

Your Healthy Pregnancy: Nutrition

Who: Pregnant Women

Why: To educate pregnant women on the importance of consuming a healthy, balanced diet for optimal weight gain during pregnancy.

Time: 20 minutes (video 4 minutes long)

Objectives: By the end of this session, participants will:

- Learn about healthy weight gain during pregnancy
- Understand the five food groups and suggested portion sizes
- Learn about the importance of calcium, iron, folic acid and hydration
- Identify normal vs abnormal cravings during pregnancy

Lesson

Overview:

1. Introduction
2. Concept: Healthy weight gain during pregnancy
3. Concept: Food Groups
4. Concept: Cravings during Pregnancy
5. Closing

Materials: Help Me Be Healthy handout
Your Healthy Pregnancy Vol. 1 DVD
Food Models: A portion size for: grains, vegetable, fruit, milk, meat or beans
Dry Erase Board or flipchart (optional)
Marker (optional)
Ball

Introduction

- Welcome Participants
- Give overview of class session
- Introductions

Example: “Good morning/afternoon everybody! Welcome to “Your Healthy Pregnancy.” This class will be discussing nutrition during pregnancy. The class is about 20 minutes long and we will use this time to share ideas and discuss healthy nutrition during pregnancy. Let’s introduce ourselves. I’m going to use this ball to help us with introductions. I will pass the ball around and when you get it say your name and what your favorite food is. I’ll start: my name is _____ and my favorite food is _____ (pass the ball)”

👉 If preferred another icebreaker can be used



TIP: Use introductions as an icebreaker. Throw a silly question out there that is not related to the subject that you will be talking about. People will laugh and relax and this will increase class participation. Some examples of questions you can use are: “if you were ice cream, what flavor you would be?”, “what is your favorite movie?”, “if you could have any super-power, what power would you chose?”

Concept: Healthy Weight Gain during Pregnancy

- **Essential Questions:**
 - “What have you heard about nutrition and weight gain during pregnancy?”
- **Acknowledge answers from participants (i.e. “okay”, “I see”, etc)**

- **Write thoughts on dry erase board or flip chart (optional)**
- **If participant asks a question you can state:** “That is a very good question, we will now see a video that addresses the importance of nutrition and weight gain during pregnancy. This video helps to address some of the more common questions pregnant women may have”
- **Play DVD “Your Healthy Pregnancy Vol. 1” – select the section “Nutrition” (Total length=4 minutes long. Stop video at 2:25 and fast forward to 9:00 minutes (for information about iron and folic acid). Stop video at 10:00 minutes.**



FACTS ABOUT NUTRITION DURING PREGNANCY:

According to WebMD, pregnant women generally need to consume 100-300 more calories than before their pregnancy to meet the needs of their growing baby. A health care provider can help individualize how much weight gain is needed and this is dependent on the pre-pregnancy weight of the mother to be.

- **After watching video ask questions:**
 - “What did you think of the video? What questions do you have about nutrition during pregnancy after watching the video?”
- **Reiterate the 3 major nutrients that are important during pregnancy (Calcium, Iron, and Folic Acid):**
 - “Why is calcium important during pregnancy?” *(example- for babies bones and dental health, if inadequate calcium is consumed by mom calcium may be pulled from her own bones or teeth to be supplied to the baby putting mom at risk for osteoporosis). What food sources have calcium? (example food items- yogurt, milk, cheese)."*
 - “Why is iron important during pregnancy?” *(example- for the formation of red blood cells and for adequate growth of baby and placenta. The fetus is completely dependent on the moms iron stores so it's very important mom gets enough iron. "What foods contain iron?" (example food items-meat, nuts, beans, spinach and tofu **remember vitamin c helps increase the absorption of iron (foods with vitamin C include citrus fruits, green leafy vegetables, red berries, peppers).*
 - “Why is folic acid important during pregnancy?” *(example- for the neurological development of the baby (the brain and the spinal cord). "What foods contain folic acid?" (example food items- citrus fruits, dark-green leafy vegetables, nuts , and fortified foods such as breads, cereals, and pastas).*

Concept: Food Groups

- **Distribute the “Help Me Be Healthy” handout**
- **Essential Question:**
 - “What food/food groups were mentioned in the film?”
- **Listen and affirm participants answers about food/food groups mentioned in the film**
- **If a participant states something incorrect, make sure to state the correct information in the following manner:**
 - “You know your baby grows best when you eat right and eating from all five food groups will help to ensure your giving your baby the nutrients it needs. Keep in mind that your doctor may also have particular diet recommendations and those should always be followed.
- **Use the food models to provide a visual representation of the portion sizes for each food group shown on the “Help Me Be Healthy” handout.**

- Show a serving size of bread and discuss the recommend daily amount (ie 6 oz of grains, with half consisting of whole grains)
- Continue to show the food models for each food group and reiterate the daily amount recommended



FACTS ABOUT NUTRITION DURING PREGNANCY:

As a pregnant woman, when consuming fruits and vegetable try to include all different colors into the diet because this helps to provide all the essential vitamins and minerals you and your baby need.

Concept: Cravings During Pregnancy

- **Play the Game “Snack Attack”**
 - **Example:** “Now that we have learned about the five food groups and healthy snack options let's play a game. The name is 'Snack Attack'. I will give you an example of a food a pregnant woman may crave and you tell me if the food craving is normal or abnormal. Let's start with this one: Ice Cream? Potato chips? Pickles, Abnormal cravings: dirt, paper, etc”
- **Address any questions participants may have about healthy vs. unhealthy snack cravings such as non-food items: Example:** “Why would a pregnant woman crave dirt? (Listen to answers and affirm)...You know that is an excellent question; there may be a few medical reasons someone would crave dirt, a common one may be because the pregnant woman has an iron or zinc deficiency. When pregnant woman crave non-food items it is called Pica. If a woman is experiencing Pica it is best she consult with her physician.



FACTS ABOUT NUTRITION DURING PREGNANCY:

According to the American Pregnancy Association, women need to stay properly hydrated throughout their pregnancy especially in warm weather and during exercise. Staying adequately hydrated is important for adequate breast milk production and flow. If a pregnant woman is not consuming enough fluids constipation, preterm labor, or fatigue could result.

Closing

- **Ask participants what they thought about the information they received regarding nutrition during pregnancy**
- **Ask if they have any questions**
- **Thank them for attending the class**
- **Example:** “what did you think about the information you got about nutrition during pregnancy?...do you think some of the information we covered was helpful?...does anyone have any questions about nutrition during pregnancy?...it was really great having you here, thank you very much for your participation in class. I look forward to seeing you again!”