



Better Health for Mother and Baby

母親與嬰兒的健康

1. Avoid alcoholic beverages and drinks with caffeine, such as coffee and soft drinks.

避免喝酒及喝含咖啡因的飲料，如咖啡及一些軟飲料。

2. Eat foods that contain calcium every day. These include milk, cheese, yogurt, fish with bones, and some dark green vegetables.

每天吃一些含鈣的食物。這些食物包括鮮奶，奶酪，酸奶，帶骨的魚及一些深綠色的蔬菜。

3. Eat 2 to 3 servings of meat, fish, eggs, or dried beans every day for protein.

每天吃2 - 3份的肉，魚，蛋或乾果以攝取蛋白質。

4. Eat at least 5 servings of fruit and vegetables every day for vitamins and minerals. For example, slice a banana over your morning cereal and choose an apple as an afternoon snack. Also, have carrot or celery sticks with lunch and broccoli and salad with dinner.

每天至少吃5份水果及蔬菜以攝取維他命和礦物質。例如早晨喝麥粥時吃一根香蕉，下午選蘋果作零食，午飯吃一些胡蘿卜和芹菜，晚飯吃些西蘭花和色拉。

5. Eat 6 to 11 small servings of whole grains, which are important for health and energy. These include whole wheat bread and brown rice.

每天吃6 - 10全谷類的食物。這類食物對人的精力及健康很重要。它們包括全麥面包和黑米等。

6. See your doctor early in your pregnancy.

懷孕后及早諮詢醫生。

7. Make sure you gain the right amount of weight during your pregnancy. For most women, this will be 25 to 35 pounds. Ask your doctor for help.

確保懷孕期間你的體重有一定程度的增長。對大多數婦女而言，增長的幅度在二十五到三十磅之間。請諮詢你的醫生。

Chinese Language Version

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