



# Get Healthy in Pregnancy

## Keeping mob healthy through pregnancy

Our free program supports Aboriginal and Torres Strait Islander people to stay healthy during and after pregnancy.

When you join you get your own Aboriginal health coach who understands your lifestyle, family, kin and community.

## Healthy weight during pregnancy

Managing a healthy weight range 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
- gestational diabetes and diabetes
- blood clots in your legs or pelvis
- breastfeeding problems
- your child being above a healthy weight in the future

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



## Pregnancy weight calculator

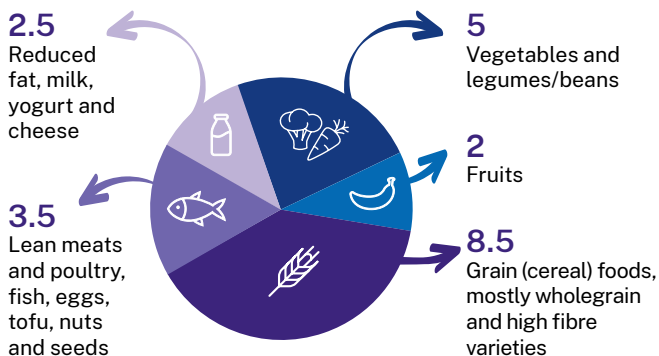
Track and save your weight as your baby grows.

## 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.

### Staying active

Being active can lower your risk of some pregnancy-related problems and support a healthy pregnancy.

If you and your baby are healthy and you were active before you got pregnant, you can continue with physical activity during your pregnancy. If you weren't active before pregnancy, start slowly and build up your activity to meet physical activity guidelines.

As your body changes during pregnancy, you may need to change the activities you do. Listen to your body and chat with your health professional for more help.

Visit [health.gov.au/topics/physical-activity-and-exercise/pregnancy](http://health.gov.au/topics/physical-activity-and-exercise/pregnancy) to find out more about how to be active safely during pregnancy.

## Food and drinks to avoid

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



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.

### Join Get Healthy in Pregnancy to:

- set and achieve goals
- eat well and keep active
- access support to stop smoking and avoid alcohol
- support healthy weight gain 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 will get coaching over the phone and online at a time that suits you, supported by emails and texts.



Call our Aboriginal health coaches, register 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/pregnancy](http://gethealthynsw.com.au/pregnancy)

