



Tips To Gain Weight

It is important to have a healthy weight gain when you are pregnant.

Follow *MyPlate for Moms* to eat all the servings of the healthy food groups you need each day. To gain weight you may need to eat more than you are used to. That's okay, as long as you make healthy food choices!

Check off each tip you are doing already and circle the tip you are willing to try.

Here's what you can do:

- Eat snacks or small meals every two to three hours
- Take snack foods along with you. Try trail mix, nuts, and fruits.
- Drink healthy beverages with calories like milk, fruit juices, and milkshakes
- Keep crackers or other snacks at your bedside
- Eat at night if you wake up and are hungry

Try these easy healthy snacks:

- Put peanut butter on bread
- Make bean dip to eat with chips
- Eat yogurt, custard, pudding, or cheese
- Try healthy cookies and milk. Good cookie choices are: oatmeal, peanut butter, and fruit bars.
- Eat ice cream, frozen yogurt, or ice cream bars
- Eat muffins, bagels, granola, or cereals

More healthy tips:

- Cut back to no more than one cup of coffee or tea with caffeine a day
- Stay away from cigarettes, alcohol, and drugs
- Limit sodas and candy. These foods can fill you up but do not provide needed nutrients



TAKE ACTION

My Healthy Eating Plan to Gain Weight

For my next visit, I will do the following to maintain a healthy weight gain:
