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I cannot afford to buy the foods I need for a healthy pregnancy. Where can I go for help? If you are pregnant and cannot afford to buy the foods you need to have a healthy pregnancy, the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) may be able to help you. To see if you qualify, call (808) 586-8175 (O’ahu) or 1-888-820-6425 (neighbor islands), or visit http://hawaii.gov/health/family-child-health/wic for more information.
Eating Healthy During Pregnancy

It is important to have a healthy diet while you are pregnant to support your baby’s growth and development. Follow these guidelines to make sure you and your baby get the right nutrients throughout your pregnancy:

- **Take a Prenatal Vitamin**
  - While you are pregnant, you have a higher need for certain vitamins. Having a healthy diet and taking a prenatal vitamin will ensure you and your baby get the nutrients you need during a healthy pregnancy.

- **Choose a Variety of Foods from Each Food Group**
  - Eat a variety of foods including fruits, vegetables, dairy products, grains, and protein-rich foods. For examples of healthy choices in each group, see the Making Healthy Choices in Each Food Group section.

- **Talk about your Calorie Needs**
  - In general, most pregnant women only need around 300 extra calories per day to support their baby’s growth. This need can be met with one additional healthy snack such as a glass of skim milk and four fig bars. However, the exact number of calories you need depends on how much you weighed before you became pregnant. Talk to your health care provider to determine how many extra calories you may need.

- **Limit Fatty Foods and Sweets**
  - Fatty foods and sweets such as doughnuts, chips, soda and candy have a lot of calories, but not enough nutrients to help your baby grow properly.

Making Healthy Choices in Each Food Group

Try to eat a variety of the foods listed below while you are pregnant. These are some of the best choices to help you get the nutrients you need throughout your pregnancy:

**Vegetable Group**
- **Choose these:** Carrots, sweet potatoes, pumpkin, spinach; cooked greens (such as kale, collards, turnip greens and beet greens); winter squash; tomatoes/tomato sauces; red sweet peppers.
- **Benefits:** These vegetables all have vitamin A and potassium.

**Fruit Group**
- **Choose these:** Cantaloupe; honeydewmelon; mangoes; prunes; bananas; apricots; oranges; grapefruit; 100% prune juice; 100% orange juice.
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**Dairy Group**
- **Choose these:** Fat-free or low-fat yogurt; fat-free (skim) milk; low-fat (1%) milk; calcium-fortified soy milk.
- **Benefits:** These all provide calcium and potassium. Make sure your choices are fortified with vitamins A and D.

**Grains Group**
- **Choose these:** Fortified ready-to-eat cereals; fortified cooked cereals.
- **Benefits:** Cereals fortified with iron and folic acid will help your baby develop properly.

**Protein Foods Group**
- **Choose these:** Beans and peas (such as pinto beans, soy beans, white beans, lentils, kidney beans and chickpeas); nuts and seeds (such as sunflower seeds; almonds, hazelnuts, pine nuts, peanuts and peanut butter); lean beef, lamb and pork; oysters; mussels; crab, salmon, trout, herring, sardines and Pollock. DO NOT EAT deli meats shark, swordfish, king mackerel or tilefish while you are pregnant, and limit white (albacore) tuna to no more than six ounces per week. These fish contain high levels of mercury, a chemical that can harm your baby and stop him or her from developing properly.
- **Benefits:** All of these foods provide protein your baby needs for proper growth and development. Beans and peas also provide fiber, potassium and iron.

Food Safety

Food safety is especially important for pregnant women. During pregnancy, both you and your baby have a greater chance of getting sick from eating unsafe food. Follow these guidelines to help protect you and your baby from unsafe foods:

**CLEAN** Wash hands and surfaces often.
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- Raw sprouts.
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For more helpful resources and information, visit [www.hmb-hawaii.org](http://www.hmb-hawaii.org). You can click through a variety of information in over 20 different categories to help you with questions for before, during and after pregnancy. Or you can go to The Directory on our website to search for resources by keyword, island and category!
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Prenatal Nutrition Questions & Answers

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