



# Get Healthy in Pregnancy

Get Healthy in Pregnancy helps you manage healthy weight gain during pregnancy to give your baby the best start in life.

Our health coaches are university qualified and offer free support and tools to help you stay healthy during your journey from pregnancy, to birth and beyond.

## Healthy weight gain

Managing healthy weight gain during pregnancy helps lower your risk of:

- going into labour too early;
- having a baby that is smaller or larger than the average size for your stage of pregnancy (gestational age);
- pre-eclampsia and high blood pressure in pregnancy that can put you and your baby at risk;
- diabetes and gestational diabetes;
- blood clots in your legs or pelvis;
- breastfeeding problems;
- your child being above a healthy weight in the future.

Our pregnancy weight gain calculator can help you see the weight range recommended for you.



## Weight gain calculator

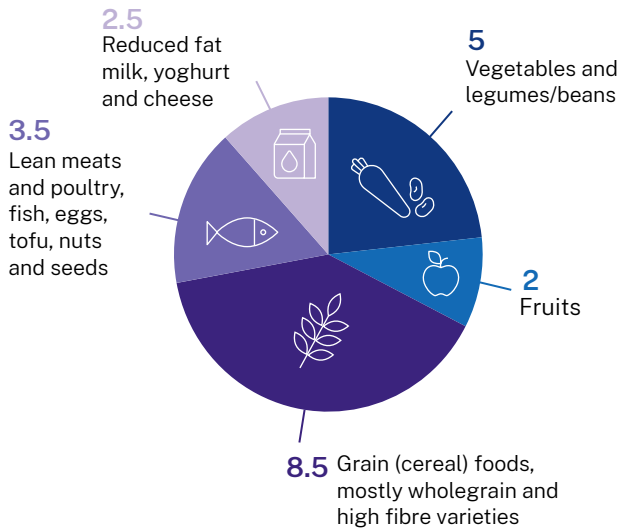
Track and save your weight as your baby grows.

## Healthy eating

Healthy eating helps you get the nutrients you need to support your baby's growth and development.

### Foods to eat

Recommended serves per day



Source: Australian dietary guidelines 2013, National Health and Medical Research Council (NHMRC). Visit [eatforhealth.gov.au](http://eatforhealth.gov.au) for more on the Australian dietary guidelines.

### Food and drinks to avoid

Australian guidelines advise pregnant and breastfeeding women to avoid or limit these foods and drinks:

- avoid raw or processed meats and seafood, soft cheese, and ready to eat salads that may have harmful bacteria like listeria and salmonella;
- avoid alcohol when you are planning a pregnancy, pregnant or breastfeeding;
- limit unhealthy fats, added salt and sugar, and caffeine.

Visit [healthyliving.nsw.gov.au/pregnancy-for-you](http://healthyliving.nsw.gov.au/pregnancy-for-you) for information on foods and drink to avoid, and recommended supplements like folate, iodine and iron.

## Staying active

If you and your baby are healthy, aim to be active most days. Include daily exercises like walking, swimming, dancing, and light resistance training.

If you have health issues or unsure where to start or what's right for you, speak to your GP, midwife, or women's health physiotherapist.

### Safety guide

- take things easy;
- stop when you are tired;
- drink plenty of water and avoid overheating;
- wear comfortable clothing;
- 'warm up' and 'cool down' to prevent injury;
- stop if you have bleeding, pain or get breathless.

If you're doing an exercise class, make sure your teacher is qualified and let them know you're pregnant.

Visit [healthyliving.nsw.gov.au/pregnancy-staying-active](http://healthyliving.nsw.gov.au/pregnancy-staying-active) for more on staying active during pregnancy.

### Join Get Healthy in Pregnancy to:

- set and achieve goals;
- eat well and keep active;
- avoid alcohol;
- gain healthy weight during pregnancy;
- keep on track and motivated;
- return to a healthy weight after birth.

The program is designed to fit in with your life. You choose the number of coaching calls, at a time that works best for you.

Call one of our health coaches, sign up online, or ask your health professional for a referral.

Call 1300 806 258

Monday to Friday, 8am to 8pm

Saturday 9am to 5pm

[gethealthynsw.com.au](http://gethealthynsw.com.au)  
[/get-healthy-in-pregnancy](http://get-healthy-in-pregnancy)

Free access to interpreter services and the National Relay Service are available.

