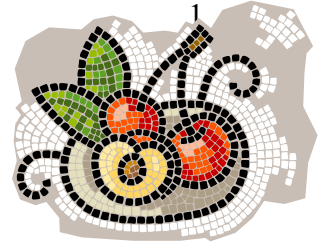


## TEACHER INFORMATION

### How should I eat during my pregnancy?



As with any pregnancy, it is important to eat the proper foods to meet the nutritional needs of the mother and fetus. An additional goal for women with gestational diabetes is to maintain a proper diet to keep blood sugars as normal as possible.

The daily need for calories increases by 300 calories during the second and third trimesters of pregnancy. If non-pregnant calorie intake was 1800 calories per day and weight gain was maintained, a calorie intake of 2100 calories per day is usual from 14 weeks until delivery. This is the equivalent of an additional 8 ounce glass of 2milk and one half of a sandwich (1 slice of bread, approximately 1 ounce of meat, and 1 teaspoon of margarine, mayonnaise, etc.) per day. The need for protein also increases during pregnancy. Make sure your diet includes foods high in protein, but not high in fat (table 4). Most vitamins and minerals are also needed in larger amounts during pregnancy. This can be attained by increasing dairy products, especially those low in fat, and making sure you include whole grain cereals and breads, as well as fruits and vegetables in your diet each day. To make sure you get enough folate (a B vitamin critical during pregnancy) and iron, your obstetrician will probably recommend a prenatal vitamin. Prenatal vitamins do not replace a good diet; they merely help you to get the nutrients you need. To absorb the most iron from your prenatal vitamin, take it at night before going to bed, or in the morning on an empty stomach.

The Daily Food Guide serves as a guideline for food sources that provide important vitamins and minerals, as well as carbohydrates, protein, and fiber during pregnancy. The recommended minimal servings per day appear in parenthesis after each food group listed. This guide emphasizes foods that are low in fat and in sugar.

The food guide is divided into six groups: milk and milk products; meat, poultry, fish, and meat substitutes; breads, cereals, and other starches; fruits; vegetables; and fats. Each group provides its own combination of vitamins, minerals, and other nutrients which play an important part in nutrition during pregnancy. Omitting the foods from one group will leave your diet inadequate in other nutrients. Plan your meals using a variety of foods within each food group, in the amounts recommended, and you'll be most likely to get all the vitamins, minerals, and other nutrients the fetus needs for growth and development.

## Guide to Good Eating During Pregnancy

**Milk-Cheese Group** - 3 servings (Pregnant Teens: add 1 serving)

Count as 1 serving: 1 cup milk, 1 1/2 cup cottage cheese; 2 cups ice cream; 2, 1-inch cubes cheese.

**Meat, Poultry, Fish and Beans** - 3 servings

Count as one serving: 2 to 3 ounces meat, fish or poultry; 2 eggs; 2 slices lunch meat; 4 Tbls. peanut butter; 1 cup kidney, pinto or garbanzo beans.

**Fruit Group** - 3 servings (Pregnant Teens: add 1 serving)

Count as 1 serving: 3/4 cup juice; 1 medium banana, apple or orange.

**Vegetable Group** - 4 servings (Pregnant Teens: add 1 serving)

Count as 1 serving: 1/2 cup cooked vegetables; 1 cup raw leafy vegetables; 3/4 cup juice.

Include every day:

1 rich Vitamin C source such as citrus fruit and 1 dark green leafy vegetable.

**Bread and Cereals Group** - 9 servings (Pregnant Teens: add 1 to 2 servings)

Count as 1 serving: 1 slice bread; 1-ounce ready-to-eat cereal; 1/2 to 3/4 cup cooked cereal or pasta.

**Fats, Oils and Sweets Group** - Use Sparingly

Count as 1 serving: 1 Tbl. corn, safflower or cottonseed oil used in cooking or in salad dressing; 1 Tbl. butter or margarine.

Cakes, pies, cookies, soft drinks, sugar, honey, candy, jams, jellies, gravies, butter, sour cream - Save these to eat only if you need extra calories after eating the basic needed foods.

That sounds like a lot of food, but realize that a "serving" tends to be smaller than you might think. For example, one slice of bread equals one serving for the bread and grains category, a half-cup of cottage cheese or one slice of cheese equals a dairy serving, and a protein serving is one egg or a piece of meat about the size of a deck of cards.

Choosing several different-colored fruits and vegetables each day will help you get the variety of nutrients you need. Opt for foods as close to their natural state as possible to maximize your chances of eating well: Pick whole-grain bread or brown rice over refined white bread or white rice and fresh fruits over canned fruits in sugar syrup. Eat fats, oils, and sweets sparingly.

## Other Nutritional and Non-Nutritional Considerations:

### ***Alcohol.***

There is no known safe level of alcohol to allow during pregnancy. Daily heavy alcohol intake causes severe defects in development of the body and brain of the fetus, called Fetal Alcohol Syndrome. Even moderate drinking is associated with delayed fetal growth, spontaneous abortions, and lowered birth weight in babies. The Surgeon General's office warns: "Women who are pregnant or even considering pregnancy should avoid alcohol completely and should be aware of the alcohol content of food and drugs."

### ***Salt.***

Salt restriction is no longer routinely advised during pregnancy. Recent research shows that during pregnancy the body needs salt to help provide the proper fluid balance. Your health care provider may recommend that you use salt in moderation.

### ***Caffeine***

Studies conflict on the potential danger of caffeine to the fetus. Caffeine is found primarily in coffee, tea, and some sodas (table 6). Moderation is recommended. Talk to your doctor or other health professional about the maximum amount of caffeine recommended.

### **Caffeine Comparisons**

<b>Food</b>	<b>Serving Amount of Caffeine</b>	
Regular coffee	8 oz.	80-200 ma.
Instant coffee	8 oz.	60-100 ma.
Decaffeinated coffee	8 oz.	35 ma.
Tea	8 oz.	60-65 ma.
Carbonated drinks		
e.g. colas	12oz.	30-65 mg.
Hot chocolate	8 OZ.	13 ma.

### ***Megavitamins.***

Megavitamins are defined as 10 times the Recommended Dietary Allowance\* of vitamins and minerals and are not recommended for pregnant women. Although it is possible to get all of the necessary nutrients from food alone, your doctor may prescribe some prenatal vitamins and minerals. If taken regularly, along with a balanced diet, you will be getting all the vitamins and minerals needed during your pregnancy.

### ***Smoking.***

Research has shown without question that smoking during pregnancy increases the risk of fetal death and pre-term delivery, impairs fetal growth, and can lead to low birth weight.

It is best to stop smoking entirely and permanently, or at the very least, to cut back drastically on the number of cigarettes you smoke.

### Sample Menu ? 2000 Calories

This diet is planned for women whose normal non-pregnant weight should be 130-135 lbs. For women who weigh less than 130 before pregnancy, the diet should contain fewer calories. Women who are overweight are at higher risk for gestational diabetes. Your health care provider can discuss this and help you make necessary changes.

#### **BREAKFAST**

1/2 grapefruit  
 3/4 cup oatmeal, cooked  
 1 tsp. raisins  
 1 whole wheat English muffin  
 1 tsp. margarine

#### **LUNCH**

Salad with:  
 1 cup romaine lettuce  
 1/2 cup kidney beans, cooked  
 1/2 fresh tomato  
 1 oz. part skim mozzarella cheese  
 2 tbsp. lowcalorie Italian dressing  
 1 bran muffin  
 1/2 cup cantaloupe chunks

#### **AFTERNOON SNACK**

2 rice cakes  
 6 oz. lowfat yogurt, plain  
 1/2 cup blueberries

#### **DINNER**

3/4 cup vegetable soup with  
 1/4 cup cooked barley  
 3 oz. chicken, without skin  
 1 baked potato  
 1/2 cup cooked broccoli  
 1 piece whole wheat bread  
 1 tbsp. margarine  
 1 fresh peach

#### **BEDTIME SNACK**

1 apple  
 2 cups popcorn, plain  
 1/4 cup peanuts