

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 of the food groups. That's okay, as long as you make healthy food choices!

*Check 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 2-3 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 1 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 give you needed nutrients.

**My Healthy Eating Plan to Gain Weight**

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

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