

Maternal Health



Caring For Yourself During Pregnancy

- Change your chores (avoid harsh or toxic cleaners, heavy lifting)
- Track your weight gain (normal weight gain is 25-35 pounds)
- Get comfortable shoes
- Exercise regularly
- See your doctor regularly (minimum of 8 visits is ideal)
- Take prenatal vitamins

Healthy Diet To Support Your Pregnancy

Foods to Eat:

- Well-balanced diets every day - You only need an additional 300-500 additional calories per day)
- Folate-rich foods (lentils, asparagus, oranges, fortified cereals)
- Calcium-rich foods (dairy, canned fish, soy)
- Fish (except those high in mercury)
- High fiber foods
- Fruits and Vegetables
- Drink plenty of fluids (six 8-ounce glasses of water/day)

Foods to Avoid

- Soft cheeses (May contain bacteria that can cause fever, miscarriage or pregnancy complications)
- Alcohol
- Caffeine

Please contact the clinic to see what services and supports are available for you!



RURAL PRIMARY HEALTH IMPROVEMENT PROGRAMME.