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pregnancy test comes  
back positive, you've  
begun a life-altering  
journey. As the baby  
grows and changes  
through each stage of  
pregnancy, you go  
through changes,...

**Health & Baby - Your  
Guide to a Healthy  
Pregnancy**

The American College  
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of Obstetricians and Gynecologists (ACOG) recommends 1,000 milligrams (mg) per day for pregnant and lactating (breastfeeding) women. Women 19 years or younger, need 1,300 milligrams a day. Eat or drink four servings of dairy products or foods rich in calcium. Dairy products are the best source of calcium.

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**Your Guide to a  
Healthy Pregnancy**

Whatever your questions, understanding your pregnancy week by week can help you make good decisions throughout your pregnancy. Learn nutrition do's and don'ts, and get the basics on other healthy pregnancy issues — from exercise to back pain and sex. The more you know about your

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pregnancy week by week, the more prepared you'll be to face what lies ahead.

## **Pregnancy week by week Healthy pregnancy - Mayo Clinic**

Whether it's your first child or your fifth, you want to make sure your baby is healthy and you take care of yourself during your pregnancy. The nine months you're carrying

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your child are crucial to his or her well-being. A prenatal vitamin gives expectant mothers the nutrients she and her baby need to remain healthy. If you regularly exercised before becoming pregnant, feel free to continue your active lifestyle.

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Pregnancy Guide |  
Mom365**

The Healthy Pregnancy  
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Guide provides scientifically-backed information about a variety of areas of home and personal life. It's intended to empower women by giving them information as well as way to take the information and make informed choices.

**The Healthy  
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Staying healthy during pregnancy is important, because now you're responsible not only for yourself. A complete pregnancy health guide by Flo will help you do it easier! Health Insights . Your cycle. Health 360° ...

## **Healthy pregnancy guide: created by expert gynecologists**

Features include week-by-week updates on baby's growth and

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month-by-month changes for mom, a 40-week pregnancy calendar, a symptoms guide, and a review of important pregnancy decisions. In this illustrated book you'll also receive advice on how to get pregnant, meal planning, exercise, medication use and parenthood.

**Mayo Clinic Guide to  
a Healthy  
Pregnancy: From**

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## **Doctors Who ...**

pregnancy Regular visits with your doctor will help keep your pregnancy on track. Along with the care you'll receive, your doctor can also help you learn more about your pregnancy. And you can get counseling and support as needed. So be sure to follow your doctor's advice about how often you should be seen. A common schedule is:

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Weeks 4-28:

## **Your healthy pregnancy and baby care guide**

The Sensible Guide to a Healthy Pregnancy  
Prenatal nutrition.

Healthy eating plays a very important role in a healthy pregnancy, eat foods from a variety of... Folic acid. Your baby's brain, skull and spine form during the first few weeks of pregnancy, before you

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even know you...  
Alcohol and ...

**The Sensible Guide  
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Pregnancy -  
Canada.ca**

You can boost your chances of having a problem-free pregnancy and a healthy baby by following a few simple guidelines. Get early prenatal care Good prenatal care is essential for you and

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your baby. Call your healthcare provider right away and schedule your first prenatal visit.

## **12 steps to a healthy pregnancy | BabyCenter**

No matter where you are in the process, The Healthy Pregnancy Guide is for you. From kitchen and diet, to personal care and water quality, MADE SAFE and Plastic

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Pollution Coalition. Best  
Tips, Products & Tools  
for a Healthier  
Pregnancy & Planet

## **The Healthy Pregnancy Guide | connect ...**

The Health Pregnancy  
Guide is an  
indispensable guide  
that provides those  
steps and breaks down  
the essential  
information you need:  
Why a healthy  
pregnancy matters for



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baby, parents, and the planet Where toxic substances are found in everyday products, how to avoid them, and how they impact health and the environment

## **Healthy Pregnancy Guide from MADE SAFE + Plastic Pollution ...**

Start a journal or a pregnancy blog. Talk to your doctor or midwife about the safest remedies for common

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pregnancy problems like nausea, heartburn, and constipation. Drink 8 to 10 8-oz glasses of water (at least!) a day. Read yet another book!

## **50 Tips for a Healthy Pregnancy - Verywell Family**

During Pregnancy. Learn how to give your baby a healthy start in life. After the Baby Arrives. Keep yourself and baby healthy and safe after birth. Trouble

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Getting Pregnant. Read about causes and find resources for getting pregnant. Avoiding Pregnancy. Learn ways to prevent pregnancy. Polysubstance Use in Pregnancy.

### **Pregnancy | CDC**

Keep yourself comfortable if you're pregnant in the heat of a mid-South summer, and talk with your health care provider regarding clearance

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and prep for planned international travel during your pregnancy. Get noninvasive prenatal genetic testing if you're concerned about common genetic conditions.

**Our Guide to a  
Healthy Pregnancy |  
My Southern Health**  
Goals for Healthy  
Eating When Pregnant  
Eat a variety of foods  
to get all the nutrients

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you need.

Recommended daily servings include 6-11 servings of breads and... Choose foods high in fiber that are enriched, such as whole-grain breads, cereals, beans, pasta and rice, as well as... Make sure you are ...

**Creating a  
Pregnancy Diet:  
Healthy Eating  
During Pregnancy**  
The interactive guide

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includes a 10-month pregnancy calendar that can be personalized to help you keep track of your pregnancy's progress and what to expect. Each month includes interesting facts, useful information and tips on a variety of pregnancy-related topics. Planning a pregnancy and being pregnant are important times in your life.

**Guide to healthy**  
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Take a pregnancy exercise class or walk at least 15-20 minutes every day at a moderate pace, in cool, shaded areas or indoors in order to prevent overheating. Pilates, yoga, swimming, and walking...

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