

# Healthy Moms, Healthy Babies

Oklahoma Cooperative Extension Service • Oklahoma State University



## When You're Overweight

What if you were overweight before pregnancy? First, are you sure you were really overweight before pregnant? Some women may think they are overweight even when they are normal for their height and body build. If you and your doctor decide you are overweight, then plan to gain 20 to 25 pounds. This is enough of a weight gain to help insure a healthy baby at birth. A gradual, steady weight gain is important. Your doctor will check your weight regularly.

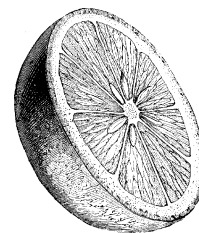
While you are pregnant is not the time to go on a "diet." This is a GOOD time to start healthy eating habits. Your baby needs the nutrition provided by healthy foods. You will feel and look better plus your baby will benefit. Try these ideas.

- Use low-fat or skim milk instead of whole milk.
- Try some of the "light margarines" and oil-free salad dressings and use less.
- Drink plenty of water.

- Eat fresh fruits and vegetables or those cooked without sauces, butter, or oil.



- Eat less french fries, onion rings, pork rinds, fried chicken and potato chips.
- Choose baked or broiled meats and skip the gravy.
- Eat ice milk or low-fat yogurt instead of ice cream.
- Keep doughnuts, cookies and cakes out of the house.
- Eat regular meals with smaller serving sizes.
- Choose an apple, orange, or grapes for a snack.



Today's healthy habits can help you lose weight after the baby is born.

### **Suggested Readings:**

Dairy Council of California (1990). *Pregnancy: A special time for nutrition and good health*. Sacramento, CA: Author

Erick, M. (1987). *D.I.E.T. during pregnancy*. Brookline, MA: Grinnen-Barrett Publishing Company.

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### **References:**

Gong, E. (1990). Weight issues and management. In M. Story (Ed.) *Nutrition management of the pregnant adolescent* (pp. 55-65). Washington, DC: National Clearinghouse.

Scholl, T., Salmon, R., Miller, L., Vasilenko, P., Furey, C. and Christine M. (1988). Weight gain during adolescent pregnancy: Associated maternal characteristics and effect on birth weight. *Journal of Adolescent Health Care*, 9, 286-290.

Worthington-Roberts, B., Rees, J. , and Endres, J. (1989). Nutrition management of adolescent pregnancy: Technical support paper. *Journal of the American Dietetic Association*, 89, 105-109.



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