Eat Smart and Move More for a Healthy Pregnancy

EAT SMART TIPS
• Eat 3 meals and 2 small snacks and remember VARIETY.
• Don’t go more than a few hours without eating or drinking.
• Eat plenty of fruits, vegetables, and whole grains. Use MyPlate as a tool to build a healthy plate.
• Drink 6-8 glasses of fluid every day like low-fat or skim milk and water.
• Take care to avoid foodborne illness. Wash your hands and surfaces often. Keep hot foods hot and cold foods cold. Use a thermometer to ensure that foods are cooked to proper temperatures. Avoid a few “danger” foods.

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 30 minutes of moderate activity each day, such as brisk walking.
• 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.

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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.

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

*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.