Prenatal Health Care

WORKING FOR A HEALTHIER TN

Several types of health care professionals can help pregnant women and deliver babies. They include obstetricians, family physicians, midwives and nurse-midwives.

What is prenatal care?

The health care you receive while pregnant.

You and your health care team can work on a plan that fits your needs.

Why do I need it?

Prenatal care can help keep you and your baby healthy. Babies of mothers who don't get prenatal care are three times more likely to have a low birth weight and five times more likely to die than those born to mothers who do get care.

Eat a variety of healthy foods.

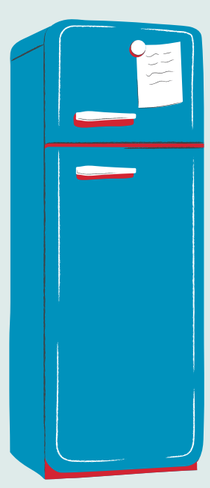
Choose fruits, vegetables, whole grains, calcium-rich foods and foods low in saturated fat. Be sure to drink plenty of fluids, especially water.

Get enough nutrients.

Getting enough iron prevents you from getting anemia, which is linked to preterm birth and low birth weight. Eating a variety of healthy foods will help you get the nutrients your baby needs. Talk to your health care provider about any supplements needed.

Prevent foodborne illness.

Protect yourself and your baby from foodborne illnesses, including toxoplasmosis and listeria. Wash fruits and vegetables before eating them. Don't eat uncooked or undercooked meats or fish. Always handle, clean, cook, eat and store foods properly.

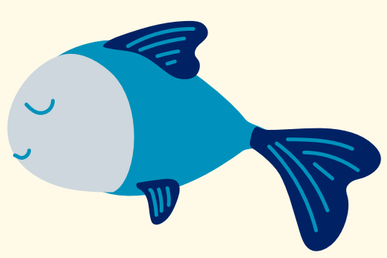


Talk to your health care team!

Getting regular care and following your provider's advice will help keep you and your baby as healthy as possible!

Avoid certain fish.

Avoid fish with lots of mercury, including swordfish, king mackerel, shark and tilefish.



Source: womenshealth.gov