



HOW TO TAKE CARE OF YOURSELF

Before the Baby Comes



Statements in this leaflet have been accepted by the
Council on Foods of the American Medical Association

How to Care for Yourself . . .

See your doctor often

Do just as he tells you.

Pay especial attention to the things he says will help you to nurse your baby.

Eat the right foods

They will help to keep you well now, and to keep you and the baby well after it comes.

Do not gain too much weight

You should not gain more than 15 to 20 pounds during the whole time of your pregnancy unless you are underweight at the start. If you gain too fast, see your doctor. If it is because you are eating too much, use less bread, sweets and desserts.

Have a bowel movement every day

Drink 6 to 8 cups of water every day.

Take most of it between meals.

Do not take medicine to make your bowels move unless the doctor tells you to. If they do not move every day, you probably need to drink more water, or should eat more fruit, raw vegetables and coarse cereals.

Have some exercise every day

Take a walk out of doors every day, if possible while the sun is shining.

Have some vitamin D every day

Use either vitamin D milk, cod liver oil, or other source as the doctor suggests.

Have plenty of rest and sleep

Lie down at least an hour every day.

Sleep at least 8 hours every night.

Do not get too tired.

What to Eat . . .

Eat these foods every day . . . unless your doctor advises you differently because of some special condition.



1 quart of milk. Drink at least 3 cups; take the rest in soups, puddings and other milk dishes. Use cheese often.



2 fruits. One serving should be either orange, grapefruit, or tomato or the juices from these fruits. The other serving may be either a raw or cooked fruit. Use apples, bananas, apricots, prunes, raisins, black figs or other fruits in season.



2 vegetables besides potato. One serving should be raw; the other may be either cooked or raw. Use carrots, lettuce, cabbage, celery, spinach, turnips, beets, peas, "greens," green beans, tomatoes, squash, sauerkraut, onions, dried beans or peas.



1 egg. It may be either cooked or used raw in an egg drink.



Meat, fish or fowl—1 or 2 servings. Use such meats as liver, pot roasts, stews, ground meats. Fish may be fresh or canned.



Whole-grain cereal—1 or more servings. This may be whole-grain cereal or bread made from whole-grain flour. Use oatmeal, whole cornmeal, rye, barley or whole-wheat cereals.



Butter—2 tablespoons or more. Use it on bread or in cooking.

If you eat these amounts of necessary foods you may choose the rest of the diet to suit your own taste. It is best to keep the foods simple with as few rich foods—pies, pastries and fried foods—as possible.

How to Plan Your Meals . . .

Do not miss a meal.

Eat at least 3 meals a day. If you cannot eat much at mealtime, have a lunch at regular times between meals.

Drink no more than one cup of tea or coffee a day.

Use only a very little salt, if any, on your foods.

Sample Meals . . .

The meals below give you an idea of the amounts and kinds of foods to use in each meal during the day. Your doctor will tell you if you should have larger or smaller servings.

This will depend on how active you are and whether or not you are gaining too much weight.

Breakfast

$\frac{1}{2}$ cup orange juice

$\frac{3}{4}$ cup oatmeal with milk

1 slice whole-grain bread with butter

1 egg

At 10:00 A. M. 1 cup milk.

Noon Meal

$\frac{3}{4}$ cup vegetable soup made with milk

$\frac{1}{2}$ cup cottage cheese

1 slice whole-wheat bread with butter

$\frac{1}{2}$ cup stewed fruit

1 cup milk

At 3:00 P. M. 1 apple

Supper

1 medium sized meat ball

1 small potato

$\frac{1}{2}$ cup raw cabbage salad

1 slice brown bread with butter

$\frac{1}{2}$ cup rice pudding with raisins

1 cup milk