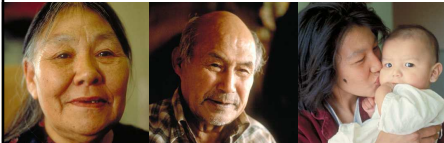

 Health Canada Santé Canada  
 Your health and safety... our priority. Votre santé et votre sécurité... notre priorité.

## Nutrition in Pregnancy

### A few questions before we start

1. Which nutrient is needed during pregnancy for strong blood?
  - A. Selenium
  - B. Vitamin C
  - C. Iron
  - D. Magnesium

### Questions Continued...

2. Which describes healthy weight gain for pregnancy?
  - A. Women should gain 0.5 to 1.0 pounds per week (0.2 – 0.5 kg) in the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters
  - B. Women should only gain the weight of the baby during pregnancy – about 8 pounds (3.6 kg).
  - C. Obese women shouldn't gain weight during pregnancy, they should try to lose weight
  - D. The more weight you gain the healthier your baby will be.

### Questions continued...

3. Which of the following is safe to take during pregnancy
  - A. Vitamin A supplement
  - B. Gin and Tonic
  - C. 1 cup regular coffee per day
  - D. Marijuana

### Questions Continued...

4. I would feel comfortable teaching others in my community about nutrition in pregnancy.

Disagree   1   2   3   4   5   Agree

### After this session, you should be able to

- Explain what healthy eating in pregnancy is
- Explain the important nutrients in pregnancy
- Describe healthy weight gain during pregnancy
- Know tips for morning sickness and constipation
- Know risks of drugs and alcohol during pregnancy
- Teach others about nutrition in pregnancy

### A Story

Crystal is 16 years old and she just found out that she is pregnant. She goes to the health centre in her community because they are making baby blankets. When she's there, she starts talking to the nurse. The nurse learns that Crystal wants a healthy baby, but she doesn't want to give up having fun with her friends.

### Healthy Eating During Pregnancy

The bottom line:

- Eat foods from all four food groups as described by "Eating Well with Canada's Food Guide"
- Take a prenatal multivitamin

Some nutrients are extra important during pregnancy



### Important nutrients for pregnancy

- Folate
- Iron
- Calcium
- Vitamin D
- Vitamin A
- Essential Fats



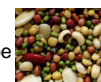
### Folate

Why is it important in pregnancy

- Needed for the brain to grow
- Not enough - the baby could get neural tube defects

What foods is it in?

- Whole grains, vegetables and fruit, beans, nuts
- Multivitamin needed to get enough



### Iron

Why is it important in pregnancy

- To make more blood to feed the growing baby
- Not enough - you may be tired and the baby may not grow well

What foods have iron?

- Meat, poultry, fish, beans, traditional meats, enriched grains and cereals



### Calcium

Why is it important during pregnancy?


- So the baby can grow strong bones and teeth
- To keep the mom's bones and teeth strong too

What foods have calcium?

- Milk, skim milk powder, yogurt, cheese, soy milk, canned salmon with bones, bannock



### Vitamin D




Why is it important in pregnancy?


- It helps our body use calcium that we eat
- Helps build strong bones for the baby and mom

What foods have vitamin D

- Milk, soy milk, oily fish, margarine
- Your skin also makes it from the sun!



### Vitamin A



Why is it important in pregnancy?


- Need enough for healthy growth
- Too much can cause birth defects

What foods have safe amounts of vitamin A?

- Dark green and orange vegetables, milk, eggs, salmon, butter

What foods have too much vitamin A

- Liver, supplements with vitamin A



### Essential Fats



Why are they important in pregnancy?

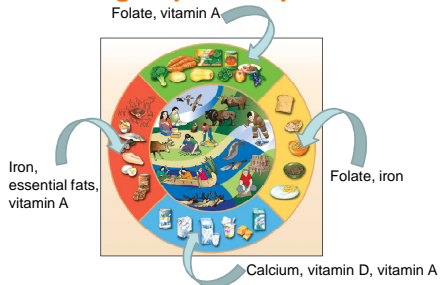
- They are needed for the baby's brain and eyes.

What foods have essential fats?


- Vegetable oil, (non-hydrogenated) margarine, oil salad dressings, meats, poultry, fish, nuts & seeds.



### Each food group has important nutrients



### Prenatal multivitamins have important nutrients



A multivitamin doesn't replace healthy eating. A healthy diet AND a multivitamin are best!

### THE HEALTHY PATH GAME!

### Back to Crystal

- Crystal is concerned about gaining weight when she's pregnant. She wants to gain the smallest amount of weight possible so that she might not have to buy new clothes.

### A Healthy Baby is worth the Weight

The recommended weight gain for the majority of women is between 25-35 pounds during their pregnancy. Some a little more, some a little less.

### What could happen when there is:

#### Not enough weight gain

- Low birth weight baby
- Early birth
- Baby may not develop properly
- Baby may have life-long health problems
- Higher risk of baby dying
- Baby may have mental and behavioural problems

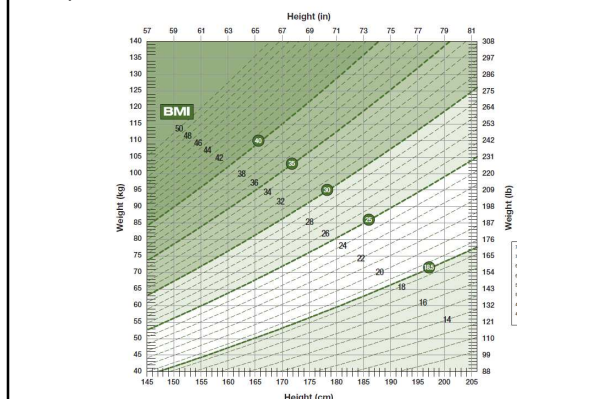
#### Too much weight gain

- High birth weight baby
- Difficult birth
- Higher risk of baby dying
- Mother may get gestational diabetes
- Baby may get diabetes later in life

### What is a BMI

- BMI or Body Mass Index tells us if a person is a healthy weight for someone of their height.
- You can figure out a BMI by looking at a BMI chart

Crystal is 5 foot 5 and 150 pounds. What is her BMI?



### How much weight gain is healthy?

Pre-pregnancy weight	Recommended total weight gain	Weight gain in 1 <sup>st</sup> trimester	Weight gain per week in the 2 <sup>nd</sup> and 3 <sup>rd</sup> trimesters
Very Thin or underweight (BMI < 18.5)	28 to 40 lbs (12.5 to 18 kg)	2 to 4 lbs (0.9 to 1.8 kg)	1.0 lb (0.5 kg)
Healthy Weight (BMI 18.5 – 24.9)	25 to 35 lbs (11.6 to 16 kg)		0.9 lb (0.4 kg)
Overweight (BMI 25-29.9)	15 to 25 lbs (7 to 11.5 kg)		0.6 lb (0.3 kg)
Obese (BMI >30)	11 to 20 lbs (5 to 9 kg)		0.5 lb (0.2 kg)

How much should Crystal gain?

### How to eat for healthy weight gain

- You don't need a lot of extra food to gain the right amount of weight during pregnancy

Trimester	Extra energy needs	Examples of foods
1 <sup>st</sup> trimester	100 extra calories each day	<ul style="list-style-type: none"> <li>A large apple OR</li> <li>A slice of cheese OR</li> <li>A glass of milk OR</li> <li>A piece of bannock</li> </ul>
2 <sup>nd</sup> and 3 <sup>rd</sup> trimester	300 extra calories each day	<ul style="list-style-type: none"> <li>A piece of toast with peanut butter and a glass of milk OR</li> <li>A small piece of meat or fish with bannock OR</li> <li>A bowl of vegetable soup with crackers and cheese</li> </ul>

- Crystal has had terrible morning sickness. She feels horrible and she thinks that is why she hasn't been gaining any weight. She's desperate for tips on how to get some food down when she feels like this.

### Morning Sickness – How to deal with it

- Eat small frequent meals and snacks
- Cold foods may be easier to tolerate than warm ones
- Eat what makes you feel good
- Eat some crackers or toast as soon as you wake up
- Get someone else to cook if smells bother you
- Drink between meals, not with meals



### Constipation – How to deal with it



- Get more fibre in your diet
  - Vegetables, fruit, beans and whole grains have lots of fibre
  - Try a couple of dried prunes
  - Try bran buds or other bran cereal on yogurt or with milk
- Drink lots of water
  - Drink water and milk throughout the day – 8 cups
  - Keep a water bottle with you all the time
  - Try a cup of hot water with lemon
- Stay active - go for a walk



### Caffeine During Pregnancy



- Too much caffeine is not good during pregnancy
- Coffee, tea and some pop has caffeine
- 4 cups of caffeinated drinks per day? Cut back!
- 3 small cups of coffee per day (400-450 mg of caffeine) is safe.
- Switch to decaf or try half decaf, half regular



### Smoking During Pregnancy

- Smoking is harmful to the baby
- Second hand smoke is dangerous
  - For the baby's health, make your home smoke-free
- If you smoke, try to quit or cut back
  - Quitting is hard – get help from your health care team
  - Smoker's Helpline (1-866-332-2322) or: [www.albertaquits.ca](http://www.albertaquits.ca)

### No Drugs or Alcohol are Safe During Pregnancy

- They can hurt the baby seriously for life
  - Alcohol – Fetal Alcohol Spectrum Disorder (FASD):
    - Learning problems, behavioural problems, smaller babies, different looking faces
  - Drugs:
    - Baby could be physically deformed, mentally handicapped or very small, be born early or die






### What would you do?

When Crystal is at the health centre, she mentions to you that she has been drinking alcohol during the pregnancy.

What should you do:

1. Tell Crystal that she is hurting her baby and she had better stop drinking alcohol NOW.

**OR**

2. Ask Crystal why she is drinking

### Talking about alcohol and drugs during pregnancy


**DO**

- provide a positive message
- Find out why she takes drugs or alcohol
- Tell women it's not too late to stop drinking or doing drugs
- Praise women for trying to stop drinking or using drugs
- Tell women that healthy eating is still worth it even if she's drinking or doing drugs
- Refer women to your FASD program, NNADAP worker or MCH worker

### Talking about alcohol and drugs during pregnancy

**DON'T**

- blame the woman
- make her feel guilty
- Try to force someone to stop using alcohol or drugs



### Talk about Breastfeeding

- Breastfeeding is the best source of food for a baby
- Breast milk is made especially for your baby
- Breast milk helps keep your baby from getting sick
- Breastfeeding keeps you AND your baby from getting diabetes in the future
- It's cheaper and more convenient
- Breastfeeding helps you lose weight
- **Talk to women about how they plan to feed their babies while they're still pregnant**

### Gestational Diabetes

- Gestational diabetes is diabetes that first appears during pregnancy.
- All pregnant women should be screened for gestational diabetes at 24-28 weeks; women with high-risk factors should ALSO be screened in the first trimester.
- Women who had gestational diabetes should also be checked 6 weeks to 6 months after giving birth in case they have Type 2 diabetes.

### What if Crystal came to you?

- Tell her why healthy eating is important and teach her about Canada's Food Guide
- Suggest she takes a prenatal multivitamin
- Tell her how much weight she should gain
- Give tips for morning sickness and constipation
- Tell her why it's important to avoid drugs, alcohol and cigarette smoke.
- Make sure she gets screened for gestational diabetes

### Questions again...

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Disagree 1 2 3 4 5 Agree