

# A Healthy Start: Your Pregnancy Wellness Guide

Maintaining a healthy lifestyle during pregnancy supports the baby's growth and reduces risks like gestational diabetes. This guide outlines the core pillars of prenatal health: managing weight gain, choosing nutrient-dense foods, and staying physically active.

## Fueling Your Pregnancy

### Target Weight Gain by BMI



Appropriate weight gain depends on your pre-pregnancy BMI to ensure healthy fetal development.

### Calorie Needs by Trimester

#### Trimester One

Zero extra calories

#### Trimester Two & Three

Roughly 340-450 extra daily

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### Essential Nutrients for Growth



**Folate:**  
Prioritize 600 mcg daily



**Iron**



**Calcium**

Prioritize 600 mcg of Folate daily, plus iron and calcium from nutrient-rich foods.

## Staying Active & Safe

### 150 Minutes of Weekly Movement

Aim for moderate-intensity aerobic activities like brisk walking to improve mood and recovery.

### Activity Do's and Don'ts

#### Do's ✓



Choose low-impact water aerobics

#### Don'ts ✗



Avoid contact sports or lying flat after week 12.

### Postpartum Recovery & Breastfeeding

Breastfeeding helps the baby's immune system while assisting the mother's gradual weight return.