

TIPS TO SLOW WEIGHT GAIN DURING PREGNANCY

懷孕期間減緩增重的小貼士

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CHOOSE FOODS WITH FEWER CALORIES PER BITE

Follow MyPlate for Moms to eat the healthy food you need from each group. Limit foods that add extra calories and few nutrients to your diet.

VEGETABLES AND FRUITS:

Aim for at least 3 cups of colorful vegetables and 2 cups of fruit each day. Try these tips:

- Eat fresh vegetables and fruits for meals and snacks.
- Eat baked or boiled potatoes instead of French fries.
- Eat frozen vegetables with no sauces and fruits packed in juices not syrups.
- Eat plenty of salad and limit dressings to 1 tablespoon.
- Limit starchy vegetables like potatoes, sweet potato, or taro to ½ to 1 cup per day.
- Avoid fries and other fried food.



MEAT AND BEANS:

Select 6 to 7 ounces from this low fat protein food:

- **One ounce of protein** is equal to 1 ounce of lean meat, or poultry; or 1 egg; or ¼ cup cooked beans; or 1 tablespoon peanut butter.
- Eat chicken and turkey without skin, such as chicken breast or turkey breast.
- Eat lean meat, such as lean pork, beef, or lamb. Trim off the visible fat in the meat.
- Eat lean or extra lean ground beef or pork (less than 15% fat).
- Eat any kind of beans, such as pinto, black, or kidney beans made without lard, fat or sugar.
- Eat tofu or other vegetarian protein foods.
- Bake or steam poultry and fish to cut fat calories.
- Avoid processed food and fried food, such as bacon, sausage, canned meat, and fried chicken.
- Avoid fatty meat, such as spareribs, short ribs, chicken wings and chicken feet.



MILK:

Get 3 servings of milk and milk products each day with fewer calories:

- **One serving of milk** is equal to 1 cup milk; or 1 cup yogurt; or 2 ounces processed cheese.
- Drink fat-free milk.
- Eat fat-free yogurt with less sugar.
- Eat low fat cheese or cottage cheese.



GRAINS, BREADS, CEREALS:

Make your 6 to 8 grain servings high fiber and low fat:

- **One serving of grain** is equal to 1 ounce bread; or ½ cup rice or pasta.
- Eat brown rice, whole grain pasta or noodles.
- Eat whole grain cereal and oatmeal for fiber and fullness.
- Eat whole grain bread instead of white bread.
- Eat low fat crackers like rice crackers or baked crackers.
- Steam or boil rice, noodles, and grains.
- Limit daily grain servings to 6 to 8.
- Avoid pastries, cakes, and cookies.



EXERCISE:

Unless your doctor advises you not to be physically active, include ½ hours physical activity each day.

- Try brisk walking, dancing, stationary cycling or swimming.
- Avoid activities with a high risk of falling or injury.



BEVERAGE:

Drink 6 to 8 cups of water every day.

- Drink water or calorie free flavored water.
- Avoid sweetened beverage, such as soda, sport drink, milk tea, and sweet tea.
- Avoid fruit juice, including 100% fruit juice.



Source:

- Comprehensive Perinatal Services

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。 Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

選擇低熱量的食物

遵從“母親的餐碟”的飲食原則，從每一個食物組中選擇健康的食物。盡量少食含高熱量但營養素少的食物。

蔬菜和水果：

以每天 3 杯不同顏色的蔬菜和 2 杯水果為目標。嘗試以下方法：

- 在正餐和零食吃新鮮的蔬菜和水果。
- 吃烤或煮的薯仔來代替炸薯條。
- 買沒有配醬汁的冷藏蔬菜和沒有加糖漿的包裝水果。
- 吃蔬菜沙律時只加 1 匙羹的沙律醬。
- 限制高澱粉質的蔬菜每天半杯至 1 杯，例如薯仔、番薯和芋頭。
- 避免吃炸薯條和其他油炸食品。



肉類和豆類：

選擇 6 至 7 安士低脂蛋白質的食物：

- 1 安士蛋白質等於 1 安士肉類或雞肉、1 只雞蛋、¼ 杯煮熟的豆，或 1 湯匙花生醬。
- 吃沒有皮的雞肉和火雞肉，如雞胸肉和火雞胸肉。
- 吃瘦的肉，例如瘦豬肉、牛肉或羊肉。剔除可以見到肥肉。
- 吃瘦或特瘦的碎牛肉或豬肉（含少於 15% 肥肉）。
- 吃不同的豆類，例如不加豬油、脂肪或糖的斑豆、黑豆、或菜豆等。
- 吃豆腐或其他素食蛋白食物。
- 用煮或烤來烹調肉類可減少脂肪的攝取。
- 避免吃加工過或油炸的食物，例如培根、臘腸、罐頭午餐肉和炸雞。
- 避免吃排骨、牛仔骨、雞翼或雞腳等含脂肪多的肉類。



奶類：

以每天 3 杯牛奶或其他奶製品為目標：

- 1 份奶類等於 1 杯牛奶、1 杯酸乳酪或 2 安士芝士。
- 喝脫脂牛奶（Fat-free milk）。
- 吃脫脂和少糖的酸乳酪（Fat-free yogurt with less sugar）。
- 吃低脂芝士和鬆軟白色乾奶酪（Cottage cheese）。



穀類，麵包和五穀雜糧：

選擇 6 至 8 份高纖維和低脂的穀類：

- 1 份穀類等於一片麵包、半杯米飯或麵條。
- 吃糙米、全穀意大利麵或麵條。
- 吃全穀類五穀片和麥片，它們可以增加你的纖維素和飽腹感。
- 用全穀麵包代替白麵包。
- 吃低脂餅乾例如米餅乾或烤餅乾。
- 用蒸或水煮的低油烹調方法來煮米飯、麵條和穀類。
- 限制每天進食不超過 6 至 8 份的穀類份。
- 避免吃點心、蛋糕和曲奇等。



運動

每天你應該做半個小時的體力活動，除非你的醫生建議你不做任何的體力活動。

- 嘗試快步走、跳舞、健身腳踏車或游泳。
- 避免任何容易導致跌倒或受傷的活動。



飲料：

每天喝 6 至 8 杯水。

- 喝水或沒有熱量的蘇打水。
- 避免喝含糖分的飲品，例如汽水、運動飲品、奶茶和加糖的茶飲品。
- 避免喝果汁，包括百分之百果汁。



資料來源：

- Comprehensive Perinatal Services

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