

# 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.

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.

# 妊娠健康

妊娠初期即應接受妥當的醫療保健。爲了您和腹中寶寶的健康，須多加照顧自己。

## 飲食

- 均衡飲食，飲食須包括雜糧麵包、麥片、水果、蔬菜、肉類和牛奶。忌食油炸和高糖食物。
- 每日飲水 6-8 杯。
- 嚐試少量多餐。
- 避免或限用含咖啡因的飲食，含咖啡因飲料以每日 1 至 2 杯爲限。巧克力、可樂、茶及咖啡內含咖啡因。
- 限食人工甜味劑（包括健怡蘇打汽水，每日以 2-3 份爲限）。可少量攝取 Nutrasweet、Equal（阿斯巴甜）和 Splenda（蔗糖素），但絕對禁用糖精（Sweet 'N Low）。
- 婦女嬰幼兒（WIC）計畫免費提供孕婦、哺乳期婦女和兒童的食物營養及健康資訊。可與州或地方政府機構聯絡，諮詢是否有資格加入該計畫。在俄亥俄州，請致電 1-800-755-4769。其他州居民可瀏覽網站 [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)，查找該計畫在本州的免費電話號碼。

## 體重增加

孕期體重的增加，取決於孕婦妊娠前的體重、飲食習慣、運動及代謝情況。正常體重的女性，孕期體重平均增加 25-35 磅。妊娠前三個月，體重增加應在 2 至 4 磅，以後大約每週增加  $\frac{3}{4}$  至 1 磅。如妊娠前體重過輕或過重，請向醫生或營養師諮詢體重增加的正常範圍。

如體重增加過快：

- **限食**甜品和高脂食物。選擇低脂食物、水果或小份的冷凍優格、雪酪、布丁或果凍。
- 儘量少食奶油、人造奶油、酸奶油、美乃茲或沙拉醬。嚐試低熱種類。
- **避免**油炸食物。選擇烘烤、燒烤的雞、魚或火雞。

## **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.

## **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.

## 藥物

- 每日服用產前維他命。
- 服用處方藥物、非處方藥物或草藥等任何藥物之前，諮詢醫生或保健診所的意見。
- 僅使用醫生開出的藥物。

## 吸菸、飲酒、吸毒

- 不得吸菸，避免與正在吸菸者共處一室。
- 妊娠期間不得飲酒或使用毒品。

## 活動及睡眠

- 充分休息。每日儘量睡足 8 小時。
- 全天保持休息。靜臥時，最好是左側向下。
- 每日步行、游泳或騎腳踏車 15 至 30 分鐘。
- 根據分娩指導班上傳授的運動方法進行運動。

## 其他

- 妊娠期間避免 X 光攝影。
- 勿接觸油漆（乳膠除外）、殺蟲劑、噴霧劑和其他強效化學品。
- 勿清潔貓沙，因動物糞便可能會傷害胎兒。
- 接觸生肉後需徹底洗手，煮肉須熟透。
- 汽車安全帶繫在胯部下方。
- 購買尺寸合適的孕婦專用胸罩。

## 交流資訊

- 與伴侶、朋友和家人交流懷孕後的好壞感受、身體變化和懷孕的心情。如遇到問題，請告訴醫生或護士。
- 記下要問醫生或護士的問題。必要時，詳細瞭解母乳餵養、分娩後採用什麼避孕措施或如何為寶寶選擇醫生。

## **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.

## 產前保健和培訓班

- 感到自己懷孕後，儘快約醫生，開始產前保健。
- 按時作產前檢查，即時感覺很好，也要定期檢查。在妊娠的最後階段，每隔 1-2 週檢查一次。
- 上培訓班，為分娩、母乳餵養和看護寶寶作準備。與伴侶或其他照顧您的人一起去上培訓班。

## 提前籌劃

- 確認保險是否包括妊娠和嬰兒。必要時，請求提供傳譯員，申請財務援助。
- 列出臨產時的聯絡人電話號碼。安排人送醫院。
- 買一個嬰兒汽車座椅，裝在車上。
- 提前裝箱備好住院用品。準備住院期間的衣服和其他用品，以及您和寶寶回家穿用的物品。
- 籌劃好前 6 週內需要用的物品，包括嬰兒用品、尿片、衣服和速煮食物。
- 提前找好出院回家後照顧產婦的人。
- 必要時，安排好看護寶寶的人。

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