Prescription Pad

Prescription:
For a Healthy Baby

I didn't KNOW! MY WEIGHT matters

As your health care provider, I recommend you gain:

- ○ 28-40 pounds
- ○ 25-35 pounds
- ○ 15-25 pounds
- ○ 11-20 pounds

Today's weight: _____ Date: _____

At your next visit, I would like you to have gained between _____ and _____ pounds.

Signature _____

Eating well and gaining the right amount of weight is not only good for you but also good for your baby!

Eat well and gain the right amount of weight!
It's good for you and your baby.

First Trimester Tips:

- ○ Avoid an empty stomach. Small frequent meals help with nausea.
- ○ Expect to gain between 2-5 pounds.

Second and Third Trimester Tips:

- ○ On average, expect to gain about 1 pound per week until delivery.
- ○ Get more out of your snacks:
  - Apple slices with peanut butter, or peanut butter and jelly sandwich
  - Cheese and crackers, grilled cheese sandwich
  - Cereal with fresh or frozen fruit and milk
- ○ Continue to eat lots of fruits, vegetables, and whole grains and cut back on foods high in sugar, fat, or calories.

www.IDidntKnowSD.com

SOUTH DAKOTA DEPARTMENT OF HEALTH

healthier mom, healthier baby

Use the prescription pad to remind your patients of the importance of gaining the right amount of weight during pregnancy