Special Instructions For

To The Pregnant Woman
Who Is Gaining Too Much Weight

Because you are pregnant, you should be gaining weight. You just need to gain it a little slower. Now is not the time to diet! Remember to keep eating a variety of foods. Check the boxes next to 3 tips you will try:

☐ Don't overeat at meals or between meals.
☐ Cut down on sweets like cookies, soda, and pastry.
☐ Cut down on greasy foods like chips, pork rinds, french fries, and donuts.
☐ Choose skim or low-fat milk and yogurt.
☐ Trim the fat and remove skin from meat and poultry.
☐ Eat more baked, broiled or steamed foods instead of fried foods.
☐ Snack on fresh fruits and vegetables.

Other healthy ways to slow your weight gain are:

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Cut Down on High-Calorie Foods

Choose More

Choose Less

Lean Meat, Chicken, Fish
Lemon Juice, Spices, Salsa
Fruit, Graham Crackers
Water, Club Soda
Pretzels, Plain Popcorn

Sausage, Bacon, Lunch Meat
Butter, Gravy, Cream Sauce
Candy, Cookies, Pastry
Pop, Fruit Drinks, Sweet Tea
Chips, Buttered Popcorn

Take A Walk!

Exercise such as walking is good for you. Talk to your doctor or clinic about the right exercise for you while you are pregnant.

Adapted from Texas Department of Health

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