



***Maintaining your Health and Energy during Pregnancy:
The Importance of Breakfast and Hydration***

Goals:

- *Students will learn the importance of eating breakfast and staying hydrated during and after pregnancy.*
- *Students will learn to prepare and enjoy healthy and affordable breakfast and beverage items.*

Audience: Prenatal

Suggested Nurture Recipes:

- Eggs with Brown Rice: rice cooker
- Good Night Good Morning Oatmeal with Nuts: slow cooker
- Green Smoothie: blender (The recipe is enough for 2 people to sample. Multiply the recipe as needed)
- Wuice

Today we are going to talk about the importance of eating breakfast and staying hydrated during and after pregnancy.

Why is eating breakfast so important?

- After not eating for 8 or more hours while sleeping, your body needs to be refueled with high quality energy, vitamins and minerals that you and the baby need for development!
 - A healthy balanced breakfast contains: High fiber whole grains, lean protein and brain and heart healthy fat. *Discuss the Nurture Recipe Framework:*
http://www.nurtureyourfamily.org/sitebuildercontent/sitebuilderfiles/Grain_Recipe_Framework_k_Breakfasts.pdf
- Skipping any meal, but especially breakfast, causes your blood sugar to be low which can cause fatigue, nausea, headaches, irritability and stress.
- When blood sugar is low, it is harder to make healthy choices and you might be tempted to turn to junk food that is high in empty calories and lacking in nutrients that you and your baby need.

How can you make breakfast part of your routine?

- Plan ahead: think about what you'll have for breakfast and how much time you have to prepare it. Some meals can be made the night before or cooked in the rice or slow cooker to save you time in the morning.
- Get creative! Even if a meal is traditionally served as lunch or dinner, it could still be a healthy breakfast. Just make sure it is balanced and includes fruits and or vegetables, whole grains, lean protein and healthy fat.

Why is it so important to stay hydrated during pregnancy?

- Drinking plenty of fluids helps you maintain your energy levels and prevent constipation, hemorrhoids and bladder infections- conditions that are unfortunately more common during pregnancy

- Proper hydration is especially important in the 3rd trimester when dehydration can lead to contractions that trigger preterm labor.
- Drinking plenty of water can also help reduce swelling that is so common during pregnancy. Oddly enough, the more fluids you drink, the less your body retains.

What are the best beverage choices during pregnancy and how much should you drink?

- Aim for at least eight 8-ounce glasses of fluids a day plus one 8-ounce cup for every hour of light activity
- Water is the best beverage choice in most cases as it is calorie-free and quenches your thirst the best.
- If water doesn't taste great to you, try adding a splash of 100% juice or a squeeze of fresh lemon, lime or orange to your water or even a few slices of cucumber for added flavor.
- Milk counts toward your fluid intake too. Try to avoid sweetened or flavored milks.
- Juice drinks, sports drinks and soda are not great choices during pregnancy because they add empty calories that don't offer many nutrients.
- Alcohol should be avoided during pregnancy because it can harm your baby.
- Caffeine containing beverages like coffee, soda and tea should be limited to no more than 12oz (1.5 cups) per day as more than that can increase the risk of miscarriage. Try to avoid caffeine especially during the first trimester of pregnancy.

Resources:

http://www.babycenter.com/404_how-much-water-should-i-drink-while-im-pregnant_5283.bc

<http://www.mayoclinic.com/health/pregnancy-nutrition/PR00110>