



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 qualified health coaches offer free evidence-based phone and online health coaching to help you stay healthy during your pregnancy and beyond.

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

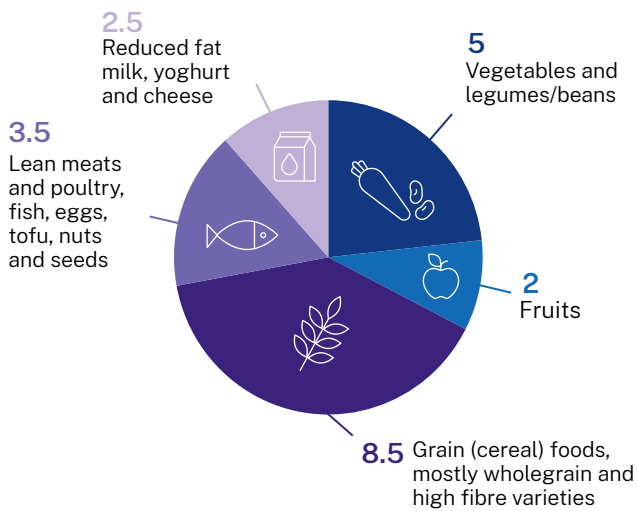
Track and save your weight as your baby grows.

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 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 to find out more about how to be active safely during pregnancy.

Foods and drinks to avoid

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



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 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 health coaches or speak to your GP or midwife about joining Get Healthy in Pregnancy

Call 1300 806 258

Monday to Friday 8am to 8pm

Saturday 9am to 5pm

gethealthynsw.com.au/pregnancy

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

