

Healthy Moms, Healthy Babies

Oklahoma Cooperative Extension Service • Oklahoma State University



Baby Depends On The Food You Eat - Part 1

Why is the food you eat during pregnancy important to your baby? Your baby requires the same nutrients as you do. Eat a variety of foods from the *Food Guide Pyramid* to provide these nutrients to help your baby grow and develop from the very beginning.

Your baby is beginning to develop organs necessary for life the first two months of your pregnancy. The foods you eat help your baby lay the foundation for a healthy future. All nutrients are needed by your baby during every month of pregnancy.



Month	Baby
1	Called an "embryo" and resembles a tadpole, major body organs and systems are beginning to form
2	Looks more human, has a beating heart, major body organs are formed but not fully developed, has arms and legs with fingers and toes
3	Called a "fetus," can hear heartbeat with an electronic stethoscope, organs continue developing, sex differences appear, fetus is about 4 inches long and weighs around 1 ounce
4	Developing reflexes such as sucking and swallowing, tooth buds appear, fetus appears more human but cannot survive outside the uterus
5	Movement can be felt by the mother, fingernails and toenails appear, hair begins to grow on the head, 8-12 inches long and weighs 1/2 to 1 pound
6	Eyelids open, finger and toe prints are visible, fetus is about 13 inches long and weighs 1 - 1 1/2 pounds
7	Can suck its thumb, cry, and respond to stimuli, weighs about 3 pounds, good chance of survival if born
8	Brain growth is rapid, most body systems are well developed but lungs may be immature, baby is about 18 inches long and weighs around 5 pounds, chance for survival if born is very good
9	Baby is "full-term" at 38-40 weeks ; baby will weigh approximately 7 pounds and average length is 20 inches

Suggested Readings:

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March of Dimes (1994). *How your baby grows*. White Plains, NY: Author.

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