

The **WIC** (*Women, Infants and Children*) Program can provide healthy foods for you and your baby. WIC can also let you know about other health and social services near you. Talk to your doctor about the WIC Program or call **WIC** at **1.888.942.2229**.



Women who are pregnant need more nutrients than women who are not pregnant. **Take vitamins if your doctor advises.**

Get at least 400 mcg of folic acid each day from cereals, fruits and vegetables, or in a pill.



## Avoid things that can harm your baby

Some things can hurt your baby. It is best to avoid them while you are pregnant.

### Avoid:

- ✓ Drinking beer, wine or other alcohol
- ✓ Smoking
- ✓ Using street drugs
- ✓ Taking drugs given to you by a doctor who does not know you are pregnant.
- ✓ Check with your doctor before taking over-the-counter drugs (*drugs you buy at the store*).



L.A. Care's **Health in Motion™** program offers helpful and fun health and wellness workshops in English and Spanish. For more information, call **1.855.856.6943** (TTY 711)



L.A. Care members can also talk to a nurse 24 hours a day, 7 days a week, at no cost. The **Nurse Advice Line** phone number is **1.800.249.3619** (TTY 711) and is listed on your health plan ID card.



L.A. Care offers free health classes in the community at our Community Resource Centers. For a location near you call **1.877.287.6290**.



**L.A. Care**  
HEALTH PLAN®

*For A Healthy Life*

## HEALTHY PREGNANCY

**Special Care for a Special Time**



**L.A. Care**  
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Get your baby off to a great start by taking care of yourself while you are pregnant.

**See your doctor** as soon as you think you may be pregnant. Your doctor will make sure you and your baby are healthy.

Continue to see your doctor during your pregnancy. Each doctor visit is important.



## Having a baby is special.

Take good care of yourself by following these steps.

### Eat healthy foods

Eating the right foods, in the right amounts, helps your baby grow. Try to eat from all food groups each day.



#### Grains

At least 6 ounces a day. Make at least ½ of your grains whole. Try brown rice, whole wheat bread, pasta, and tortillas.



#### Vegetables

At least 2 ½ cups a day. Choose leafy dark green and orange vegetables. Try broccoli, spinach, carrots, and tomatoes.



#### Fruits

At least 2 cups a day. Try a variety of fruits such as melons, pineapple, berries, and oranges.



#### Milk, Yogurt and Cheese

At least three 1 cup servings a day. Try low or non-fat milk, yogurt, and cheese. Do not eat soft cheese made from unpasteurized milk like feta, blue, and some Mexican cheeses.



#### Meat, Chicken, Fish, Dry Beans, Eggs and Nuts

Eat 5 ½ or more ounces a day. Try lean meats, chicken, turkey, eggs, beans, peas, nuts and seeds. Do not eat raw fish or fish high in mercury, like: tilefish, king mackerel, swordfish, shark or albacore (white) tuna.



#### Oils

Have 4-6 teaspoons each day. Use liquid oils like olive and avocado. Limit hard fats like butter and lard.



## Get Some Exercise

Exercise helps you feel your best during pregnancy. **Thirty** minutes of exercise a day is a good goal. Walking and swimming are great choices. Avoid exercises that require balance like bike riding. Special movements, such as prenatal yoga and kegels (*squeezing the muscles you use to go to the bathroom*) are also good. You should not start a new sport or hard exercise program.

## See the doctor after you have your baby

Both you and your baby need to see the doctor soon after your baby is born. New moms need to see the doctor 1 to 12 weeks (7-84 days) after giving birth, even if you see the doctor within the first week after a C-section.

**Bring your baby to all well-child visits.** Make sure your baby gets the right shots starting at 2 months of age.

