

# A Healthy Pregnancy

Get good medical care beginning early in your pregnancy. There are things you can do to take care of yourself and your baby.

## Food and Drinks

- Eat balanced meals that include grain breads, cereals, fruits, vegetables, meat and milk. Avoid fried and high sugar foods.
- Drink 6-8 glasses of water each day.
- Try eating smaller meals more often.
- Avoid or limit food and drinks with caffeine to 1 to 2 cups each day. Caffeine is in chocolate, colas, teas and coffee.
- Limit your intake of artificial sweeteners, including diet sodas, to 2-3 servings each day. Nutrasweet and Equal (aspartame) and Splenda (sucralose) in small amounts are okay but do not use any saccharin (Sweet 'N Low).
- The Women, Infants and Children (WIC) Program is available to provide free nutritious food and health information for pregnant women, breastfeeding mothers and children. Contact the state or local agency to check for eligibility. In Ohio call 1-800-755-4769 or go to [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic) to find the toll-free phone number for your state.

## Weight Gain

Total weight gain depends on your pre-pregnant weight, eating habits, exercise and your metabolism. The average weight gain during pregnancy for a normal weight female is 25-35 pounds. You should gain 2 to 4 pounds in the first 3 months and about  $\frac{3}{4}$  to 1 pound per week after that. If you were under or over weight before pregnancy, ask your doctor or dietitian about how much weight you should gain.

# 妊娠健康

妊娠初期即应接受妥当的医疗保健。为了您和腹中宝宝的健康，须多方自我照应。

## 饮食

- 均衡饮食，饮食须包括杂粮面包、麦片、水果、蔬菜、肉类和牛奶。忌食油炸和高糖食物。
- 每日饮水 6-8 杯。
- 尝试少食多餐。
- 避免或限用含咖啡因的饮食，含咖啡因饮料以每日 1 至 2 杯为限。朱古力、可乐、茶及咖啡内含咖啡因。
- 限食人工甜味剂（包括健怡苏打水，每日以 2-3 份为限）。可少量摄取 Nutrasweet、Equal（阿斯巴甜）和 Splenda（蔗糖素），但绝对禁用糖精（Sweet 'N Low）。
- 妇女婴幼儿（WIC）计划免费提供孕妇、哺乳期妇女和儿童的食物营养及健康信息。可与州或地方政府机构联络，咨询是否有资格加入该计划。在俄亥俄州，请致电 1-800-755-4769。其它州居民可浏览网站 [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)，查找该计划在本州的免费电话号码。

## 体重增加

孕期体重的增加，取决于孕妇妊娠前的体重、饮食习惯、运动及代谢情况。正常体重的女性，孕期体重平均增加25-35磅。妊娠前三个月，体重增加应在2至4磅，以后大约每周增加 $\frac{3}{4}$ 至1磅。如妊娠前体重过轻或过重，请向医生或营养师咨询体重增加的正常范围。

If you are gaining weight too fast:

- **Limit** sweets and high fat foods. Choose low fat items, fruit or a small serving of frozen yogurt, sherbet, pudding or jell-o.
- Use very little butter, margarine, sour cream, mayonnaise or salad dressing. Try reduced calorie varieties.
- **Avoid** fried foods. Choose baked, broiled, grilled chicken, fish or turkey.

## **Medicine**

- Take your prenatal vitamins each day.
- Check with your doctor or clinic before taking any medicines such as prescriptions, over the counter medicines or herbals.
- Take only medicines prescribed by your doctor.

## **Smoking, Alcohol and Drugs**

- Do not smoke and avoid being in the same room with people who are smoking.
- Do not drink alcohol or take drugs during your pregnancy.

## **Activity and Sleep**

- Get plenty of rest. Try to get 8 hours of sleep.
- Rest throughout the day. It is best to lie on your left side.
- Exercise by walking, swimming or biking for 15-30 minutes each day.
- Learn and practice the exercises from your childbirth class.

## **Other**

- Avoid having x-rays while you are pregnant.
- Avoid paints (except latex), pesticides, sprays and other strong chemicals.
- Do not clean a cat litter box. Animal feces can harm your baby.
- Wash hands well after touching raw meat. Cook meat well.
- Wear seat belts low over your hips.
- Buy well fitting support bras.

如体重增加过快：

- **限食**甜品和高脂食物。选择低脂食物、水果或小份的冷冻酸奶、雪酪、布丁或果冻。
- 尽量少食黄油、人造黄油、酸奶油、蛋黄酱或沙律酱。尝试低热种类。
- **避免**油炸食物。选择烘烤、烧烤的鸡、鱼或火鸡。

## 药物

- 每日服用产前维他命。
- 服用处方药物、非处方药物或草药等任何药物之前，咨询医生或保健诊所的意见。
- 仅使用医生开出的药物。

## 吸烟、饮酒、吸毒

- 不得吸烟，避免与正在吸烟者共处一室。
- 妊娠期间不得饮酒或使用毒品。

## 活动及睡眠

- 充分休息。每日尽量睡足 8 小时。
- 全天保持休息。静卧时，最好是左侧向下。
- 每日步行、游泳或骑脚踏车 15 至 30 分钟。
- 根据分娩指导班上传授的运动方法进行运动。

## 其它

- 妊娠期间避免 X 光摄影。
- 勿接触油漆（乳胶除外）、杀虫剂、喷雾剂和其它强效化学品。
- 勿清洁猫沙，因动物粪便可能会伤害胎儿。
- 接触生肉后需彻底洗手，煮肉须熟透。
- 汽车安全带系在胯部下方。
- 购买尺寸合适的孕妇专用胸罩。

## **Talk**

- Share good or bad feelings about your pregnancy, your body changes and having a baby with your partner, friends and family. Talk to your doctor or nurse if you are having problems coping.
- Write down questions to ask your doctor or nurse. If needed, ask for more information on breastfeeding, birth control to use after delivery or choosing a doctor for your baby.

## **Appointments and Classes**

- Make an appointment as soon as you think you are pregnant to start prenatal care.
- Go to your regular prenatal check ups, even if you feel well. At the end of your pregnancy your check ups will be every 1-2 weeks.
- Go to classes to help prepare you for labor and delivery, breastfeeding and baby care. Take you partner or other support person with you.

## **Planning Ahead**

- Check if you have insurance for pregnancy and baby benefits. Ask for an interpreter and financial help if needed.
- List phone numbers of people to call when labor begins. Arrange for a ride to the hospital.
- Get a baby car seat and install it in your car.
- Pack your suitcase. Put in clothes and other items to use at the hospital and that you and your baby will wear home.
- Plan for things you will need the first 6 weeks, such as baby items, diapers, clothes and easy to prepare foods for meals.
- Plan for someone to help you at home after the birth.
- Make arrangements for child care if needed.

## 交流信息

- 与伴侣、朋友和家人交流怀孕后的好坏感受、身体变化和怀孕的心情。如遇到问题，请告诉医生或护士。
- 记下要问医生或护士的问题。必要时，详细了解母乳喂养、分娩后采用什么生育控制措施或如何为宝宝选择医生。

## 产前保健和培训班

- 感到自己怀孕后，尽快约医生，开始产前保健。
- 按时作产前检查，实时感觉很好，也要定期检查。在妊娠的最后阶段，每隔 1-2 周检查一次。
- 上培训班，为分娩、母乳喂养和看护宝宝作准备。与伴侣或其它照顾您的人一起去上培训班。

## 提前筹划

- 确认保险是否包括妊娠和婴儿。必要时，请求提供传译员，申请财务援助。
- 列出临产时的联络人电话号码。安排人送医院。
- 买一个婴儿汽车座椅，装在车上。
- 提前装箱备好住院用品。准备住院期间的衣服和其它用品，以及您和宝宝回家穿用的物品。
- 筹划好前 6 周内需要用的物品，包括婴儿用品、尿片、衣服和速煮食物。
- 提前找好出院回家后照顾产妇的人。
- 必要时，安排好看护宝宝的人。

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