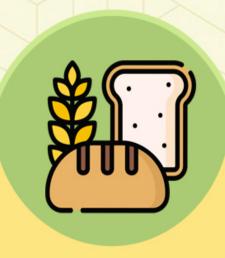




Pay attention to portion sizes



Choose healthier options, such as low-fat butter and fiber-rich foods



Swap out refined flour and sugar for whole wheat bread and fruits



Use olive oil and reduce salt content while cooking



Increase fluid intake



Limit consumption of foods with trans fat

Reference:

1. Overweight and pregnant; Tommys



Mom Junction Source: https://www.momjunction.com/articles/diet-plans-for-overweight-pregnant-

women_00360611/