



Nutrition Topics for WIC Participants and Families

Before You Deliver

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01

HOW MUCH WEIGHT SHOULD I GAIN?

ADPH-WIC-430 01/00

A gradual weight gain of 25-35 pounds above your normal weight is recommended.

Pregnancy is NOT the time to try to lose weight.

All pregnant women should follow this diet, but if you are a teenager, it is especially important since you are still growing.

Pregnant women should gain about 2-5 pounds during the first 3 months. After the first 3 months, a steady weight gain of about 1 pound per week is advised.

This is why you need to gain a minimum of 25 pounds:

Baby weighs approximately 7.5 pounds

Uterus, placenta, breast tissue weigh 8.5 pounds

Amniotic fluid, increased maternal blood volume and extracellular fluid weigh 9.0 pounds

Total = 25.0 pounds

02

PLAN TO EAT THESE FOODS DAILY

ADPH-WIC-430 01/00

To Help Build Red Blood And Protect Your Health And Your Baby's Health
(Best Iron Sources are Indicated in Red)

MILK

(For strong bones and teeth)

3-4 Servings (1 cup or 8 oz. each)

1% or 2% fat reduced or whole milk Fat free milk, fresh or made from powdered nonfat milk

Buttermilk

Or choose as a substitute:

1/2 cup canned evaporated milk
1-1/2 ounces cheese – American,
cheddar, Swiss or mozzarella
1 cup yogurt
2 cups cottage cheese

LEAN MEAT

(For growth)

2-3 Servings

(2-3 oz. each)

Beef, fish, chicken, lean pork, ham or other lean meat.

(Eat only the lean meat.)

Or choose as a substitute for

1 ounce of meat:

1/2 cup cooked dry beans
2 tablespoons peanut butter
1 egg

VEGETABLES

3-5 Servings

(1/2 cup each)

FRUITS

2-4 Servings (1/2 cup fruit or 3/4 cup juice)

Vegetable & fruit selections:

Foods rich in vitamin C

1 Serving Daily

(Helps body absorb iron and aids in wound healing)

Oranges, orange juice, grapefruit, grapefruit juice, tomatoes, tomato juice, tangerines, lemons, cantaloupe, strawberries, broccoli, cabbage (raw), dark green leafy vegetables such as collards, mustard greens and turnip greens.

Foods rich in vitamin A

3-4 Servings Weekly

(For eyes and skin)

Dark green and deep yellow or orange vegetables and fruits including:

Apricots, broccoli, cantaloupe, carrots, collards, coleslaw, tomatoes, mustard greens, pumpkin, spinach, sweet potatoes, turnip greens.

Other Fruits & Vegetables

Such as apples, banana, dried fruits, English peas, peaches, snap beans, squash, watermelon, potatoes, corn, lettuce, cooked cabbage, okra, lima beans, turnip roots, beets, rutabagas.

DESSERT SUGGESTIONS

Fruit, ice cream, pudding, yogurt, fruit cobblers, custard, fruited jello, graham crackers, stewed dried fruits, baked apple, oatmeal cookies, peanut butter cookies, banana or pumpkin bread.

BREAD & CEREALS

(For energy)

9-11 Servings

Count as 1 serving:

1/2 cup WIC oatmeal, cream of wheat, WIC grits, rice or other cooked cereal.

1 ounce (about 3/4 cup)WIC dry cereals or other dry cereals

1/2 cup macaroni, spaghetti, noodles

1 slice bread

1 roll, muffin, biscuit or tortilla

1 small square cornbread

4 crackers

FATS

3-6 teaspoons

Fats may be added at the table or used in cooking.

Choose mostly: Margarine, mayonnaise, oil, and salad dressing.

Choose least often: Butter, lard, meat drippings, and solid shortening.

The following are high in calories and are NOT good sources of iron:

Fat meats, sausage, bacon, white meat, fatback, fried foods, gravy, cakes, pie, doughnuts, candy, soft drinks and snacks such as chips, curls and skins.

Notes:

Drink 6 to 8 glasses of water a day to regulate body functions.

- Prunes, prune juice, bran cereal or water may be helpful for constipation.
- Do not take any medications such as antacids, headache remedies or laxatives not approved by your doctor or nurse.
- Beer, wine and whiskey are harmful to your baby during pregnancy.
- Smoking limits the oxygen supply to your baby.
- Choose nutritious snacks like fresh fruit, raw vegetables, cheese and crackers, peanut butter and crackers, or WIC dry cereal with milk

03

SAMPLE MEAL PLAN

ADPH-WIC-430 01/00

MORNING MEAL

Fruit or juice

Egg, lean meat, cheese or peanut butter

Cereal

Toast
Milk

MID MORNING SNACK

Fruit or juice
Roll or muffin

NOON MEAL

Sandwich made from lean meat, egg
or peanut butter
Vegetable
Fruit
Milk

MID AFTERNOON SNACK

Cheese and crackers
Fruit juice or milk

EVENING MEAL

Lean meat or dry beans or peas
Starchy vegetable and bread
Green or yellow vegetable
Fruit or simple dessert
Milk

EVENING SNACK

Cereal
Milk

04

NUTRITION FOR THE TEENAGE MOTHER-TO-BE

ADPH-WIC-431/Rev. 3-96/Ed/pk

YOU ARE IMPORTANT!

Continue your school and other activities, as your doctor suggests. Eat right and get plenty of rest.

You need to gain 25-35 pounds during your pregnancy - up to 40 pounds if you were underweight before you got pregnant. This weight should be gained slowly at first, 2-5 pounds in the first three months, and then about one pound a week for the next six months. If you were underweight or overweight before you got pregnant, the nutritionist or nurse will advise you about weight gain.

A teenage mother-to-be is still growing if she is under the age of 18. You cannot get the iron you need in the foods you normally eat. Ask your doctor about supplemental iron and other mineral and vitamin needs.

YOUR BABY IS IMPORTANT!

Eating the right foods will add to your chances of having a normal, healthy baby. A good diet before the baby comes will supply the nutrients needed for your baby's bones, muscles and body organs. With enough calcium, phosphorus, protein, and vitamin D, your baby will develop strong tooth buds for later healthy teeth. More than half of the baby's brain cells are developed in the last three months of pregnancy. These cells need protein to grow properly.

WHAT YOU EAT IS IMPORTANT!

As your baby grows it will take body building materials from what you eat during the nine months of your pregnancy. It's up to you to eat enough to provide for your baby's growth and development and to meet your own total daily food needs.

Eating the right kinds and amounts of food at the right time helps you feel good, look good, and have a lot of energy.

1. Because you are still growing, be sure to eat the highest number of servings recommended from each food group in the eating guide, "What To Eat Before Your Baby Comes".
2. If you need more calories to gain weight, add these foods whenever possible: margarine, oil, jelly, salad dressings, sugar, syrup, sour cream, desserts. Just be sure you always meet your basic food requirements before filling up on other foods.
3. Eat several small meals instead of a few large ones. Try to have a nourishing snack at mid-morning, mid-afternoon, and bedtime.
4. Plan colorful and attractive meals to perk up your appetite.
5. Keep a daily food record. This will make you more aware of what you are eating and make it simple to see where adjustments can be made.

SAMPLE MEAL PLAN

BREAKFAST

Orange juice
Cereal
Bran muffin/wheat toast
Margarine
Milk

LUNCH

Hamburger with bun, lettuce and tomato
Banana
Cookies
Milk

DINNER

Tuna-noodle casserole

Green peas
Tossed vegetable salad
Bread
Margarine
Apple cobbler
Milk

MID-MORNING SNACK

Milk
Peanut butter and crackers

EVENING SNACK

Fruit juice
Toasted cheese sandwich

Notes:

- The earlier you get health care, the better it is for you and your baby. See a doctor as soon as you think you are pregnant. Follow advice about taking care of yourself.
- Use the suggested meal plans and food guide in this pamphlet to work out plans for your own meals.
- Get at least eight hours of sleep daily.
- Walk each day for exercise.
- Drink six to eight glasses of water or other liquid each day.
- Try to stop smoking as soon as you know you are pregnant.
- Don't drink alcohol, including beer, wine, wine coolers, mixed drinks, and other forms of liquor.
- Don't use street drugs, such as: crack/cocaine, speed or uppers, downers, heroin, marijuana, PCP or angel dust, and LSD.
- Don't take any prescription drugs or over-the-counter medicine before asking your doctor.

05

INDIGESTION AND HEARTBURN DURING PREGNANCY

ADPH-WIC-432/ Rev. 6-97/Ed(pk)

After a large meal, heartburn (burning feeling in the chest) may occur. This is caused in part by pressure on the stomach from the growing baby.

These suggestions may help:

- Eat 5-6 small meals during the day instead of 3 large meals.
- Avoid bothersome foods. High fat foods, coffee, and carbonated beverages often cause problems.

Avoid:

1. Rich pastries - doughnuts, fried pies
 2. Fried foods
 3. High fat-content foods (sausage, bacon, lunch meat, etc.)
 4. Foods of the cabbage family
 - Cucumbers
 - Cabbage
 - Collard greens
 - Broccoli
 - Onions
- Do not lie down after eating. Wait 2-3 hours.
 - Eat slowly, chew well and avoid tension at meals.
 - Sleep with head in an elevated position.
 - Do not take antacids. Don't take any medication unless advised by your doctor.

06

NAUSEA

ADPH-WIC-433/ Rev. 7-00/Ed/pk

“Morning sickness” or nausea during pregnancy usually occurs between the second and third months of pregnancy, and can make it hard to eat a balanced diet. If you do have morning sickness (or any time-of-day sickness) try these suggestions:

1. Eat small amounts of food several times a day, rather than a few large meals.
2. Stick to simply prepared bland foods. Avoid greasy, rich, fried, or highly seasoned foods. Avoid bacon, sausage, white meat, salt pork, and other fat meats and foods cooked with them.
3. Take liquids between meals, not with solid foods (i.e., milk, juices, water, decaffeinated coffee and tea, caffeine-free carbonated soft drinks).
4. Whenever nausea occurs, eat high carbohydrate foods like dry toast or crackers.
5. Eat dry toast, dry cereal, or crackers about 15 minutes before getting up in the morning. Arise slowly and move slowly after first getting up.
6. Use lowfat milk, skim milk, or buttermilk to reduce the total fat intake.
7. Let fresh air into the house during and immediately after cooking.

07

CONSTIPATION AND HEMORRHOIDS

ADPH-WIC-434/9-00 (ca)

Constipation and hemorrhoids may be a problem for you while you are pregnant. If you eat more high fiber foods and drink plenty of liquids you may have less trouble with these problems.

TO EAT MORE FIBER:

Increase fiber gradually over several weeks. Too much too fast can cause gas, cramps, and diarrhea.

Eat more high fiber foods including:

Whole wheat (100%), rye or pumpernickel bread

Whole wheat pasta

Baked products made with 100% whole wheat or rye flour

Bran cereals

Bran muffins

Greens-collard, mustard, spinach, turnip

Green beans, brussel sprouts, carrots, corn, peas, potatoes, tomatoes, zucchini

Apples (with skin), banana, blueberries, oranges, peaches (with skin), pears (with skin), stewed dried fruits, strawberries

Dried beans and peas (legumes)

Nuts

Prune juice

- Drink plenty of liquids (8 to 10 glasses per day). Fiber holds water. A high fiber diet can actually be constipating if you don't drink enough liquids.
- Eat 5 or more servings of whole fruits (not juices) and vegetables a day.
- Eat several servings of whole grain breads and cereals a day.
- Drink a cup or glass of warm liquid upon rising each morning.
- Plan a regularly scheduled time to have a bowel movement. Allow enough time.
- Increase physical activity to increase peristalsis (movement of the intestines).

Try these between meals:

RECIPE: ALL BRAN COOKIES

1 cup raisins 2 1/2 cups sifted flour

1 cup water 1/2 tsp. baking powder

3/4 cup margarine 1 tsp. baking soda

1 cup sugar 1/4 tsp. salt

2 eggs 1 tsp. cinnamon

1 tsp. vanilla 1/2 tsp. cloves

2 cups All Bran

Simmer raisins in saucepan over low heat until raisins are plump (20-30 minutes). Drain raisin liquid into measuring cup. Add enough water to make 1/2 cup. Heat oven to 400 degrees (moderate hot). Cream margarine, sugar, eggs and vanilla. Stir in raisin liquid. Sift together flour, soda, salt, spices and baking powder. Stir into the creamed mixture. Add All Bran and raisins. Drop by rounded teaspoonfuls about 2" apart onto ungreased baking sheet. Bake 8-10 minutes or until lightly browned. Makes 6-7 dozen. (Add 1/2 cup chopped nuts for more fiber.)

WHEN YOU ARE GAINING TOO FAST

ADPH-WIC-435/Rev. 3-96/Ed(pk)

1. Eat regularly. Do NOT skip meals. Skipping meals leads to nibbling later in the day.
2. Eat slowly and chew foods well before swallowing.
3. Serve small amounts on small plates. Do not take second helpings.
4. Cook foods by baking, broiling or cooking in a small amount of water. Frying adds calories to foods.
5. Oil, butter, margarine, lard, shortening - any brand - all have calories.
6. Make use of salt, pepper, spices, herbs, vinegar and lemon for seasoning. These do not have calories.
7. Do not be tempted. Do not purchase foods you should not have such as potato chips, nuts, candy, cookies, cake, pies, etc.
8. Choose your snacks carefully.
9. Avoid boredom! Try to find activities to do that do not involve eating.
10. Get plenty of rest and exercise.

SAMPLE MENU PLAN**BREAKFAST**

3/4 cup orange juice
1 serving cereal (See list)
1-2 slices of toast
1 teaspoon butter/margarine
1 cup milk (skim or low fat)

SNACK

3 graham cracker squares
1 serving fruit (See list)

LUNCH

1 meat sandwich (2 slices bread with 2 ozs. of lean meat)
Lettuce/tomato salad
1 teaspoon mayonnaise
1 serving fruit (See list)
1 cup milk (skim or low fat)

SUPPER

3 ounces lean baked/broiled meat, fish or poultry
without skin
1 serving bread, cereal, rice, or pasta
2 servings vegetables
1 serving fruit (See list)
1 teaspoon butter/margarine

1 cup milk (skim or low fat)

SNACK

3-6 lowfat snack crackers or saltines

1 cup milk (skim or low fat)

LIST

1 SERVING BREAD, CEREAL, RICE, OR PASTA IS:

1 slice bread, 1 roll, 1 biscuit or muffin

3 plain crackers

1 ounce unsweetened dry cereal

1/2 cup cooked cereal, rice or pasta
(macaroni, noodles, spaghetti)

1 SERVING FRUIT IS:

1 medium apple, banana, peach or pear

1/2 cup chopped, cooked or canned fruit
(unsweetened)

3/4 cup unsweetened fruit juice

1 SERVING VEGETABLE IS:

1 cup raw, leafy vegetables

1/2 cup other vegetables, cooked or chopped raw

3/4 cup vegetable juice

EAT LESS

- Cakes/pastries
- Chewing gum
- Cookies/candy
- Condensed milk
- Doughnuts/sweet rolls
- Fried foods
- Gravy
- Frosting
- Jam/jellies/preserves (made w/sugar)
- Honey/syrup
- Jello (sweetened w/sugar)
- Kool-aid (sweetened w/sugar)
- Malt
- Marmalade/molasses
- Olives/sweet pickles
- Pudding mixes

- Sauces (cream)
- Soft drinks (sweetened w/sugar)
- Sugar
- Sugar-coated cereal
- Sundae toppings

Do Not Drink Alcohol/Beer/Wine

09

WHEN YOU ARE NOT GAINING (FOR THE PRENATAL)

ADPH-WIC-436/Rev. 3-96/Ed/pk

Pregnancy is no time to try to lose weight. It is a time to gain weight through a good nutritious diet with enough calories. The amount of weight you gain during your pregnancy helps determine the weight and health of your baby.

A Prenatal Guide for Weight Gain:

- In addition to what you normally eat, you should eat more calories and more protein foods.
- Plan 5 or 6 smaller meals a day instead of 3 larger ones.
- If possible, ask someone else to prepare some of the meals.
- Eat foods that are high-calorie, like whole milk in place of skim milk, milkshakes in place of milk, cheese or peanut butter on bread, potato or macaroni salad in place of lettuce salad, dried fruit in place of fresh.
- Eat filling foods when most hungry.
- Take prenatal vitamins/minerals if prescribed.
- Exercise daily with doctor's O.K.
- Eat snacks at least two hours before mealtime.

SAMPLE MEAL

BREAKFAST

1 egg, scrambled in margarine
 1-2 slices whole wheat toast
 1/2 cup grits
 3/4 cup orange juice
 Margarine

MORNING SNACK

1 roll or muffin
 1 cup milk

LUNCH

1 slice turkey, 1 slice cheese
 2 pieces whole wheat bread

Mayonnaise
Raw carrot sticks
2-3 plain cookies with fruit
1 cup milk

AFTERNOON SNACK

3-6 graham cracker squares
2 tablespoons peanut butter
1 cup milk

DINNER

3 oz. baked fish
Baked potato with skin
Turnip greens
1 piece cornbread
1 serving dessert
Margarine
Beverage

BEDTIME SNACK

Cereal with 1 cup milk
1 banana