

Mommy Matters

Prenatal Nutrition on Demand



A healthy baby starts with a health pregnancy. Eating nutritious foods and avoiding excess weight gain during pregnancy is important for the health of both mom and baby. Baptist Health South Florida now offers a FREE on-demand video nutrition series for expectant mothers.



Upon completion of this series, you may print a certificate to share with your obstetrician or midwife. Use the QR code below or [click here](#) to find these video titles in our “Featured Videos” section of our Community Health page.

Topics include:

The Myth About Eating for Two

Should I eat twice as much now that I’m pregnant? What is healthy eating for pregnancy? Join our registered dietitian as she talks about quantity vs. quality and the unique nutrition needs for pregnant women. You will be able to put the tips she’ll share in practice at your next meal.

Nutrition Strategies to Cope with Morning Sickness

If you are struggling with nausea, bloating, constipation, or reflux, then this class is for you. These nutrition tips will help avoid or manage the uncomfortable effects of morning sickness. You don’t want to miss this one!

Reading Labels for a Healthy Delivery

Learn to read a label in seconds with this class on the key sections of the nutrition label to make quick decisions on the healthiest foods for you and your baby.

Eat This Not That for Mom and Baby

Let us review what healthy eating looks like for pregnant women but also learn which foods to stay away from for a healthy baby, and why.

Questions? Email programs@baptisthealth.net or call 561.955.MAMA (561.955.6262)



Baptist Health