



Letters from Your Unborn Baby My Sixth Month



Dear MOM,

I hope you are getting plenty of rest every day. I want you to feel good. If you don't feel good, please tell your doctor. The doctor can help you feel better.

Your abdomen is getting bigger and your skin is feeling stretched. Are you still using moisturizer on your skin? It is a good idea. You may notice some swelling in your legs and ankles. This is normal, especially in warm weather. This swelling may be a bit uncomfortable, but it is not dangerous. To get comfortable, put your feet up whenever you can, and wear comfortable clothing. Don't wear tight knee-highs.

IRON

Iron is needed to keep our blood healthy. When you don't get enough iron you get anemia. When you have anemia you feel tired and run down, and you don't feel like you have much energy to do anything. It is very difficult to get enough iron in your diet during pregnancy. Remember to take your prenatal vitamins so you are sure to have plenty of iron. Some women complain they get constipation when they take iron. If this becomes a problem for you, remember to drink lots of water, get plenty of fiber, and exercise regularly.

You can get iron from two food groups. Both the **Meat & Beans Group** and the **Grain Group** have foods high in iron.



Meats, poultry, fish, liver
Sardines



Dried beans: pinto, kidney, navy, lima
Peanut butter

Fortified breakfast cereals
Enriched grain products



FRUITS AND VEGETABLES



Fruits and vegetables are a great place to get three vitamins that you really need when you are pregnant. Fruits and vegetables provide you with vitamin C, vitamin A, and folate.



Pick your favorite fruits and vegetables from this table. Follow **MyPyramid** recommendations to eat 2 cups of fruit and 2 1/2 cups of vegetables each day.

Vitamin C	Vitamin A	Folate
Guava	Sweet potato	Spinach
Red sweet pepper	Pumpkin	Dark leafy greens
Kiwi fruit	Carrot	Broccoli
Orange & orange juice	Spinach	Orange
Pineapple	Collard	Orange juice
Green sweet pepper	Kale	Cooked dried beans & peas
Grapefruit	Turnip greens	
Vegetable juice	Beet greens	
Strawberries	Winter squash	
Brussels sprouts	Cantaloupe	
Cantaloupe	Mustard greens	
Mango & Papaya	Pickled herring	
Kale	Red sweet pepper	
Broccoli	Chinese cabbage	
Sweet potato		
Cauliflower		

Eat your fruits and vegetables, and take your prenatal vitamin! **Love, Your Baby**



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