

# Eat Smart and Move More for a Healthy Pregnancy



## EAT SMART TIPS

- Extra calorie needs are based on where you are in your pregnancy.
- Focus on nutrient-packed foods and beverages from all five food groups.
- Limit foods and beverages high in added sugars, saturated fat, and sodium.
- Drink 6 – 8 glasses of water each day.
- Take care to avoid foodborne illness.

## MOVE MORE TIPS

Ask your doctor what type of activity would be okay during your pregnancy. If your doctor approves:

- Keep your activity at a moderate intensity, such as brisk walking.
- Aim for 150 minutes of moderate-intensity aerobic activity and 2 days of muscle-strengthening activity each week.
- Take the stairs or park farther away to add activity to your day.
- Plan a time each day to do some physical activity.




## HEALTHY WEIGHT GAIN


Gaining the right amount of weight is important for you and your baby. Discuss exactly how much you should gain with your doctor.

# Zesty Spinach Omelet

**Makes 1 serving | Serving Size: 1 omelet**



 **Look for Local:** If spinach isn't in season, look for kale or another green at your local farmers' market.

 **Tips:** Serve with a glass of 100% orange juice to get even more folate.

Omelets are a great way to use leftover vegetables.

To reduce sodium even more, replace salsa with sliced tomatoes when in season.

## Ingredients

- 2 eggs, beaten
- 2 tablespoons water
- Dash cumin
- Dash salt
- Dash black pepper
- Non-stick cooking spray
- 1/2 cup cooked spinach
- 1/4 cup reduced-fat cheese, shredded
- 1/4 cup salsa

## Directions


1. In medium bowl beat eggs, water, cumin, salt, and pepper together using fork.
2. Spray skillet with non-stick cooking spray.
3. Heat a large skillet (10") to medium high heat.
4. Pour egg mixture into pan.
5. Lift edges of eggs and tip pan as needed to let uncooked mixture flow underneath and cook.
6. Cook until almost set.
7. Spoon spinach and shredded cheese over 1/2 of the omelet.
8. Using spatula, fold other side of omelet over filling.
9. Top with salsa and serve.

## Nutrition information Per Serving

210 calories		Total Carbohydrate	7 g
Total Fat	8 g	Dietary Fiber	1 g
Saturated Fat	2.5 g	Sodium	520 mg
Protein	22 g		

 **Excellent Source of Vitamin A**

 **Excellent Source of Calcium**

 **Good Source of Iron**



## Do You See What I See?

Go for a walk with your family and play the game "Do you see what I see?" Pick an object that everyone can see as you are walking, without telling anyone what you are looking at, describe it and let everyone guess what it is. Take turns being the one to choose the object.