

Eating for Two: Pregnancy and Nutrition

What you eat is even more important when you are pregnant. Here are some tips for how to eat healthy:

- Eat plenty of plenty of fruits, vegetables, whole grains.
- Focus on getting protein from sources that are low in fat.
- Ask your doctor:
 - “Which types of foods should I eat and which should I avoid?”
 - “Should I take prenatal vitamins?”
 - “How much weight should I gain to have a healthy pregnancy?”

For more information about pregnancy and nutrition, call one of the numbers on the back →



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Call a WIC near you to find out more about healthy eating when you are pregnant:

Cayuga County 253-1406

Madison County 363-3210

Onondaga County 435-3304

Oswego County 343-1311

**If you live in another county, call 1-800-522-5006,
New York State: Growing Up Healthy Hotline
to find a WIC near you!**

For more information call REACH CNY at 1-888-295-8662.
Funded in part through the NYS Dept. of Health Division of Family Health.



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