



WORLD-CLASS HEALTHCARE. CLOSE TO HOME.

St. Tammany Parish Hospital invites you to attend a

Prenatal Nutrition Class

The goal of this program is to provide nutritional information and guide women in their second and third trimester to healthy eating.

Course Outline:

- Calculation of Body Mass Index (BMI) and weight gain calculations
- Tips for healthy pregnancy outcomes
- MyPlate for Mom by USDA (including meal planner)
- Importance of Calcium, Iron and Folate
- Sugar and Sodium—know your limits
- Day of healthy eating—planning your meal plan
- Benefits of exercising and examples

Classes are offered weekly

Please call 985-871-6036 for dates and times

Program Cost: \$15

**Registration required: Call Sandy Matthews, 985-871-6036 or
Jessica Ponze, 985-871-6391**

