



It is important to have healthy weight gain when you are pregnant.

Follow “MyPlate for Moms” recommendations to eat enough servings of the food groups you need each day. To gain weight you may need to eat more than you are used to. That’s okay, as long as you make healthy food choices!

HERE IS WHAT YOU CAN DO:

- Eat small meals every 2 to 3 hours, at least 5 to 6 meals per day.
- Eat nutrient dense foods, such as:
 - Cook an egg with oatmeal, and then add in skim milk powder before eating.
 - Add pureed meat to thick rice porridge.
 - Put peanut butter on bread or crackers.
 - Add fat free yogurt to fat free milk.
 - Add skim milk powder to mashed potatoes or mashed sweet potatoes.
 - Add nuts and raisin to your cereal.



MORE HEALTHY TIPS:

- Avoid processed foods that contain high sugar, high sodium and high fat, such as: cake, pastry, and ice cream.
- Avoid sodas and candies. These foods can fill you up but do not provide needed nutrients.
- Avoid coffee, tea, and caffeine containing beverages.
- Avoid cigarettes, alcohol, and drugs.

Source:

- Comprehensive Perinatal Service

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懷孕期間，健康地增加體重十分重要。

按照“母親的餐碟”的指引，您每天需要吃足夠份量的各類健康食物。為了增加體重，您可能需要比平常吃更多的食物。這沒關係，只要您選擇健康的食物！

您可以嘗試這些方法：

- 每隔兩到三個小時吃一些簡餐，每天至少吃五到六餐。
- 吃含豐富營養的食物，例如：
 - 煮麥片的時候加入一隻雞蛋，而在吃之前加進脫脂奶粉。
 - 煮稀飯時加些肉蓉。
 - 在麵包或餅乾上抹上花生醬。
 - 在脫脂奶中加入脫脂酸乳酪。
 - 在薯仔泥或番薯泥上加上脫脂奶粉。
 - 在早餐五穀片/麥片中加上果仁和葡萄乾。



更多的健康小方法：

- 避免高糖份、高鹽份和高脂肪的加工食品，例如蛋糕、點心和雪糕。
- 避免吃糖果和汽水。這些食物能填飽您，但並不能提供您需要的營養。
- 避免喝茶或咖啡。
- 遠離香煙、酒精和毒品。

資料來源：

- Comprehensive Perinatal Service

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電(415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).