

12 WAYS TO STAY HEALTHY DURING PREGNANCY



1. Eat healthy foods

Eating healthy foods is especially important for pregnant women. Your baby needs nutrients to grow healthy and strong in the womb. Eat plenty of colorful fruits and vegetables, whole grains, calcium-rich foods and foods low in saturated fat.



2. Take a daily prenatal vitamin

Taking a daily prenatal multivitamin can help ensure you get the right amount of the key nutrients you and your baby need during pregnancy. These include folic acid, iron and calcium.



3. Stay hydrated

A pregnant woman's body needs more water than it did before pregnancy. Aim for eight or more cups each day.

4. Go to your prenatal care checkups

Women should get regular prenatal care from a health care provider. Moms who don't get regular prenatal care are much more likely to have a baby with low birth weight or other complications. If available, consider group prenatal care.



5. Get moving

Daily exercise or staying active in other ways can help you stay healthy during pregnancy. Check with your doctor to find out how much physical activity is right for you.