

# Pregnancy Reference Card

(You can complete this at your first appointment.)

Planning for a healthy pregnancy means understanding your health risks, how they can affect your pregnancy, and ways to reduce or address them.

Healthcare providers will use a range of information to create a healthy pregnancy plan that is just right for you. This can include your body mass index (BMI), health history, current health, medicines and supplements you take, lifestyle, and other factors.

Use this card as a starting point for you and your provider to create a healthy pregnancy plan that meets your health needs.



## BMI: Be More Informed

Check out these resources about health, nutrition, and physical activity during pregnancy. They may help you come up with questions to ask your provider.

- **ChooseMyPlate.gov:** Health & Nutrition Information for Moms/Moms-to-Be (<http://bit.ly/2OcwE0i>)
- **American College of Obstetricians and Gynecologists**
  - Exercise During Pregnancy (<http://bit.ly/2K2FTy7>)
  - Nutrition During Pregnancy (<http://bit.ly/2K58483>)
  - Obesity and Pregnancy (<http://bit.ly/30U3g3R>)
- **Eunice Kennedy Shriver National Institute of Child Health and Human Development:** Pregnancy (<http://bit.ly/2LGcZr6>)
- **Plus Size Birth:** Support and info for pregnant women and those thinking about pregnancy (<http://bit.ly/2GrDITW>)

## My Information



Current Weight

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Height

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Starting BMI

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Recommended Weight Gain

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Estimated Due Date

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# Recommendations



## Tests and Procedures

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## Healthy Eating

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## Physical Activity

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## Things to Avoid

- Alcohol, smoking/vaping, marijuana, drugs (ask your provider about taking prescription/over-the-counter medications)
- Raw fish, undercooked meat, unpasteurized cheese (such as feta)
- Too much caffeine (limit to 200 milligrams, the amount in a 12-ounce cup of coffee, per day)
- Exposure to hazardous substances, such as lead



## Additional Notes

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Visit <https://nichd.nih.gov/Pregnancy4Everybody> for more information and resources.



*Eunice Kennedy Shriver* National Institute  
of Child Health and Human Development

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