

### Lesson Instructions

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**Suitable For:** All clients.

**Time Frame:** Ideal early in the pregnancy but effective anytime.

**Lesson Objective:** To help clients understand that being a good mother starts the moment she finds out she is pregnant.

**Instructions:** Show part 4 of *Baby to Be: Eating for Two*. After client watches it, give her a copy of the lesson. Go over the information together using the questions as opportunities for discussion.

**\* Questions to discuss with your client are bolded and italicized.**

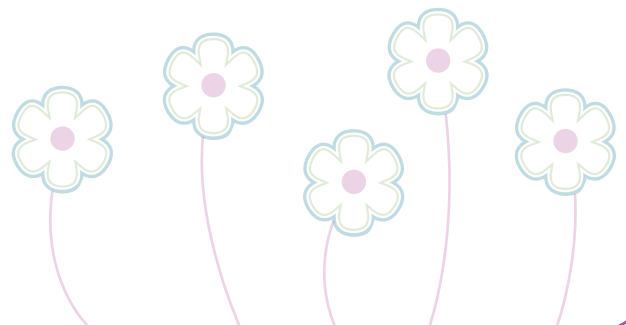
**Homework:** Give your client a copy of the homework sheets provided.

**Supplies:** DVD: *Baby to Be*

**Note:** You do not need to remove the master sheets from the protective plastic to copy. You can copy right through the plastic. Start with the last page first and move forward so your copies will come out in order.



This lesson encourages healthy food choices - and it tells why they are important.



## Discussion Sheet, Page 1

### I Love Doughnuts!

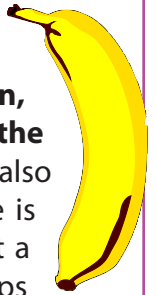
Eating healthy does not mean you can't eat the things you like. If you happen to like foods that aren't healthy (like doughnuts, candy, soda, and fried foods) you still can occasionally eat them. Just make sure to only eat them every once in a while (not for every meal) and then only eat small portions and fill up on the healthier options.



Eating healthy is important all of the time - but especially when you are pregnant.



Nutrition is very important when you are pregnant because you are the sole source of nutrition for your baby. **If you eat well-balanced, healthy food during your pregnancy, your baby's body, brain, and other organs benefit. This is the only way your baby gets the nutrients necessary to grow strong and healthy.** A healthy diet also helps make you fit and healthy during pregnancy and labor. There is research that supports lifelong benefits to your child when you eat a well-balanced diet. A well-balanced diet includes food from six groups and is a mixture of carbohydrates, protein, fat, vitamins, and minerals.



### Why Is Good Nutrition Required During Pregnancy?

Your body works hard during pregnancy and childbirth.

You are doing all of the child's digestion and breathing. Research shows that energy needs are different for each trimester; and you will need to increase your calorie intake as follows: 1st trimester, 85 extra calories; 2nd trimester, 285 extra calories; third trimester, 475 extra calories per day.<sup>1</sup>

Your body must produce more blood to circulate through the placenta; and iron, protein, and folic acid are required to do this.

The baby's bones require minerals, such as calcium and phosphorus, to develop properly. If you already eat a well-balanced diet, then all you need to add are extra nutrients for the baby. Your baby grows all day, every day, and will suffer if you miss meals or starve yourself.

A smaller baby is not necessarily easier to deliver.

**\* Describe a typical breakfast that you eat.**

### What Should I Eat?

Five or six small meals a day instead of two or three big ones

Many different kinds of food so your baby gets all the nutrients

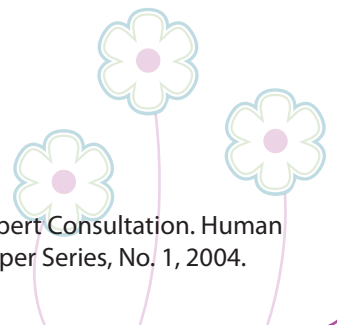
Proteins, carbohydrates (sugars and starches), vegetables and fruits, milk and milk products, fats, vitamins, and minerals

Increase your daily calorie intake as stated above

**\* What vegetables and fruits do you enjoy eating?**

**\* Do you like to eat small meals or large meals?**

1. FAO/WHO/UNU ( 2004) Report of a Joint FAO/WHO/UNU Expert Consultation. Human Energy Requirements. FAO Food and Nutrition Technical Paper Series, No. 1, 2004.



## Discussion Sheet, Page 2

### Better Fast Food

It is sometimes hardest to eat healthy when you are looking for a quick lunch or dinner. To eat healthier fast food look for locations that offer well-balanced meals such as subs (with lots of vegetables), salads (less dressing is better), and steamed veggies (such as a grocery store deli). For an added bonus try water or iced tea instead of soda.

## How Do I Get Proteins, Carbohydrates, Fats, Vitamins and Minerals?



### Bread, Cereal, Rice, and Pasta (Grains)

A minimum of four servings every day of bread, cereal, pasta, and rice. Include bread, baked potatoes, wheat or oat bran breakfast cereal, rice, muffins, tortillas, spaghetti, or other noodles. **These foods provide energy and fiber to help you avoid constipation. They provide carbohydrates, vitamins, minerals, and proteins.**

Serving Size: 1 slice of bread, 1/2 cup cooked pasta, 1/2 cup cooked cereal, 1/2 cup cooked rice, 1 small bowl dry cereal

### Vegetables

Three to five servings every day of vegetables. Include potatoes, green leafy or dark yellow vegetables, cooked carrots, squash, tomatoes, broccoli, cabbage, peas, green beans, sweet potatoes, etc. **Vegetables provide fiber, vitamins A and C, folic acid, potassium and iron.**

Serving size: 1/2 cup cooked vegetables, 1/2 cup chopped raw vegetables, 1 cup leafy vegetables

### Fruits

At least three daily servings of fruits. Include citrus, apple, pear, grapes, etc., or 3 oz. of fruit juice. Fruits provide fiber, vitamin C, and potassium. They help fight off infections and promote healthy skin.

Serving size: 1 medium-size apple, pear, or orange, 1/2 grapefruit, 1 melon wedge, 1 banana, 1/2 canned fruit, 3/4 cup fruit juice, 1/4 cup dried fruit



Even when eating healthy there are still lots of great choices and new options.



## Discussion Sheet, Page 3

### What's Missing?

For some people the only vegetables they eat are found on their hamburgers. When looking at your diet remember a serving is more than a single piece of lettuce. Make sure and fill the holes in your diet with real servings.

### Meat, Poultry, Fish, Beans, and Nuts

Three or more daily servings of meat, poultry, fish, beans, and nuts. **Include meat, fish, eggs, peanut butter, cooked beans. These provide protein, vitamins A and B, fiber, iron, and zinc. They help build new body tissue and prevent anemia.**



Serving Size: A piece of meat about the size of a deck of cards is a serving. 2 Tbs. peanut butter, 1 egg, or 1/2 cup cooked beans count as 1/3 serving.

### Dairy

Three daily servings of dairy products. Include cheese, milk, yogurt, cottage cheese. **Dairy products provide calcium, protein, vitamin A, zinc, magnesium, and iodine. They build bones and teeth and aid in growth of new tissue and repair of body cells.**

Serving Size: 1 cup milk, 1 cup yogurt, 1 1/2 oz. cheese. 1 cup cottage cheese serves as 1/2 serving of milk because it has less calcium than milk.

### Fats, Sugar, and Salt

Eat these sparingly since these contain few nutrients, and fat will add unwanted pounds.

**\* Do you have certain foods that you hate? What are they?**

**\* What foods do you love to eat?**

**\* How often do you eat them?**

**\* How many meals do you eat each day?**

Usually you do not have to change your diet much. Most women can get all the nutrients from the food they eat along with taking the vitamins the doctor recommends. Some teenagers are still growing themselves and may require calcium and phosphorus for their bones to grow as well as their unborn baby's development. Milk may provide the extra minerals or they may need a supplement. Teenagers need more calories and protein than adults do.

**\* Looking at the food groups, are there any food groups that you tend to miss in your normal daily diet?**

### What Are Empty Calories?

Empty calories are foods that contain nothing but sugar, sugar substitutes, and refined flour.



Candy is the perfect example of empty calories. Try to limit it and all other sugar-based snacks.



## Discussion Sheet, Page 4

### Does "Healthy" Mean Healthy?

Don't trust claims made by manufacturers about their food. Take a look at the calorie and fat content for yourself. For example, there are sausages that claim to have 30 percent less fat than others. This may be true - but they may still be unhealthy to eat because normal sausage has so much fat to start with.

These foods are usually the foods we all love to snack on, but they do not provide any nutrients for the baby. It is best to cut down on foods with empty calories, such as:

Any form of sweetener - white or brown sugars, maple syrup, molasses, and artificial sweeteners

Candy and chocolate

Colas, soft drinks, and fruit drinks sweetened with sugar

Cookies, doughnuts, jams, cakes, pies, etc.

Sweetened cereal

**\* What are your favorite foods that contain "empty calories"?**

**\* How often do you eat them?**

### What Are Examples of Healthy Foods and Snacks?

Unsweetened fruit juices

Yogurt

Swiss cheese

Any vegetables or fruits (carrot sticks or an apple)

Dried fruit

Nuts

Decaffeinated instant coffee and decaffeinated tea bags

Pretzels with mustard

Sandwich of whole wheat bread and peanut butter

Baked potato

Crackers with hard cheese

Whole wheat breakfast cereal with fruit (banana slices or apple chunks, raisins, or berries)

**\* Looking at the list of healthy snacks, how could you replace your favorite empty snacks and still enjoy snacking?**



There are lots of options for a healthy snack - combine a few of them for something delicious.

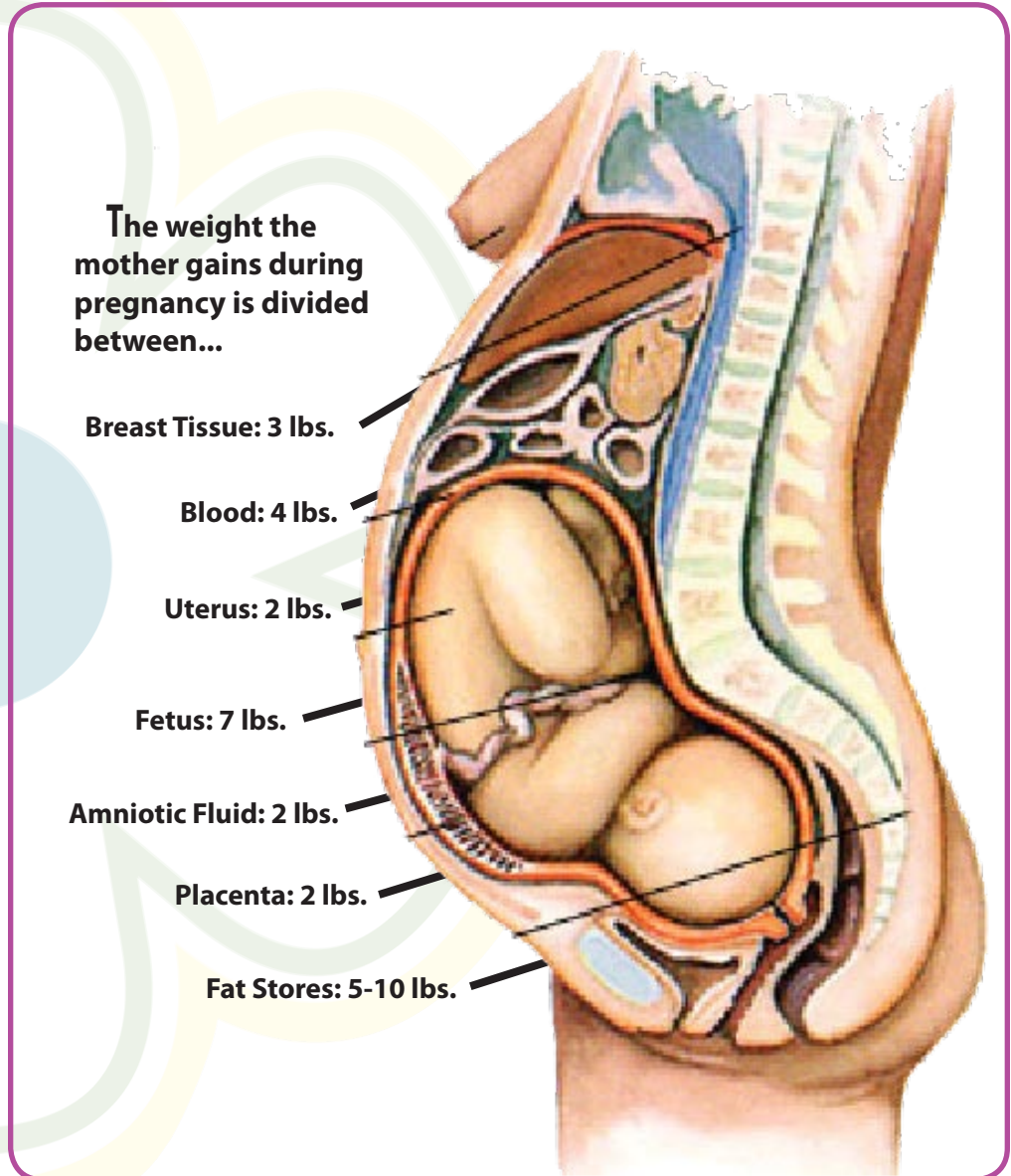


## Discussion Sheet, Page 5

### Gaining Weight

Part of pregnancy is gaining weight. There is no need to worry about gaining weight as long as it is normal (your doctor will help watch for abnormal weight gain). Don't try any diet during your pregnancy without first asking your doctor and taking his or her advice.

### Where Does the Weight Go During Pregnancy?



Graphic used with permission from *Life Begins* CD-ROM

### Weight Gain

Both your weight before pregnancy and the amount of weight you gain during pregnancy determine the baby's birth weight. **A woman of average weight before pregnancy should gain about 30 pounds during pregnancy. A woman who starts out underweight should gain more, about 34 pounds. A woman who is extremely overweight when she gets pregnant can safely gain around 20 pounds.**



## Discussion Sheet, Page 6

### More Vitamins

When you are pregnant your body has special needs. Make sure to mention any vitamins, diet supplements, and/or prescribed medicine you are taking to your doctor so that they can look for any possible issues.

Women who are underweight during pregnancy tend to have small babies. Babies who start life with a low birth weight have a more difficult time adjusting after they are born.

**\* Has your doctor discussed with you the amount of weight he expects you to gain during the pregnancy?**

**\* How much weight would you like to gain during this pregnancy?**

**\* How much weight have you gained so far?**

### Special Nutritional Needs

**IRON:** Women need a lot more iron in their diet during pregnancy to support their unborn baby's growth and to produce extra blood in their bodies. Look at the chart "Where Does the Weight Go?"

**\* How much more blood does a woman produce in pregnancy?**

Women have a hard time getting enough iron from their daily diet. Your doctor will probably prescribe an iron supplement or prenatal vitamins with extra iron. If you take an iron supplement, take it with vitamin C - it will absorb better. Warning: Because iron is toxic to children, be sure your prenatal vitamins are kept away from little ones.

**FOLIC ACID:** During pregnancy a woman needs twice as much folic acid as before. Like iron, **folic acid is used to make extra blood. It also is effective in preventing a condition known as spina bifida**, in which the spine doesn't close during fetal development. If you drink a large glass of orange juice a day during your pregnancy, you will insure that you get enough folic acid.



**CALCIUM:** Milk and other dairy products are the best sources of calcium. Other sources include sardines, salmon with bones, collard greens, kale, and turnip greens. Calcium is essential for your unborn baby's bones. You need to get 1,200 mg. of calcium each day.

If you are a teenager you need an 400 mg of additional calcium for your own growth as well.

**WATER:** Water is not thought of as a nutrient, but life cannot exist long without it. It is used to build new tissue, carry nutrients to the body, help your body get rid of waste products, aid in digestion, and help your body maintain proper chemical reactions. Look at the chart "Where Does the Weight Go?"

**\* How much additional weight is from fluid?**



Don't forget the water! Keep some around at all times and keep sipping it down.



### Homework, Page 1

#### Food Fun

Changing your diet can be fun! Try foods you have never experienced before. In just the produce section there are probably at least ten different items you have never even tasted. There is no guarantee they will all taste good but at least you will have a fun time doing it.



Try something new! There are so many great foods that are also healthy!



1. Are you starting your pregnancy overweight or underweight?
2. Are you starting this pregnancy with good eating habits?
3. When you eat a well-balanced diet, how does it affect your baby?
4. How much weight should you gain during your pregnancy?

5. What nutritional value is in grains, and how does it help your body and your developing baby?



6. What nutritional value is in vegetables, and how does it help your body and your developing baby?

7. What nutritional value is in meat, and how does it help your body and your developing baby?

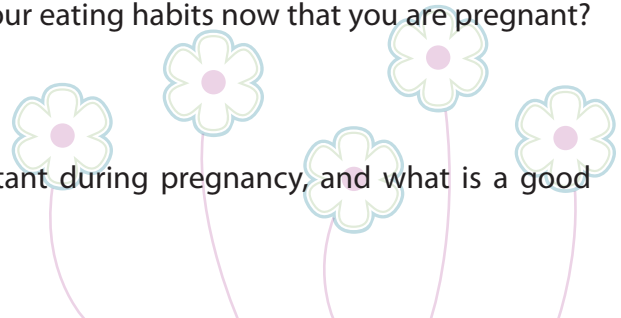
8. What nutritional value is in dairy products, and how does it help your body and your developing baby?

9. Meat provides protein for you and your baby. But it is not the only source of protein. Name other sources of protein.



10. Are you going to change your eating habits now that you are pregnant? If so, how?

11. Why is folic acid so important during pregnancy, and what is a good source of folic acid?





## Homework, Page 2

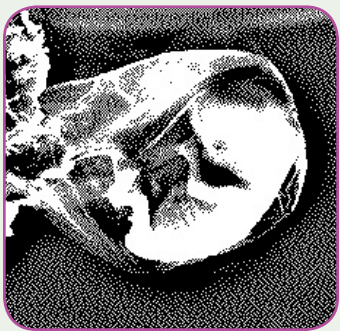
### How Do I Remember It All?

Trying to remember to eat from all the food groups can be hard at first - and that is why the chart at the right helps. But once you have been eating the right items in the right portions for a while, it comes naturally. When you are used to eating right, your meals will feel incomplete without the missing items.

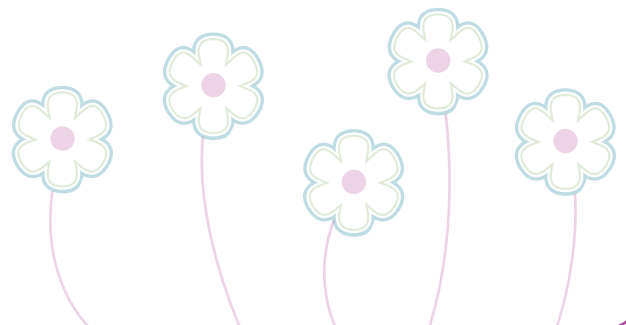
### Eating for Me & My Baby

Instruction: Every time you eat a serving (roughly the size of your palm; except salad, which is a cup) put a mark in the appropriate box.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Bread: 4 or more</b> cereal, pasta, rice, baked potato, muffin, tortilla, noodles, oat- meal, bagel, bread							
<b>Vegetables: 3-5</b> beans, carrots, squash, tomatoes, broccoli, peas, dark green leafy, sweet potato, salad, asparagus							
<b>Fruits: 2-5</b> apple, banana, pear, orange, fruit juice, grape fruit, grapes, kiwi, berries							
<b>Dairy: 3-5</b> milk, cheese, yogurt, cottage cheese							
<b>Proteins: 2-5</b> meat, poultry, fish, beans, nuts, eggs, peanut butter, milk, cheese, yogurt							
<b>Water:</b> 6-8 glasses per day							
<b>Prenatal Vitamin</b>							



Your baby and you are growing!  
Keep up the good eating habits to  
keep you both healthy.



## Homework Key, Page 1

### Food Fun

Changing your diet can be fun! Try foods you have never experienced before. In just the produce section there are probably at least ten different items you have never even tasted. There is no guarantee they will all taste good but at least you will have a fun time doing it.



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**Answers will vary.**

2. Are you starting this pregnancy with good eating habits?

**Answers will vary.**

3. When you eat a well-balanced diet, how does it affect your baby?

**If you eat well-balanced, healthy food during your pregnancy, your baby's body, brain, and other organs benefit. This is the only way your baby gets the nutrients necessary to grow strong and healthy.**

4. How much weight should you gain during your pregnancy?

**A woman of average weight before pregnancy should gain about 30 pounds during pregnancy. A woman who starts out underweight should gain more, about 34 pounds. A woman who is extremely overweight when she gets pregnant can safely gain around 20 pounds.**

5. What nutritional value is in grains, and how does it help your body and your developing baby?

**These foods provide energy and fiber to help you avoid constipation. They provide carbohydrates, vitamins, minerals, and proteins.**

6. What nutritional value is in vegetables, and how does it help your body and your developing baby?

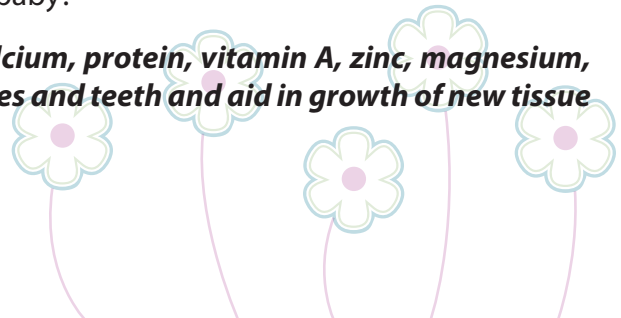
**Vegetables provide fiber, vitamins A and C, folic acid, potassium, and iron.**

7. What nutritional value is in meat, and how does it help your body and your developing baby?

**Meat provides protein, vitamins A and B, fiber, iron, and zinc. They help build new body tissue and prevent anemia.**

8. What nutritional value is in dairy products, and how does it help your body and your developing baby?

**Dairy products provide calcium, protein, vitamin A, zinc, magnesium, and iodine. They build bones and teeth and aid in growth of new tissue and repair of body cells.**



## Homework Key, Page 2

### How Do I Remember It All?

Trying to remember to eat from all the food groups can be hard at first - and that is why the chart at the right helps. But once you have been eating the right items in the right portions for a while, it comes naturally. When you are used to eating right, your meals will feel incomplete without the missing items.

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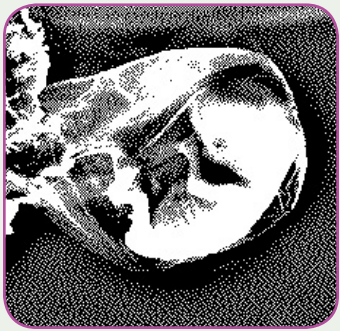
***fish, eggs, peanut butter, and cooked beans***

10. Are you going to change your eating habits now that you are pregnant? If so, how?

***Answers will vary.***

11. Why is folic acid so important during pregnancy, and what is a good source of folic acid?

***Folic acid is used to make extra blood. It also is effective in preventing a condition known as spina bifida, in which the spine doesn't close during fetal development. Orange juice is a good source of folic acid.***



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