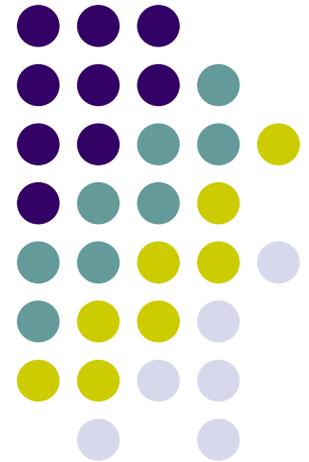
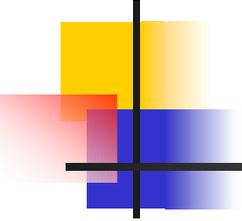


NUTRITION & EXERCISE DURING PREGNANCY



Preparation for pregnancy

- A mother brings to her pregnancy, all of her previous life experiences; diet, food habits, attitudes.
- Birth defects occur before the 10th week of pregnancy.
- The outcome of her baby's health depends on mother's nutritional state.
- Prepare body 2 years ahead.
- If nutrients are lacking the mother suffers first and then the baby suffers.



Bad diet can cause:

- Premature birth
- Low birth weight
- Feeble, weak
- Inability to breast feed
- Deformed babies
- complications at birth
- Depression
- Babies have fewer brain cells

Weight Gain

- 25-30 pounds Total (average weight)
- Two and five pounds in the first trimester
- About one pound per week for the rest of your pregnancy.



Distribution of Weight Gain

WEIGHT GAIN In POUNDS

7.5 – 8.5

7.5

4

2.7

2

1.8

1.5

10

AREA

- Fetus
- Stores of Fat & Protein
- Blood
- Tissue Fluids
- Uterus
- Amniotic Fluid
- Placenta & Cord
- Breasts

28-29 Pounds Total



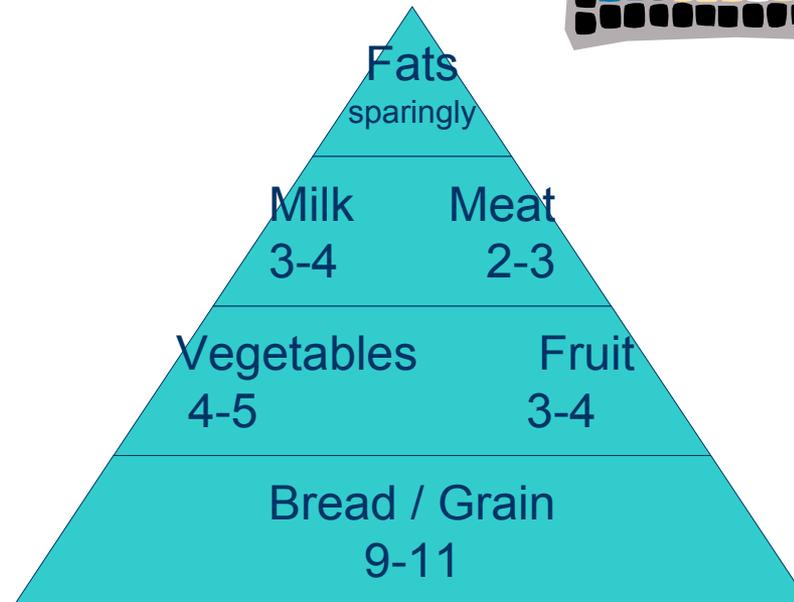
Affect on body

- Increased clumsiness
- Backache are the most common.
- Many women complain of leg- and ankle-swelling (edema), but this symptom is actually caused by the extra amount of blood in your body, not fat.

Food Pyramid



Food Groups
And
Serving Amounts



Recommended Daily Allowance:

	<u>Normal</u>		<u>Pregnant</u>
	F	M	
Calories	2,200	2,800	+300
■ Bread	9	11	9-11
■ Vegetables	4	9	4-5
■ Fruit	3	4	3-4
■ Milk	3	3	3-4
■ Meat	2 (6oz)	3 (7oz)	2-3

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.

Sample Menu? 2000 Calories



■ BREAKFAST

- 1/2 grapefruit
- 3/4 cup oatmeal
- 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 skim mozzarella cheese
 - 2 tbsp low calorie Italian
dressing
- 1 bran muffin
- 1/2 cup cantaloupe chunks

■ AFTERNOON SNACK

- 2 rice cakes
- 6 oz low-fat yogurt, plain
- 1/2 cup blueberries

■ DINNER

- 3/4 cup vegetables soup with
1/4 cup cooked barley
- 3 oz chicken, w/o skin
- 1 baked potato
- 1/2 cup cooked broccoli
- 1 piece whole wheat bread
- 1 tbsp margarine
- 1 fresh peach

■ BEDTIME SNACK

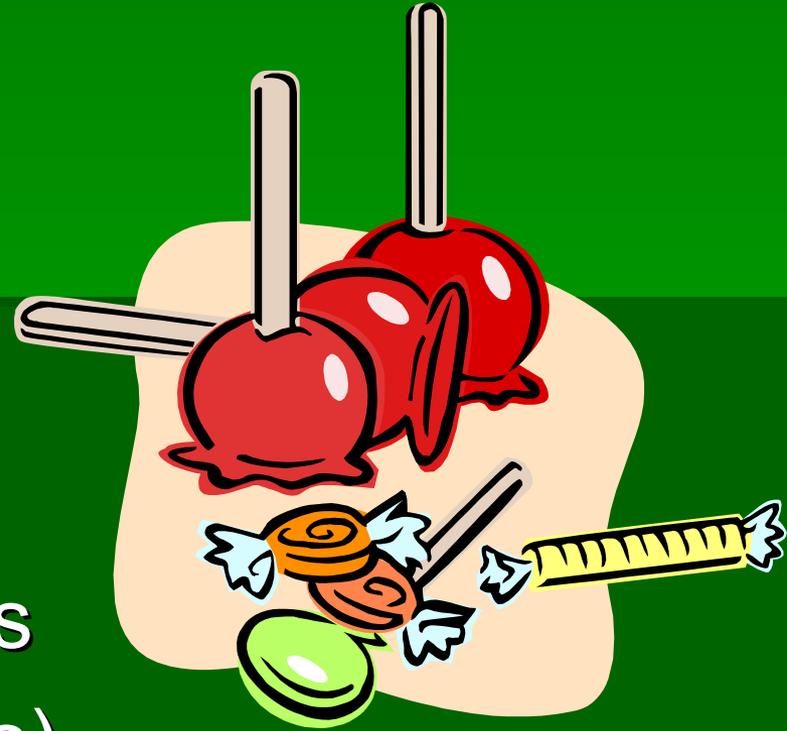
- 1 apple
- 2 cups popcorn, plain
- 1/4 cup peanuts

"fast" food

1. Single serve fruit bowls
2. Soy milk
3. Tuna fish
4. Raisins
5. Yogurt
6. Easy-to-make trail mix
7. Salad Bar
8. Baby carrots
9. String Cheese
10. Boxed, calcium fortified orange juice
11. Single-serve boxes of cereal
12. Single-serve cottage cheese bowl

Foods to avoid:

1. Ramen Noodles
2. Sodas
3. Pre-packaged lunches
(like lunchables)
4. Almost all prepared, frozen meals
5. Iceberg lettuce



Exercise during Pregnancy

- Reduces fatigue and helps manage stress
- Increases endurance and strengthening muscles
- Help relieve back pressure
- Improve posture and balance
- Improve circulation & lowers blood pressure
- Helps prepare for the strain of labor.
- Improve self image.
- Regain figure faster.



Exercises

1. Stretches for lower back
2. Upper back stretch
3. Pelvic Tilts
4. Kegels

