

Manage Diet And Maintain A Healthy Weight During **PREGNANCY**



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

