



May 1, 2002

Dear EAT RIGHT MONTANA Friend:

In honor of Mother's Day, this **Healthy Families 2002** packet covers healthy weight gains for **pregnant women**. May's food focus is **vegetable protein sources** (nuts, seeds and beans), while **swimming** is our fitness topic. We have also included updated versions of two previous **Eat Right Montana** handouts (on folic acid and morning sickness). As always, the information in the handouts is complementary. However, each page is also designed to be used individually, depending on your target audience and communication goals.

Pregnancy is a time when women are often especially receptive to nutrition, activity, and health messages. It's also a critical time to start moving toward a healthy weight – for both mother and child. However, pregnant women are also balancing many demands today – job, family, community commitments, etc. – and they often find it difficult to take good care of themselves. Simple, practical tips for optimizing the quality of meals and snacks – and for incorporating physical activity are essential for these “everyday heroes.”

If you're already a pool enthusiast, you probably need no convincing of the benefits associated with swimming and water aerobics. If not, it's probably time to learn more about the updated versions of water fun. Swim classes definitely aren't what they used to be and – no one needs to feel stuck with boring lap swims. With equipment like water woggles and webbed gloves, and videos from Aqua Attack to Senior Splash, there is something for everyone. Take some time to learn more about the water options in your community and to check out the wet and wild possibilities at these websites:

- Aquatic Exercise Association @ <http://www.aeawave.com/>
- Water Workout @ <http://www.waterworkout.com/>

As always, we appreciate your support and welcome your suggestions.

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Increased Nutrient Needs for Pregnancy:

How to eat a little more ... and a lot smarter

CALORIE needs increase approximately 300 calories per day:

- ✓ Overall, it takes about 80,000 calories to make a baby!! After the first three months, pregnant women need about 300 extra calories each day for a healthy weight gain.
- ✓ Translated into nutrient-dense, baby-building food choices, 300 extra calories equals:
 - **Bowl of whole grain cereal (cold or hot), 8 ozs. of fat-free milk, and a banana**
 - **Baked potato topped with 1 oz. grated mozzarella cheese and broccoli**
 - **Lean roast beef or turkey (2 ozs.) on whole wheat with lettuce and tomato**
 - **Trail mix of nuts (1 oz.), dried fruit (2 ozs.) and breakfast cereal (1 oz.)**
 - **Peanut butter (2 tablespoons) spread on apple slices or celery sticks**

PROTEIN needs increase 10 grams per day to 60 grams total:

- ✓ Throughout a pregnancy, protein is probably the most important nutrient. Women need an extra 10 grams of protein a day for the growing baby and their own bodies.
- ✓ Dairy products, lean meat, poultry, fish, eggs, legumes (dried beans and peas), seeds and nuts all provide protein and other power nutrients for a healthy pregnancy.
- ✓ Here are some quick and easy ways to pump up your protein intake.
 - **One 8-ounce glass of milk = 8 grams of protein; 1-ounce cheese = 7 grams**
 - **Each ounce of lean beef, pork, poultry, or fish = 6 to 7 grams of protein**
 - **One egg = 6 grams of protein**
 - **One-half cup of legumes (beans, lentils or peas) = 6 to 7 grams of protein**
 - **One-ounce (small handful) of nuts = 4 to 6 grams of protein**
 - **Two tablespoons of peanut butter = 4 to 5 grams of protein**

IRON needs increase 9 milligrams per day to 27 milligrams total:

- ✓ Women need plenty of iron for the extra three pounds of blood they produce during a healthy pregnancy. Getting too little iron increases that risk of low birth weight babies and pre-term deliveries. That's why most health providers suggest iron supplements.
- ✓ Eating iron-rich foods, like lean beef and fortified breakfast cereal, is also important.

FOLATE needs increase 200 micrograms per day to 600 micrograms total:

- ✓ Getting enough of the B-vitamin folate (also called folic acid) helps reduce the risk of certain birth defects of the spinal cord and brain. Folic acid is critically important just after conception, before most women know they are pregnant.
- ✓ All pregnant women need 600 micrograms of folate every day – from supplements and food sources. Foods rich in folate include enriched grain products, nuts, legumes, citrus fruits and juices, and dark green leafy vegetables.

Provided by Eat Right Montana



Moving Montana Toward a Fit Future: Eating Twice as Smart
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Healthy Families 2002: Healthy weight gain during pregnancy (5th in a series of 12)

Gaining the right amount of weight during pregnancy is important for mother and baby. Gaining too little weight increases the risk of having a low birth weight baby. Gaining too much weight increases the risk of diabetes during pregnancy, complications during delivery, and childhood obesity later in life.

“Eating right during pregnancy is essential for a healthy baby and a healthy mom,” says Chris Fogelman, RD (Registered Dietitian), and Director of the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) at Montana Department of Public Health and Human Services.

“For a healthy pregnancy, women need to eat a little more – about 300 calories more per day – and a lot smarter. Rather than ‘eating for two,’ pregnant women should focus on eating twice as nutritiously.”

The recommended amount of weight gain for a pregnancy depends on several factors; including age of the mother, her pre-pregnancy weight, and how many babies she is carrying. Young teenagers, underweight women, and those expecting twins or triplets need to gain more weight. Moms-to-be who are overweight before pregnancy still need to gain weight, just not as much.

According to Fogelman, current recommendations suggest that a total gain of 25 to 35 pounds is optimal for most women. “The pattern of weight gain during a pregnancy is also important,” she says. “Women generally gain only a few pounds during the first three months. After that, the goal is a gradual and steady gain of about one pound per week.” A sudden weight gain, or any weight loss, may indicate a problem and should always be discussed with your medical caregiver.

Eat Right Montana (ERM), a statewide coalition promoting healthful eating and active lifestyles, urges all Montana women to eat smart while pregnant. Eating well, staying active, and gaining the right amount of weight are three important keys to building a healthy baby.

“Pregnancy is never the time to diet,” says Fogelman. “Nor is it the time to eat twice as much. To feel your best, balance nutrient-dense foods with safe physical activities, like walking and swimming.”

ATTACHED: “Eating vegetable proteins” and “Swimming your weigh to fitness”

Eating Vegetable Proteins the Healthy Weigh

Plant protein sources have been making nutrition headlines for years. The recent health news about nuts, seeds, and legumes (dried beans and peas) has been especially positive. Vegetarian or meat eater, you can easily enjoy all the benefits of these delicious foods.

1. NUTS for health

No longer a nutrition no-no, nuts are a good source of omega-3 fatty acids. These “good fats” can help lower cholesterol and fight heart disease. A small handful, about an ounce, makes a satisfying (and tasty!) snack – or a delicious topping to a leafy green salad.

2. NUT BUTTERS for health

Peanut butter isn’t just for kids anymore. Research show that sensible amounts of nut butters can help adults stick to a healthful eating style – and lose weight. Balance the fat in peanut butter by spreading it on apples slices, celery sticks, or whole grain crackers.

3. SEEDS for health

Seeds, like sunflower and sesame, also offer nutrition benefits, rich flavors, and crunchy textures. Like nuts, they make tasty additions to fruit salads, trail mix, homemade breads, and other baked goodies. Try some sunflower seeds and walnuts in oatmeal cookies.

4. BEANS for health

Versatile, tasty, and inexpensive, beans are a real nutrition bonanza. Packed with protein, complex carbohydrates, B-vitamins and fiber, enjoy beans in soups, salads, burritos, and dips. Good news for quick meals: Canned beans are just as nutritious as the dried ones.

5. SOY FOODS for health

Soybeans are the most versatile of all the legumes. As soy milk, soy cheese, tofu, TVP (texturized vegetable protein) products, and edamame (whole, green soybeans), soy protein can help reduce the risk of heart disease, cancer, and osteoporosis.

6. SPLIT PEAS and LENTILS for health

Like their bean cousins, peas and lentils go great in soups and salads. Like beans, a one-half cup serving counts as a protein serving – and as a 5 A Day vegetable serving at the same time. That’s a nutrition combo that is hard to beat!



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SPLASHING Toward Fitness

When it comes to fitness, water activities have many benefits over similar land activities. Water provides buoyancy and support – and, at the same time, uses more muscle groups than any other activity. Moving in water is cooler and more comfortable for many people.

Best of all, you don't have to be a serious swimmer to enjoy all the benefits.

1. WATER FUN is for pregnant women.

Water fitness is ideal for pregnant women who may feel uncomfortable or unsafe in other activities. It reduces the risk of accidents (like falling off a bike) or over-heating while running. Since there is less jarring and bouncing, it can be done right up until delivery.

2. WATER FUN is for babies.

New moms and their babies can continue with water activities after delivery. This dual-purpose activity is a fun way to provide infants with the muscle stimulation they need – and to teach them water safety skills (like floating on their backs) at the same time.

3. WATER FUN is for kids.

Kids naturally love to play in water – from wading pools to ocean waves. Basic swim classes are essential to ensure that children can enjoy water safely. Advanced classes and swim teams are fun ways for kids to stay active and to maintain a healthy weight.

4. WATER FUN is for seniors.

Water's gentle support makes pool-based fitness perfect for people as they age. Water activities can be adjusted to any level of intensity – and any chronic disease or condition that limits activity. Always check with your physician before starting a new program.

5. WATER FUN is for people with asthma & arthritis.

Most of the medical problems that limit activity on land are not a problem in the water. The humid atmosphere of a pool usually works well for people with asthma. Water is so easy on painful joints, muscles, and bones that many pools offer special arthritis classes.

6. WATER FUN is for everyone.

Finding a place to enjoy water fun is easier than ever. The growing popularity of water fitness means that there are more pools and classes than ever. Check with your local Y, fitness clubs, colleges, schools, and parks for convenient options – and make a splash!!



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Delicious Ways to Get More Folic Acid: Morning, Noon and Night

Supplements can be an important way to get folic acid, but food offers the benefit of great taste! Get yourself into a folic acid habit by including good food sources in all your meals. When you are grocery-shopping, check the labels on bread and cereal products to make sure that you are getting the folic acid that your body deserves.

<u>Food/serving size</u>	<u>Daily Value (400 mcgs)</u>
Total cereal, ½ cup	100 %
Lentils, ½ cup cooked	45 %
Chickpeas, ½ cup cooked	35 %
Spinach, ½ cup cooked	33 %
Asparagus, ½ cup cooked	30 %
Orange juice, 1 cup	27 %
Peanuts (dry-roast), 1/3 cup	25 %
Pistachios (roasted), 1 oz.	25 %
Strawberries, 8 med. raw	20 %
Wheat germ, ¼ cup	20 %
Enriched bread, 1 slice	10 %

Breakfast Bonanzas:

- Orange juice and fortified cereal
- Toaster waffles with frozen berries
- English muffin with peanut butter
- Oatmeal with sliced berries
- Bran muffins

Luscious Lunches:

- Lentil soup and wheat crackers
- Spinach salad with chickpeas
- Bean chili with a green salad
- Tuna sandwich with a fruit salad
- Veggie soup with whole wheat roll

Quick Snacks:

- Whole orange or banana
- Toasted soybeans
- Peanuts or pistachios
- Cereal and milk
- Tomato juice

Delightful Dinner Dishes:

- Baked beans
- Steamed asparagus or beets
- Stir-fried broccoli
- Three-bean salad
- Spinach and avocado salad



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Ten Ways to Manage Morning Sickness

Pregnant women can experience nausea and vomiting at any time of day. Up to 90% of all women report some intestinal discomfort during early pregnancy. Unfortunately for some women, “morning sickness” lasts throughout their entire pregnancy. Despite many theories, experts are not sure exactly what causes morning sickness. However, they are certain that it is not just “in your head.” The good news is that studies have shown that women with nausea and vomiting do not have an increased risk of damage to the fetus.

Here are some tips to make your pregnancy more comfortable.

1. Steer away from strong smells and foods that make your stomach churn. Keep a food diary to see which foods cause the worst problems.
2. Ask yourself what foods and beverages sound as if they would ease your nausea. Consider flavors, textures, aromas, and temperatures.
3. Eat and drink whatever stays down – even if it is not nutritionally perfect. You won’t live on it forever – and the key is to break the cycle.
4. Eat small, frequent meals since an empty stomach tends to feel more upset. Try bland foods like crackers, potatoes, or plain pasta.
5. Stay well hydrated with plenty of fluids. Alternate beverages with meals and continually sip fluids when you are not eating.
6. Experiment with ginger ale, ginger tea, lemonade, and lemon tea. Both fresh ginger and lemons may also help to settle your queasiness.
7. Try lemons in various forms – slices to enjoy in water or tea; wedges to smell when the nausea hits; and even lemon candy to suck on.
8. Stop taking vitamins and iron temporarily (be sure to tell your health provider). If the nausea improves, wait a few days and try them again.
9. Ask your friends and family for support during this difficult time. Talk with your prenatal care provider, especially if you have regular vomiting.
10. Make time for rest and relaxation in a low-stress environment. Reduce noise levels and odors – and open the windows if possible.



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Healthy Families 2002: Moving Montana Toward a Fit Future: Start today for a healthy weight

January 2002

- **The ABCs of a Healthy Weight**

February 2002

- **Moving toward a Healthy Weight for Women**

March 2002

- **Moving toward a Healthy Weight for Men**

April 2002

- **Moving toward a Healthy Weight for Children**

May 2002

- **Moving toward a Healthy Weight for Pregnant Women**

June 2002

- **Moving toward a Healthy Weight After Having a Baby**

July 2002

- **Moving toward a Healthy Weight for Babies and Toddlers**

August 2002

- **Moving toward a Healthy Weight for Teens**

September 2002

- **Moving toward a Healthy Weight for Seniors**

October 2002

- **Moving toward a Healthy Weight during Menopause**

November 2002

- **Moving toward a Healthy Weight for People with Diabetes**

December 2002

- **Moving toward a Healthy Weight Forever**



EAT RIGHT MONTANA

A coalition promoting healthy eating and active lifestyles