

WEBSITES WITH FURTHER INFORMATION ON PREGNANCY & OBESITY

[Dances with Fat](#)

Dances with Fat is Ragen Chastain's blog. She's a Speaker, Writer, Dancer, Marathoner, ACE Certified Health Coach and Functional Fitness Specialist, in Training to be an Iron-Distance Triathlete, Activist, and Real Live Fat Person who provides information and support for plus size people.

[NAAFA](#)

NAAFA is an all-volunteer multigenerational organization looking to change the narrative around fatness, fight for fat-rights and increase respect for all people in all bodies. This site has information, apps, a blog, and links to international sites for the reduction of weight bias and health at every size.

[Obesity Canada](#)

Obesity Canada is an organization whose mission is to improve the lives of Canadians living with obesity through research, education, and advocacy. Obesity Canada's website offers information and support for providers and patients. Obesity Canada regularly offers online and in person conferences around Canada. Obesity Canada has an image bank for use in obesity care without charge.

PLUS SIZE SITES:

<https://plussizebirth.com/>

<https://plussizebirth.com/size-friendly-midwife/>

<https://plasmommy.com/about/>

Plus Size sites are organized by Jen McClellan. These sites are informational and also link to Jen's podcasts and book.

[Rudd Center for Food Policy and Health at the University of Connecticut](#)

Originally founded at Yale with a focus on reducing weight stigma, the Rudd Center believes that "everyone, regardless of who they are, where they live, and what they look like, deserves the opportunity to eat healthfully. The Center is committed to interrupting the cycle of inequity by:

- Conducting research to inform advocacy and policy
- Support evidence-based solutions
- Challenge the status quo, and
- Hold the food industry, media, government and other that affect the food environment accountable for their actions

The Rudd Center has podcasts, research postings and a media gallery.

[MyPlate.gov for Pregnancy and Breastfeeding](#)

This site from the US Department of Agriculture provides information on the MyPlate diet, a low glycemic index, high fiber diet that contains essential quantities of fruits and vegetables. The site includes nutrition explanations, apps, and recipes.

[Canada's Food Guide-healthy eating during pregnancy](#)

This is the government of Canada's website for health eating. It contains information on healthy and safe eating during pregnancy and lactation.