Special Instructions For

To The Pregnant Woman
Who Is Not Gaining Enough Weight

Eating more foods that are higher in calories will help you gain enough weight to have a healthy baby. Try to eat 3 or more meals each day with snacks in between.

Some Nutritious Snacks - Check Those You Like

☐ Cheese and Crackers  ☐ Fruit Salad
☐ Tuna Salad  ☐ Milk and Milk Shakes
☐ Nachos with Beans  ☐ Peanut Butter Sandwich
☐ Pudding  ☐ Raisins, Dried Fruits
☐ Yogurt  ☐ Hard-Boiled Eggs
☐ Fruit Juice  ☐ Graham Crackers

Here Are Some Other Tips For Gaining Weight.
Check The Ones You Will Try.

☐ Eat a variety of foods - fruits, vegetables, milk and cheese, meat, breads and cereals.
☐ Add cheese to noodles, rice, vegetables, scrambled eggs and other foods.
☐ Make hot cereals, mashed potatoes and cream soups with milk instead of water.
☐ Sprinkle cooked eggs and grated cheese on salads, casseroles and soups.
☐ Spread peanut butter on pancakes, fruit, toast and crackers.
☐ Don't use a lot of sugar-free or low-calorie drinks and foods.

Other healthy ways to add calories are:

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Pregnancy is not a time to diet. If you exercise a lot or are on your feet all day, take time out each day to get some rest. Try to get enough sleep.

By Your Next Visit Try To Gain ________ Pounds

Adapted from Texas Department of Health