*This is the first in a two-part article series on having a healthy pregnancy. In the first article, we look at some of the top healthy pregnancy tips from healthcare providers for mothers-to-be. This is often referred to as “prenatal care.”*

**Vaccinations**

Did you know that vaccinations have an impact on your own health as well as on your baby’s? 1 Meet with your doctor to discuss your history of vaccinations. For example, if you haven’t been vaccinated for whooping cough, your doctor may recommend this inoculation.[[1]](#endnote-1) If you travel outside the country for work or pleasure, let your doctor know this as well as certain vaccinations may be recommended.1

**Nutrition**

Weight gain may be a concern during pregnancy. Your weight is a very important discussion to have with your doctor, so you can know if you’re at a healthy weight to start. Remember, proper nutrition is about making better food choices and so if you are now eating for two should really think about what better food choices might be. Consider choosing high fibre foods (like whole-grain over white bread), or choosing iron-rich foods, like spinach and beans.[[2]](#endnote-2) Choose at least one source of vitamins A, C and folate (folic acid) every day.2 It’s also about limiting foods and condiments that aren’t good for you, including fats, sweets, and salt.2

**Exercise**

If you have bouts of fatigue during your pregnancy (which is very common), exercise may seem like the last thing you want to add to your day. However, exercise can actually restore energy, once you get into a regular routine.[[3]](#endnote-3) It doesn't have to be strenuous exercise either—just 30 minutes of moderate exercise three or four times a week may be sufficient.3 Talk to your doctor before you start, and every time you meet with your doctor remember to discuss your exercise program. You want to make sure that you haven’t developed any issues throughout your pregnancy that may make exercise (or certain types of physical activity) inadvisable.

We encourage you to read more about prenatal care. Please access your free copy of *Healthy Pregnancy, Healthy Baby* by <*insert instructions here*>.

1. Centers for Disease Control and Prevention, “Maternal Vaccines: Part of a Healthy Pregnancy,” August 2016 [↑](#endnote-ref-1)
2. Journal of Human Nutrition and Dietetics, “Nutritional and clinical associations of food cravings in pregnancy,” June 2016 [↑](#endnote-ref-2)
3. The Journal of Perinatal Education, “Exercise During the Childbearing Year,” January 2000 [↑](#endnote-ref-3)