

EATING SMART THROUGHOUT THE LIFECYCLE



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 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 12 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:

- 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.



NC STATE UNIVERSITY



ZESTY SPINACH OMELET

Makes 1 serving

Serving Size: 1 omelet

Tip: Serve with a glass of 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 tablespoon water
- 1/2 cup cooked spinach
- 1/4 cup cheese, shredded
- dash cumin
- dash pepper
- 1/4 cup salsa
- non-stick cooking spray

Directions

1. In medium bowl beat eggs, water, cumin, 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



Eat Smart



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

