

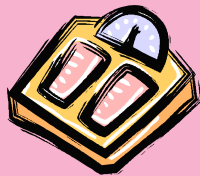
Nutrition During Pregnancy



Your food choices have a direct effect on the well-being of your baby.

Weight gain is important and necessary during pregnancy.

The amount of weight you gain is how the doctor can measure if your baby is growing like he/she should. If you don't gain weight, it means your baby isn't gaining weight, either. Pregnancy is NOT the time to go on a diet. Look at the chart below to see what amount would be right for you.



Before pregnancy, if:	Adult	Teenager
Underweight	28 to 40 lbs.	35 to 40 lbs.
Normal Weight	25 to 35 lbs.	30 to 35 lbs.
Overweight	15 to 25 lbs.	25 to 30 lbs.
Obese	15 to 18 lbs.	

If you are a pregnant teen, you have greater nutritional needs. Make sure to eat 300 to 400 extra calories every day AND get 1300 to 1500 mg of calcium to help your baby grow. You need more nutrients to support your own growth AND the growth of your baby.

Nutritional Challenges In Pregnancy

You may find that pregnancy changes the way you feel and also affects the way you eat. Fortunately, there are many things you can do to still get the nutrients you need, and feel better.

Morning sickness

Morning sickness is a part of pregnancy for many women.

- Eat whole-grain crackers, toast or dry cereal.
- Eat small, frequent meals rather than a few large meals.
- Limit fried, fatty, and spicy food.
- Drink liquids *between* meals.
- Have a snack before bed.
- Sleep in a well-ventilated room.

Heartburn

Try these things to help or prevent your heartburn:

- Eat small, frequent meals rather than a few large meals.
- Eat slowly and chew food well.
- Limit fried, fatty, and spicy food.
- Wear loose-fitting clothes.
- Avoid laying down after meals.
- Ask doctor about antacids.

Constipation

If you have a difficult time with your bowel movements, try these things to prevent or treat constipation:

- Get moderate, daily exercise.
- Drink plenty of liquids.
- Eat foods high in fiber (like whole grains, fruits, and vegetables).



MYTH

Eating for TWO. In reality, you only need 300 extra calories every day to help your baby grow. Basic rule: eat when you're actually hungry, and choose high-protein foods like yogurt, cheese, cottage cheese or milk.

**BEAN DIP**

1-15 oz. can pinto beans
1 cup salsa
3-4 green onions, sliced
1/2 teaspoon cumin
Salt and pepper to taste

Drain beans. Put all ingredients in a food processor and blend until smooth.

SPLENDID SPINACH SALAD

1 bunch spinach
1/4 head lettuce
6 strips bacon, cooked and crumbled
2 cups Swiss cheese, grated
1 cup Poppy Seed Dressing

Tear spinach and lettuce into bite-size pieces. In a large bowl combine all ingredients. Add dressing; toss well. Yield: 8 servings.

This salad is a great source of extra calcium, protein, and iron, all of which you need in greater amounts during pregnancy!

POPPY SEED DRESSING

3/4 cup wine vinegar
1/2 cup oil
1/2 cup sugar
3/4 teaspoon dry mustard
1 1/2 teaspoon poppy seeds
1 teaspoon salt
1/4 teaspoon pepper

Mix all ingredients until well-blended. Shake before using. Yield: 1 3/4 cups

BEEF FAJITA SKILLET

1 lb. lean ground beef
1 cup uncooked rice
1 jar (16 oz.) salsa
1 can (15 oz.) kidney beans, undrained

1 1/4 cups water
1 cup cheese, grated
Corn chips



In a large skillet, sauté ground beef; drain fat. Add rice, salsa, undrained beans, and water. Cover and simmer 25-30 minutes; stir occasionally. Top with cheese. Cover and heat until cheese melts. Top each serving with corn chips. Yield: 6-8 servings.