



Southwest Ob / Gyn Associates, L.L.P

16651 Southwest Freeway, Suite 200 Sugar Land, TX 77479

7737 Southwest Freeway, Suite 895 Houston, TX 77074

Telephone: (713) 774-5131 Fax: (713) 774-4336

NUTRITION IN PREGNANCY

A class, offered as part of your prenatal care, designed to review:

- Nutrient and calorie needs unique to the pregnant woman
 - Identifying your present eating habits
- Choosing foods you may need to add to your eating plan
 - Managing foods high in nutrients
 - Appetite changes
 - Weight Gain
- Nutrient and calorie needs in breastfeeding
 - Weight loss after pregnancy

Instructor: Carol Cockerham, M.S., R.D., L.D.

When: Second Tuesday of every month
6:00 P.M.

Where: Southwest Obstetrics/Gynecology Associates
7737 Southwest Freeway, Suite 700