



### ***The Nutri-STARS of Pregnancy: Setting the Stage for a Healthy Life for You and Your Baby***

#### **Goals:**

- *Students will learn the importance of consuming “star” nutrients in food such as iron, calcium, vitamin D, zinc and vitamin B6 during pregnancy.*
- *Students will be able to identify the best food sources of these nutrients*

Audience: Prenatal

#### **Suggested Nurture Recipes:**

- Fiesta Casserole: Rice Cooker and Oven
- Pumpkin Pecan Oatmeal: Rice Cooker
- Yogurt Ranch Dip with fresh vegetables of broccoli, carrots and cucumber (This recipe is enough for 2 to sample. Multiply as needed.)

Today we are going to talk about the importance of some of the essential nutrients to pregnancy and how to get these nutrients from your diet.

Nutrient:	Why it's important during pregnancy?	What foods are the best sources?	How much do you need?
Vitamin B6	<ul style="list-style-type: none"> <li>• Necessary for development of the baby's nervous system</li> <li>• Low levels linked to morning sickness for mom and complications during delivery</li> </ul>	<ul style="list-style-type: none"> <li>• bananas</li> <li>• bell peppers</li> <li>• lean meat, chicken, salmon, turkey</li> <li>• green leafy vegetables</li> <li>• whole grains</li> <li>• lentils</li> </ul>	<ul style="list-style-type: none"> <li>• The RDA for B6 is 1.9 mg/day for pregnant women.</li> </ul>
Iron	<ul style="list-style-type: none"> <li>• A pregnant woman needs more iron because she transfers so much to her growing baby and increases her own blood supply by 20-30% while pregnant.</li> <li>• Adequate iron helps mom increase her resistance to stress, fatigue and disease</li> <li>• Low iron levels in mom may slow the baby's brain development and could lead to delays in normal motor and language skills and mental function.</li> </ul>	<ul style="list-style-type: none"> <li>• lean meat, poultry &amp; fish</li> <li>• beans and lentils</li> <li>• whole grains</li> <li>• pumpkin seeds</li> <li>• peanut and sunflower seed butters</li> <li>• dried fruit</li> <li>• leafy green vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• The RDA for iron is 30 milligrams (mg) per day for pregnant and lactating women.</li> <li>• Eating at least 3 servings of iron-rich foods per day</li> </ul>
Calcium	<ul style="list-style-type: none"> <li>• Helps build the fetal bones and teeth</li> <li>• Plays an important role in developing the heart, nerves, and muscles</li> <li>• If mom doesn't get enough she may end up with low bone mass or weak bones when she gets older</li> <li>• Calcium deficiency can be related to high blood pressure in both mom and baby</li> </ul>	<ul style="list-style-type: none"> <li>• DAIRY: milk, yogurt, cottage cheese and other cheeses</li> <li>• GREEN VEGETABLES: Kale, broccoli, Chinese cabbage</li> <li>• Sesame seeds</li> <li>• Almonds and almond butter</li> </ul>	<ul style="list-style-type: none"> <li>• Age 14-18: 3000mg/day</li> <li>• Age 19+: 1000 mg/day</li> <li>• Eat three to four servings of calcium rich foods/day</li> </ul>

Vitamin D	<ul style="list-style-type: none"> <li>• Important for proper fetal development</li> <li>• Works with other nutrients, like calcium to create strong bones and teeth for baby</li> <li>• Strengthens mom's immunity</li> <li>• Reduces the risk of preeclampsia in mom: a condition that can cause complications and lead to preterm delivery</li> </ul>	<ul style="list-style-type: none"> <li>• Our bodies make vitamin D when we're exposed to sunlight</li> <li>• DAIRY: Vitamin D is usually added to milk and yogurt</li> <li>• FISH: Cod liver oil, salmon, and tuna fish</li> </ul>	<ul style="list-style-type: none"> <li>• 600 IU per day</li> <li>• Many people don't get enough from the sun and may need a supplement.</li> </ul>
Zinc	<ul style="list-style-type: none"> <li>• Low levels of zinc can be related to increased birth defects, low birth weight and behavioral problems with the child gets older</li> </ul>	<ul style="list-style-type: none"> <li>• Meat &amp; turkey</li> <li>• VEGETABLES: Green leafy vegetables, broccoli, asparagus, mushrooms</li> <li>• Beans, lentils, peanut butter, seeds</li> <li>• Yogurt &amp; cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 12 mg per day</li> </ul>

- This chart may be overwhelming at first. It's meant to be a guideline for the nutrients and foods that are most important for you and your baby. If you look closely, you may notice a pattern:
  - Most of these nutrients are found in vegetables (especially dark green ones), lean meats, chicken and fish, whole grains, beans, lentils, seeds and dairy. These are all of the foods that we use in Nurture recipes
  - If you're including these foods in a balanced diet, you're likely getting enough of the nutrients you and your baby need. But because pregnancy is such an important time of development for you and your baby, it's always a good idea to take a prenatal supplement and ask your doctor about any other supplements you may need based on your diet. And be sure to ask your doctor about any supplements you're already taking.
  - Junk food, sweets, soda and sports drinks aren't listed anywhere on the chart. It's okay to eat these foods occasionally, but because they have little to no nutrients, they shouldn't make up the bulk of your diet.

Resources: American Dietetic Association [eatright.org](http://eatright.org), *Child Development* by John Colombo, PhD, *Nutrition Through the Lifecycle* by Judith E. Brown.

<http://www.sciencedaily.com/releases/2011/04/110412153813.htm>

[http://my.clevelandclinic.org/healthy\\_living/pregnancy/hic\\_increasing\\_iron\\_in\\_your\\_diet\\_during\\_pregnancy.aspx](http://my.clevelandclinic.org/healthy_living/pregnancy/hic_increasing_iron_in_your_diet_during_pregnancy.aspx)

<http://www.cdc.gov/nutrition/everyone/basics/vitamins/iron.html>