

Pregnancy and Nutrition



Black Infant Maternal Health Initiative

Kern County

**“Striving for birth equity through
unity and empowerment.”**

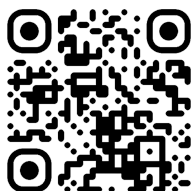


Healthy eating matters during pregnancy. Not having enough healthy food or having limited access to fresh foods can increase the risk of health problems during pregnancy.

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SIS, DID YOU KNOW?

These tips can help you and your baby stay alive and healthy.

Healthy Diet to Reduce Risks: Eating a balanced diet can significantly lower the risks of complications such as high blood pressure, diabetes, and heart disease in pregnancy.

Healthy Food can be Affordable and Accessible: Community resources like WIC and SNAP are available that provide low-cost to free options to ensure proper nutrition in pregnancy. Visit their websites to learn more:
www.capk.org/wic/
www.kcdhs.org/services/apply-for-benefits/calfresh

Cultural Meal Preparation: Healthy food does not have to be bland or boring. Explore recipes that honor tradition while promoting health.

Hydration is just as important as nutrition:
Drink plenty of water.

Foods to include: Focus on meals that include fruits, vegetables, lean proteins, and whole grains to support your baby's development and maintain your energy.

Control and Monitor: Watching your intake of sugar and salt helps to manage the risk of high blood pressure, which could lead to diabetes, and gestational diabetes.