weights, rather than machine weights, and aim to feel resistance rather than do anything where you feel strained. Avoid resistance training if you have high blood pressure.

# Pelvic floor muscles and pregnancy

Exercising your pelvic floor muscles while you're pregnant will help prevent accidental leakage of urine when you cough or strain, both during and after pregnancy.

Strong pelvic floor muscles are invaluable during labor to help you ease the baby out and recover faster after the birth. They also help you control accidental leakage in later pregnancy when the baby is pressing on your bladder.

## Where are the pelvic floor muscles?

Your pelvic floor muscles circle and support all the organs of the pelvis – your bowels, uterus and bladder. They act as a support for these organs when you jump, sneeze, cough and lift heavy things or push in the second stage of labor. They stop you from peeing by accident!

Hormonal changes during pregnancy loosen these muscles and the growing baby presses on your bladder. You might leak a bit of wee when you cough or laugh, or during exercise. Find the correct muscles next time you go to the toilet. As you wee, imagine trying to stop the flow of the urine – the muscles you use to do this are the pelvic floor muscles. (Don't do this regularly during urination as this may lead to a urine infection.)

## How to exercise your pelvic floor

Start strengthening your pelvic floor now. These exercises can be done anytime, anywhere and no one can tell that you are doing them.

For both of these exercises, you can tighten and lift your pelvic floor by imagining that you need to urinate but have to hold it in. This is done by:

- squeezing your back passage as if stopping a bowel movement
- squeezing your urethra as if stopping urine
- drawing in the muscles of your vagina as if you were gripping a tampon.

## Slow twitch pelvic floor exercise

The slow twitch fibers support the pelvic organs and the baby inside you.

1. Slowly tighten and lift the pelvic floor up, lifting the muscles inwards and upwards.
2. Continue lifting up through the pelvis and into the tummy.
3. Try to hold it for four seconds and then release slowly.
4. If the contraction fails after a few seconds and there is nothing left to release, hold at the top for less time until you've worked up to four seconds.
5. Gradually increase the length of hold. Ensuring you always have something to release and are able to lower slowly.

## Quick twitch pelvic floor exercise

The fast twitch fibers maintain continence, meaning you are less likely to wet yourself!

1. Tighten and lift the pelvic floor up in one quick contraction, lifting the muscles inwards and upwards.
2. Pause before releasing slowly.
3. Relax fully at the end.

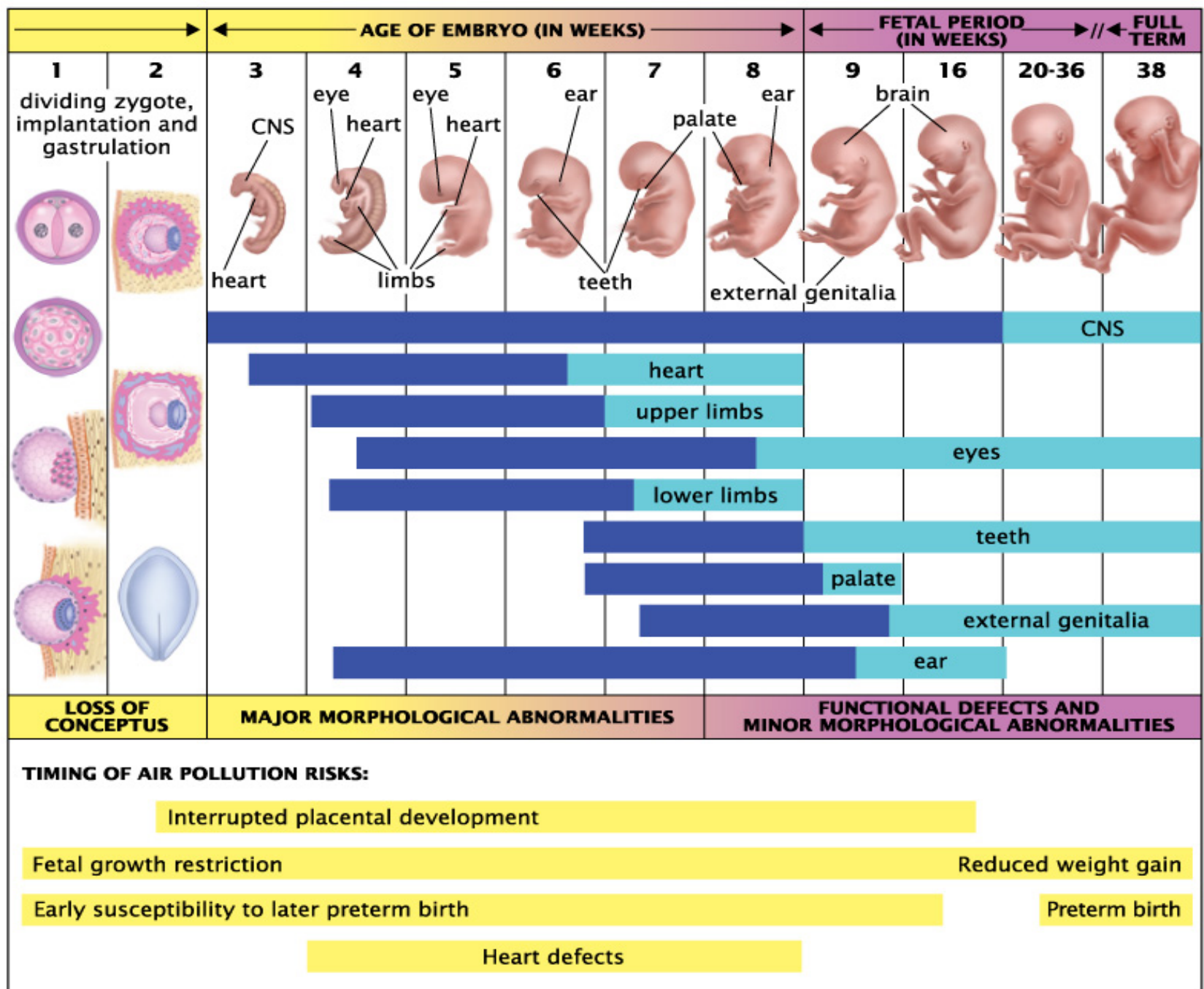
Try and perform each repetition with the same speed and strength as the first.

### Work that pelvic floor!

Try and get into a routine of doing your pelvic floor exercises at the same time every day. On a train or bus journey or in bed in the morning, for example



# Fetal Development



Note: Blue bars indicate time periods when major morphological abnormalities can occur, while light blue bars correspond to periods at risk for minor abnormalities and functional defects.



POPPY SEED  
4 weeks



ORANGE SEED  
5 weeks



SWEET PEA  
6 weeks



BLUEBERRY  
7 weeks



RASPBERRY  
8 weeks



OLIVE  
9 weeks



PRUNE  
10 weeks



LIME  
11 weeks



PLUM  
12 weeks



PEACH  
13 weeks



LEMON  
14 weeks



NAVEL ORANGE  
15 weeks



AVOCADO  
16 weeks



TURNIP  
17 weeks



SWEET POTATO  
18 weeks



MANGO  
19 weeks



CANTALOUPE  
20 weeks



BANANA  
21 weeks



SPAGHETTI SQUASH  
22 weeks



PAPAYA  
23 weeks



EAR OF CORN  
24 weeks



EGGPLANT  
25-26 weeks



CUCUMBER  
27 weeks



CAULIFLOWER  
28 weeks



CABBAGE  
29 weeks



BUTTERNUT SQUASH  
30 weeks



CABBAGE  
31 weeks



HONEYDEW  
32 weeks



PINE APPLE  
33 weeks



LG CANTALOUPE  
34-35 weeks



WATERMELON  
36-40+ weeks



Conception

# Look Who's



40

Baby is full term.



36

Baby is about 19 inches long.

35

Lungs are completely developed.

34

Baby closes eyes when sleeping.

4

By the 4th week your baby looks like a tiny tadpole.

39

Baby weighs a little over 7 pounds.

38

Baby gaining 1 oz. of weight per day.

37

Baby weighs about 6.5 pounds.

33

Baby about 17.5 inches long.

5

Heart begins to beat.

6

Baby has a head & a trunk.

7

Bones have started to form.



8

Baby has a face.

20

Mom can feel baby moving regularly.

21

Eyelashes, hair on head, & eyebrows more visible.

22

Heartbeat heard with stethoscope.

32

Baby almost 4 pounds.

31

Lungs nearly mature.

11

Organ systems are now functioning.

10

Baby can move arms & legs.

9

Baby now looks like a tiny human.

19

Baby can dream.

23

Baby starts to drink & taste.

30

Baby weighs about 3 pounds.

12

Has begun to develop nerves & can feel pain.



18

Baby can kick, swallow, & sleep.

24

Baby is about 1 foot long.

29

Can open eyes & will turn to light.

13

Baby can smile.

14

Body systems starting to work on their own.

15

Fine hair covers body.

16

Can see gender with ultrasound.

17

Loud noises startle baby.

25

Fingerprints fully formed.

26

Baby can hear you.

27

Retina develops its normal layers.

28

Eyes partially open & can perceive light.

G  
r  
o  
w  
i  
n  
g

# LET BABY SET THE DELIVERY DATE

Babies need at least **39 weeks** to grow before they are born.

*39 weeks? But I'm ready to deliver now!*

Between 37 and 39 weeks, the baby goes through critical development of the



**Brain**



**Lungs**



**Liver**





Your baby's brain at 35 weeks weighs only

**$\frac{2}{3}$  of what it will weigh  
at 39 to 40 weeks.**

*Adapted from material developed by the March of Dimes*



Babies born before 39 weeks have a **20% greater risk** of complications than babies born later, including problems with:



**Breathing**



**Temperature**



**Feeding**

ONE MORE REASON TO WAIT:

**Your due date could be off by 2 weeks,**  
which means if you have your baby before  
39 weeks you could be delivering early!



# Elective delivery prior to 39 weeks increases the mom's risk of:



Postpartum  
depression



Stronger and more  
frequent contractions



Need for a  
cesarean delivery



A Program of the  
National Institutes of Health

Learn more at

<http://www.nichd.nih.gov/ncmhep/isitworthit>

Information provided by the National Child & Maternal Health Education Program within  
the *Eunice Kennedy Shriver* National Institute of Child Health & Human Development



*Eunice Kennedy Shriver* National Institute  
of Child Health and Human Development