

PART OF THE
"BETTER BRAINS FOR BABIES" COLLABORATION

AUTHOR: GAIL M. HANULA, RD, LD, EdS
EXTENSION NUTRITION AND EFNEP SPECIALIST
DEPARTMENT OF FOODS AND NUTRITION

PUBLICATION NUMBER: FACS 03-9
PUBLICATION DATE: JANUARY 1999

WEB SITE: <http://www.fcs.uga.edu/outreach>



Supported by the University of Georgia
College of Family and Consumer Sciences
"Strengthening Georgia Families and Communities" Initiative.

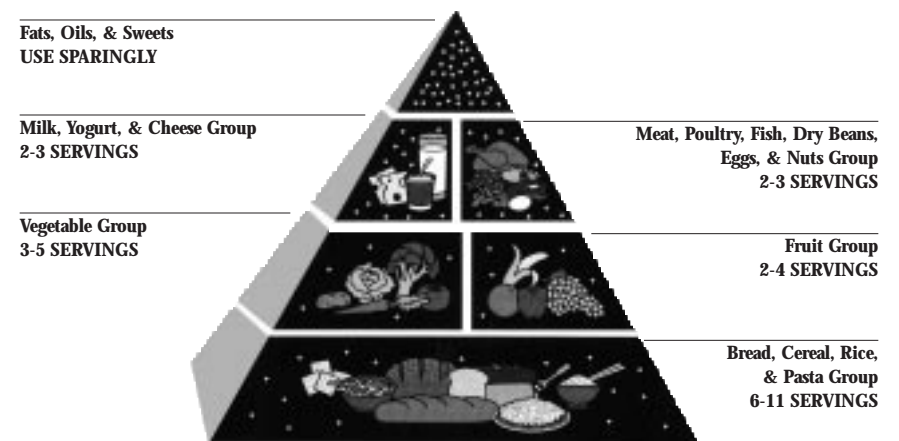
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Building Baby's Brain

The University of Georgia College of Family and Consumer Sciences

What To Eat When You Are Pregnant

To have a healthy baby, eat healthy food! What you eat can help your baby grow a healthy heart, lungs, and brain. Choose foods from the Food Pyramid to help your baby grow well.



FOOD PYRAMID GUIDE
A GUIDE TO DAILY FOOD CHOICES

Early in pregnancy, or if you think you might be pregnant, eat more foods like turnip greens, bread, green salad, orange juice, and breakfast cereal. These foods have folate, a B vitamin which is important for your baby's brain and nerves to develop properly. When you go to the doctor, ask whether you should take a vitamin with folate, too.

During pregnancy, your body has to make more blood. Iron is needed to make rich, red blood. Iron is very important because its job in the blood is to carry oxygen to the baby so he can breathe. Eat foods high in iron, like dark meat, breakfast cereal, spaghetti, macaroni, peas and beans. Cook in an iron skillet if you have one. Eat more fruits and vegetables which have Vitamin C, like orange juice, kiwi, melon, and potatoes. Vitamin C helps your body absorb more iron.

Be sure to take your iron pills. If the iron pills make you sick, tell your doctor. Changing brands may help. Take them with food, and drink lots of water.

WARNING: If children take your iron pills, they could be poisoned. Keep all iron pills and medicines safely away from small children. In an EMERGENCY, call 9-1-1 or Poison Control at 1-800-282-5846.

Pregnancy is not the time to go on a diet. For most women, gaining about one pound a week is recommended from the fourth month of pregnancy until the baby is born. Most doctors recommend women gain 25 to 35 pounds during their pregnancy. Women who are underweight may need to gain more. Ask your doctor how much weight you should gain during your pregnancy. Gaining too much weight or gaining it too fast can be a problem. If you gain a lot of weight in a short time, tell your doctor right away.

Take good care of yourself! Be good to your baby. Eat more healthy foods and take your vitamins. The rewards will be worth it!



EXPECTANT MOTHER'S QUESTIONS:

1) How hard is it to lose weight after the baby is born?

Many women wonder about this. You will lose the weight easier if you gain between 25-35 pounds. If you gain more, it will be harder to get the weight off after the baby is born. You'll lose about 15 pounds right after delivery. Be sure to think about breast-feeding your baby. There are many advantages to breast-feeding, including that it may make it easier for you to get your figure back!

2) What can I do about heartburn?

To help prevent heartburn, eat small meals often. Skip spicy foods and caffeine. Caffeine is in regular coffee, tea and cola drinks. Many yellow soft drinks contain caffeine. Don't lie down for at least one hour after eating.

Your baby eats what you eat! Give your baby a head start by eating healthy foods!

Talk to your local Family and Consumer Sciences Extension Agent for more help.