

EATING SMART THROUGHOUT THE LIFECYCLE



Eat Smart and Move More for a Healthy Pregnancy

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.

EAT SMART TIPS

- Eat 3 meals and 2 small snacks and remember VARIETY.
- Don't go more than 12 hours without eating or drinking.
- Eat plenty of fruits, vegetables, and whole grains.
- Drink 6-8 glasses of fluid every day.
- Take care to avoid foodborne illness. Wash your hands and surfaces often. Keep hot foods hot and cold foods cold. Cook foods to proper temperatures.

MOVE MORE TIPS

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

- Aim for 30 minutes of moderate activity each day, such as brisk walks.
- Take the stairs or park farther away to add activity to your day.
- Plan a time each day to do some physical activity.



ZESTY SPINACH OMELET



Makes 1 serving

Serving Size: 1 omelet

Tip: Serve with glass of orange juice to get even more folate.

Omelets are a great way to use leftover vegetables.



Eat Smart





Ingredients

- 2 eggs, beaten
- 2 tablespoon water
- 1/2 cup cooked spinach
- 1/4 cup cheese, shredded
- dash cumin
- dash salt
- dash pepper
- 1/4 cup salsa
- non-stick cooking spray

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. Spread 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

230 calories		Dietary Fiber	2 g	 Excellent Source of Calcium
Total Fat	12 g	Sodium	590 mg	 Good Source of Iron
Saturated Fat	4.5 g	 Excellent Source of Vitamin A		
Protein	21 g	 Excellent Source of Vitamin C		
Total Carbohydrate	7 g			

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.



www.pedbikeimages.org/Dan_Burden

Move More