

Illinois WIC Talk

Nutrition During Pregnancy

Cover Page

Target Audience

- Pregnant Women (preferably in first trimester or first secondary education visit)

Key Messages

- Eating healthy (and taking an adequate prenatal vitamin) during pregnancy will help baby grow better; mother will have a healthier, safer pregnancy and birth, and; will lose weight easier after delivery.
- A healthy diet is high in whole grains, vegetables, fruits, low fat milk and lean protein. Limit foods high in sugar and fat.
- Gaining too much or too little weight can be harmful to baby and mother.

Handouts

- “Tips for a Healthy Pregnancy and Baby” (DHS Order Form)
- Optional: Putting on weight with healthy foods makes taking it off a lot easier (touchinghearts.touchingminds.com)
- Food safety assessment guide “Are You Eating Any of These Foods?” (for display purposes)

References / Presenter Resources

- Pam McCarthy and Associates, Inc., Massachusetts WIC Nutrition Program, Nutrition Division, Massachusetts Department of Public Health; The Touching Hearts, Touching Minds project, touchingheartstouchingminds.com
- United States Department of Agriculture, www.Mypyramid.gov
- March of Dimes, <http://www.marchofdimes.com>
- Institute of Medicine, Weight Gain During Pregnancy: Reexamining the Guidelines, 2009.

Evaluation

- “What is one new thing you learned today about eating well during pregnancy?”
- “What steps will you take to do this?”

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Group Education

Materials

- Handouts listed on Cover Page
- Paper and pencils/pens/markers

Lesson Plan Overview

OPEN:

- **How do you feel about the way your body has been changing? What are the biggest surprises?**
- **How do you think you'll feel about your body after your baby is born?**

Today we are going to talk about how you can give your baby the healthiest start and return to your pre-pregnancy weight easier.

DIG:

- **What have you heard about gaining weight during pregnancy?**
- **Where does the weight go?**
- **Why is having a healthy weight so important before and during pregnancy?**

CONNECT:

- **How would your child's life be different if you were able to gain a healthy amount of weight? Not too much and not too little.**
- **How would you feel if you were able to gain a healthy amount of weight?**

Summarize key points shared throughout the discussion. Tie key messages with learner's responses.

ACT:

- **What foods will help you gain the right amount of weight?**
- **What activities will help you gain just the right amount of weight?**
- **What else can you do to have a healthy pregnancy and baby?**

Discuss and offer handout "Tips for a Healthy Pregnancy and Baby".

- **What can you do today—and in the months ahead—to make your dream of going back to your normal weight come true?**
- **What are your goals for a healthier, safer pregnancy and deliver?**

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Methods

OPEN: Emotion-based counseling starts with provocative questions, activities or stories that lead to emotion-based conversations, not to an immediate transfer of knowledge.

- Introduce yourself, credentials, and briefly introduce the topic
 - State how long the session will be (should be less than 30 minutes)
- **How do you feel about the way your body has been changing? What are the biggest surprises?**
- **How do you think you'll feel about your body after your baby is born?**

Encourage participants to share responses.

Activity

(Ask participants to close their eyes, if they feel comfortable, while you read them this guided imagery activity. Read it slowly so they can visualize your words.)

“Your newborn baby is three months old. The baby is starting to sleep through the night. You’re settling into a comfortable routine. And you are getting ready to go to a doctor’s visit.

You put on your jeans, zipping them up effortlessly. You tuck in your shirt and slip a belt through the belt hoops. As you enter your doctor’s office, you catch the glance of others in the waiting room as you walk into your doctor’s office. The nurse weighs you. A smile comes across your face as you read the numbers on the scale.

You meet a friend after your doctor visit. She asks you to do a “body twirl” as you arrive because she simply can’t believe you look so great. She asks for your secret to a great body after pregnancy. You smile and say... “

(Ask participants to open their eyes if they closed them during the guided imagery activity.)

Today we are going to talk about how you can give your baby the healthiest start and return to your pre-pregnancy weight easier.

Idea: Ask participants to write, draw or share what they would like to learn related to today’s topic.

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DIG: During the "dig" step, the facilitator asks questions to get the learners to open up, share their memories and experiences and get closer to the topic.

- **What have you heard about gaining weight during pregnancy?**

Sample Responses

- *Gaining too much or too little can be harmful to you and your baby.*
 - *Usually you gain 2-4 pounds during the first 3 months and 3-4 pounds a month the rest of your pregnancy.*
- **Where does the weight go?**

Sample Responses

- *½ of the added weight goes to support growth of the baby.*
- *The other ½ is baby and maternal stores.*

Where does the weight go?	
Placenta	1 ½ pounds
Amniotic fluid	2 pounds
Womb	2 pounds
Breasts	2 pounds
Blood	3 pounds
Retained water	4 pounds
Maternal stores of fat, protein, & nutrients	7 pounds
Baby	7 ½ pounds
Estimated Total Gain:	29 pounds

- **Why is having a healthy weight so important before and during pregnancy?**

Sample Responses

- *Baby will grow better (will not be premature or large for gestational age)*
- *You will have a healthier pregnancy (feel better, less likely to have complications like pregnancy-associated high blood pressure, gestational diabetes)*
- *You will have a safer delivery (decreased risk of cesarean delivery, preterm delivery)*
- *You will achieve a healthy weight easier after pregnancy*

Research shows that those that don't lose their "baby fat" with their first pregnancy tend to gain more weight with their second pregnancy. With each pregnancy their weight before pregnancy increases. This increases your risk for health problems like diabetes and hypertension.

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CONNECT: During the "connect" step, parents connect the conversation topic with their values, attitudes, beliefs and feelings. The facilitator helps parents reflect on their personal needs and wants and connects them to the health-related behaviors being suggested.

- **How would your child's life be different if you were able to gain a healthy amount of weight? Not too much and not too little.**
- **How would you feel if you were able to gain a healthy amount of weight?**

Encourage participants to share responses.

Summarize key points shared throughout the discussion. Tie key messages with learners' responses.

ACT: During this "step" the facilitator helps the participants identify specific action steps and build confidence to help them be the parent they want to be.

- **What foods will help you gain the right amount of weight?**
- **What activities will help you gain just the right amount of weight?**
- **What else can you do to have a healthy pregnancy and baby?**

Offer handout "Nutrition Tips for a Healthy Pregnancy and Baby".

1. Are you getting the right nutrition while you're expecting?

For each food group, have participants share either written or orally if they need to increase or decrease the amount they eat each day.

2. How many of you take prenatal vitamins?

3. How do you know if they have enough Iron, Iodine and Folic Acid?

Encourage participants to review their prenatal vitamin label to ensure it includes enough Iron, Iodine and Folic Acid.

4. What have you heard about being active during pregnancy?

Unless their doctor tells them otherwise, encourage participants to try to be active at least 30 minutes a day.

5. Have you heard of any foods that you shouldn't eat while pregnant?

Pass around the food safety assessment guide "Are You Eating Any of These Foods?" for participants to look at. Discuss any concerns with foods they are eating.

- **What can you do today—and in the months ahead—to make your dream of going back to your normal weight come true?**

Sample Responses

- *Gain a healthy amount of weight during pregnancy*
- *Breastfeed your baby – moms who exclusively breastfeed for at least 3 months lose more weight quicker than those moms who don't.*
- **What are your goals for a healthier, safer pregnancy and delivery?**

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Individual Education

Methods

OPEN:

- How do you feel about the way your body has been changing? What are the biggest surprises?
- How do you think you'll feel about your body after your baby is born?

Today we are going to talk about how you can give your baby the healthiest start and return to your pre-pregnancy weight easier.

DIG:

- What have you hear about gaining weight during pregnancy?
- Where does the weight go?
- Why is having a healthy weight so important before and during pregnancy?

CONNECT:

- How would your child's life be different if you were able to gain a healthy amount of weight? Not too much and not too little.
- How would you feel if you were able to gain a healthy amount of weight?

Summarize key points shared throughout the discussion. Tie key messages with learner's responses.

ACT:

- What foods will help you gain the right amount of weight?
- What activities will help you gain just the right amount of weight?
- What else can you do to have a healthy pregnancy and baby?

Discuss and offer handout "Tips for a Healthy Pregnancy and Baby".

- What can you do today—and in the months ahead—to make your dream of going back to your normal weight come true?
- What are your goals for a healthier, safer pregnancy and deliver?

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2) Self-Study Module (SSM)

Procedures

Agencies must have a procedure for using SSM, PPM NE 5.2

Methods

- Have participant review handouts listed on the Cover Page.
- Ask participant to complete the activity on page one of the handout “Tips for a Healthier Pregnancy and Baby” and set a goal for a healthier pregnancy and delivery, on bottom of page two.
- Ask participant if she would like to talk with a CHP about the information or if she has any questions.



Tips for a Healthy Pregnancy and Baby

Are you eating the right foods for you and your baby?

- Your baby will grow better
- You will have a healthier, safer pregnancy and birth
- You will reach a healthy weight easier after delivery



Mark an up ↑ or down ↓ in the next to any food group you feel you need to eat more (↑) or less (↓) from during your pregnancy. If you feel you are eating enough from any of the food groups draw a 😊 next to that food group.

Grains <input type="checkbox"/>	Vegetables <input type="checkbox"/>	Fruits <input type="checkbox"/>	Milk <input type="checkbox"/>	Meats & Beans <input type="checkbox"/>	Extras <input type="checkbox"/>
6 to 8 ounces	2 1/2 to 3 cups	2 cups	3 cups	5 1/2 to 6 1/2 ounces	Limit these Foods
WHOLE GRAIN Bread, pita, tortilla Pasta, noodles Rice Cereals <i>Make at least half your choices whole grain. This will add fiber, antioxidants, and minerals.</i>	VARIETY & COLOR Fresh Frozen Canned Power Choices <ul style="list-style-type: none"> • Asparagus • Broccoli • Spinach • Carrots • Sweet Potato • Tomato • Squash <i>Eat more dark-green, red, and orange vegetables and fruits.</i>	VARIETY & COLOR Fresh Frozen Canned Power Choices <ul style="list-style-type: none"> • Strawberries • Kiwi • Apricots • Cantaloupe • Oranges • 100% Juice 	LOW FAT Milk Cheese Yogurt Power Choices <ul style="list-style-type: none"> • Fat free Low fat milk offers the same calcium! <i>Do not eat soft, unpasteurized cheeses or raw, unpasteurized milk—they may contain harmful bacteria.</i>	LEAN Beef and pork Poultry Seafood (eat a variety) Beans and peas Nuts or peanut butter Eggs <i>Fully cook or reheat eggs, meat, poultry, or seafood.</i> <i>Do not eat swordfish, tilefish, king mackerel, or shark—they are high in mercury. Limit white (albacore) tuna.</i>	FOODS HIGH IN SUGAR OR FAT Soda Candy Cookies/cakes Butter Mayonnaise Fried foods <i>Avoid herbal supplements and tea.</i>

How much weight should I gain during pregnancy?

Gaining too much or too little can be harmful to you and your baby. Healthy weight gain is also important for your weight management after pregnancy. How many pounds you need to add depends on your weight when you became pregnant. Below are some guidelines about weight gain during pregnancy. Talk to your healthcare provider about your specific pregnancy weight gain goals.

- 2-4 pounds total during the first 3 months
- 3-4 pounds per month during the remaining months of your pregnancy

Where does the weight go?

- About 1/2 of your added weight goes to support the growth of baby (placenta, extra blood, retained water).
- The other 1/2 is baby and maternal stores of fat, protein and nutrients - which averages about 7 pounds each.



Tips for a healthy pregnancy and delivery.

- Take a prenatal vitamin. Look for one that includes:
Iron 27 mg
Iodine 150 mcg
Folic Acid 600 mcg
- Go to all your prenatal checkups.
- Don't smoke, drink alcohol, or take drugs. They can harm you and your baby.
- Unless your doctor tells you not to, do something active every day.



Learn more about giving your baby the best start after birth:

- Skin to Skin contact
- Breastfeeding
- Feeding cues



My goals for a healthy pregnancy and delivery:

- Take prenatal vitamin daily
- Gain a healthy amount of weight
- Be active every day
- Eat safe, healthy foods everyday, including: _____
- Go to all my prenatal checkups
- Learn more about giving my baby the best start after birth
- Other _____

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Consejos Para el Embarazo y Bebé Saludables

¿Está usted y su bebé comiendo los alimentos correctos?

- Su bebé crecerá mejor
- Usted tendrá un embarazo y parto saludables y seguros
- Usted tendrá un peso saludable después del parto



Indique con la flecha hacia arriba (↑) si usted piensa que debe comer más o la flecha hacia abajo (↓) si piensa que debe comer menos durante su embarazo, dibuje la flecha (↑) o (↓), al lado de los alimentos de cada grupo marcados con en la casilla.

Si cree que está comiendo lo suficiente de cualquier grupo de alimentos dibuje una 😊 al lado de cada alimento en el grupo de alimentos.

Granos <input type="checkbox"/>	Verduras <input type="checkbox"/>	Frutas <input type="checkbox"/>	Leche <input type="checkbox"/>	Carnes & Granos <input type="checkbox"/>	Extras <input type="checkbox"/>
6 a 8 onzas	2 1/2 a 3 tazas	2 tazas	3 tazas	5 1/2 a 6 1/2 onzas	Limite
GRANOS INTEGRALES Pan, pita, tortilla Pasta, fideos Arroz Cereales <i>Asegúrese comer por lo menos la mitad de su selección de granos integrales. Esto añadirá fibra, antioxidantes y minerales.</i>	VARIEDAD & COLOR Frescas Congeladas Embasadas Opciones Ricas en Energía <ul style="list-style-type: none"> • Espárragos • Brócoli • Espinaca • Zanahorias • Camotes o Batatas • Dulces • Tomates • Zapallos o Calabazas <p style="text-align: center;"><i>Coma frutas y verduras o vegetales de color verde oscuro, rojo y naranja.</i></p>	VARIEDAD & COLOR Frescas Congeladas Embasadas Opciones Ricas en Energía <ul style="list-style-type: none"> • Fresas • Kiwi • Albaricoques • Melones • Naranjas • 100% Jugos 	POCA GRASA Leche Queso Yogurt Opciones Ricas en Energía <ul style="list-style-type: none"> • Sin Grasa <p><i>¡La leche baja en grasa tiene la misma cantidad de calcio!</i> <i>No coma quesos suaves sin pasteurizar o la leche cruda sin pasteurizar— puede tener bacterias peligrosas.</i></p>	MAGRA O CON POCA GRASA Res y cerdo o puerco Aves Mariscos (coma variedad) Frijoles y chícharos Nueces o mantequilla de maní o cacahuete Huevos <i>Huevos cocidos o recalentados, carnes, aves, o mariscos.</i> <i>No coma pez espada, blanquillo (tilefish), caballa gigante (king mackerel), o tiburón—contienen mercurio. Límitese al atún blanco (albacore).</i>	ALIMENTOS CON ALTO CONTENIDO DE AZÚCAR O GRASAS Soda Caramelos Galletas dulces / pastel Mantequillas Mayonesa Alimentos Fritos <i>Evite suplementos de hierbas y té.</i>

Las cantidades de alimentos indicadas son el promedio para la mujer embarazada, puede que necesite comer más o menor cantidad. Para más información y desarrollar un plan específico para usted, vaya a www.MyPyramid.gov vea "MyPyramid Plan for Moms".

¿Cuánto peso debo ganar durante el embarazo?

Ganar mucho o muy poco peso puede ser perjudicial para la salud suya y la de su bebé. El aumento de peso saludable también es importante para el control de peso después del embarazo. Cuántas libras necesita aumentar depende de su peso cuando quedó embarazada. A continuación presentamos algunas pautas sobre el peso durante el embarazo. Hable con su proveedor de atención médica sobre sus metas específicas para ganar peso.

- 2-4 libras total durante los 3 primeros meses
- 3-4 libras por mes durante los meses restantes de su embarazo

¿A dónde se va el peso?

- Como 1/2 de su peso adquirido ayuda al crecimiento de su bebé (placenta, sangre extra, retención de agua).
- La otra 1/2, es bebé y gordura maternal, proteínas y nutrición - que es un promedio de 7 libras cada uno.



Consejos para el embarazo y parto saludables.

- Tome vitaminas prenatales. Deben contener:
Hierro 27 mg
Yodo 150 mcg
Acido Fólico 600 mcg
- Vaya a todas las visitas médicas prenatales.
- No fume, beba alcohol, ni tome drogas. Pueden ser peligrosas para la salud de su bebé.
- A menos que su médico le indique lo contrario, manténgase activa diariamente.



Aprenda más sobre cómo darle a su bebé el mejor inicio de su vida después del parto:

- Contacto de piel a piel
- Amamantar o lactar
- Consejos Para la Alimentación



Mis metas para un embarazo y parto saludables:

- Tomar vitaminas prenatales diariamente
- Ganar una cantidad saludable de peso
- Estar activa todos los días
- Comer alimentos saludables todos los días, incluyendo: _____
- Ir a mis visitas médicas prenatales
- Aprender más sobre cómo ofrecerle a mi bebé el mejor inicio en su vida después que nazca
- Otro _____

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