

## Nutrition During Pregnancy and Childbearing Years

### Avoid Alcohol



Avoid beer, wine and liquor. Even small amounts of alcohol can harm your baby's development



### Quit Smoking

Visit [tobaccofreeflorida.com](http://tobaccofreeflorida.com) for more resources or talk to your care coordinator about making a plan to quit

### Take Prenatal Vitamins

Women who are pregnant or in childbearing years need lots of iron and folic acid, take a prenatal vitamin daily to maintain healthy levels



### Eat More Protein and Fiber

When you are pregnant, your body's need for protein increases. Eat more lean meats, beans, nuts, eggs and dairy to help your with your baby's growth. Fiber helps prevent constipation. Eat fruits, vegetables, beans, whole wheat or bran products.

### Drink Lots of Water



To keep yourself from getting dehydrated, drink 8-10 glasses of water per day, this can also help with constipation



### Manage Nausea

If you are feeling nauseous, try eating small, frequent, dry meals. Instead of drinking liquids with your meals, drink them between meals. Avoid cooking smells and foods that increase nausea

### Foods to Avoid



Avoid eating unpasteurized cheese, milk or meat. Also limit intake of fish that are high in mercury such as tuna, mackerel, or swordfish. Microwave deli meat to prevent food poisoning.