



NutritionMatters

Nutrition Services | Health Services Department

Eating for Two, Not Eating Like Two

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Should a pregnant woman “eat for two”? Yes, but keep in mind eating **for** two is not eating **like** two. This means you need extra vitamins and minerals, but not twice as many calories. A simple guideline is to eat when truly hungry. In the first trimester, you need extra calories, about the amount you would get in an extra glass of milk or one large banana. Your calorie needs increase in the 2nd and 3rd trimesters, depending on your activity level. A tuna sandwich or a bagel with cheese would provide those extra calories.

To get the most vitamins and minerals in these extra calories, choose foods rich in iron, calcium, vitamin D and folic acid (see sources below). These nutrients are especially important during pregnancy to support the growth and development of your baby.

You also need to increase the amount of fluid you drink during pregnancy. This extra fluid helps your kidneys and helps increase your blood volume to feed the baby. The recommended six to eight glasses of fluid per day includes water, milk, soup and fruit or vegetable juices. Canada’s Food Guide to Healthy Eating can help you meet your extra calorie and nutrient needs. Call Health Connection to get a copy of the Food Guide, 1-800-361-5653.

Nutrient Packed Foods

Iron:

Red meat, liver, enriched breads and cereals, legumes (dried beans, peas and lentils), egg yolk, clams, pumpkin seeds.

Vitamin D:

Milk, skim milk powder, margarine, salmon and eggs.

Folate (folic acid):

Asparagus, green leafy vegetables, orange juice, bananas, legumes, wheat germ, corn, bean sprouts and eggs.

Calcium:

Milk, yoghurt, cheese, sardines, tofu made with calcium, figs, almonds, sesame seeds, fortified soy beverages, bok choy, salmon with the bones, some orange juices with calcium added (see Special Products).

Special Products

Additional sources of calcium for your diet may include:

Tropicana® Calcium and Vitamin C Supplement, President's Choice® Orange Juice with Calcium and **Minute Maid® Premium Calcium Rich orange juice**, orange juices sold as a calcium supplement. They provide an option for people with lactose intolerance or milk allergies, as they do not contain milk solids.

Oasis Health Break® is an orange juice with modified milk ingredients added. It is not suitable for people with a milk allergy or lactose intolerance. It is a good choice for people who do not like milk.

These products contain about the same amount of calcium as milk (315 mg per cup), so they help to increase calcium intake. However, bone health is dependent on other nutrients in addition to calcium, such as vitamin D, and this is not added to these juice products.

There are also soy and rice beverages on the market which are enriched with calcium and vitamin D. They contain about the same amount of calcium as milk but this calcium is less available for the body to use.

The bottom line: read the label to find out what you are buying and enjoy these new products in moderation.

Tips to Feel Your Best During Pregnancy

Many women suffer from nausea and vomiting during pregnancy, mostly during the first three months. To help you manage nausea and vomiting during pregnancy, try the suggestions that follow.

- ▼ Eat small meals every 2-3 hours.
- ▼ Eat lower-fat meats, poultry and fish and use skim or low-fat milk products. Avoid fried foods.
- ▼ Try carbohydrate-rich foods such as fruit, fruit juices, breads, cereals, rice and pasta. These foods are nutritious and may help prevent low blood sugar that can cause nausea.
- ▼ Drink soup and liquids between meals so your stomach doesn't feel so full.
- ▼ When cooking, open a window or use cold foods as they have fewer odours.
- ▼ Eat lightly seasoned foods.
- ▼ Sit upright after meals.
- ▼ Have a snack before bed or during the night if you wake up hungry.
- ▼ Eat a piece of bread or dry crackers before getting out of bed in the morning.
- ▼ Get out of bed slowly; avoid sudden movements.
- ▼ Avoid brushing your teeth immediately after eating and don't brush your tongue.

Q & A

Q Do I have to give up coffee?

A No, but you may want to cut down if you are a heavy coffee drinker. Coffee, as well as tea, cola drinks and some cold and headache medications, contain caffeine. Large amounts of caffeine may be harmful to your baby. Limit coffee to no more than two 8oz. (250mL) cups a day. Tea, decaffeinated coffee or colas may also be consumed in moderation. As an alternative, try hot water with lemon or hot chocolate or Ovaltine made with milk.

Q Can I drink alcohol while I am pregnant?

A Drinking alcohol is not recommended during pregnancy. When you drink, your baby also drinks. The alcohol that reaches your baby can then cause physical, mental and growth defects. The amount of alcohol that can cause harm is not known so try to choose a non-alcoholic drink.

Q Can herbal teas be used during pregnancy?

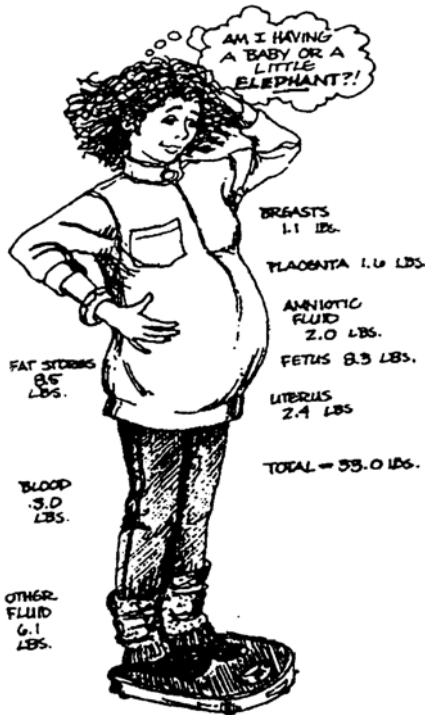
A Yes, but it is important to use only the herbal teas that have little or no effect on your body, such as rosehip, linden flower, citrus peel, ginger, lemon balm or orange peel. If the label does not indicate that the product is decaffeinated, do not assume it is caffeine-free. Read the label carefully to ensure the ingredients are only those listed above.

Q Can I drink diet pop while I am pregnant?

A Diet pop and some other diet products contain sugar substitutes. Moderate amounts of sugar substitutes have not been proven to be harmful during pregnancy. Better choices might include: juice, milk or water instead, they offer a variety of nutrients.

Gaining Weight for a Healthy Baby

When you are pregnant and step on the scale, weight gain is good news! It is a sign that your body is adapting to your baby's needs and that your baby is growing. It is important to eat a variety of nutritious foods at regular intervals throughout the day. This will help to "tide you over" for the days when you do not feel well. Having different types of healthy food on hand, for example fruit, cut up vegetables, whole-wheat crackers, nuts, milk or yoghurt makes it easier to grab a bite when you feel hungry.



Here's where the weight gain goes.

Most women will gain the weight they need to during pregnancy if they follow a healthy eating pattern, keep active and allow their appetite to guide their food intake. Women who have healthy babies gain varying amounts of weight during pregnancy. Depending on your weight before pregnancy the current guidelines for weight gain are as follows:

- ▼ if you were underweight, you should gain 28-40 pounds;
- ▼ if you were overweight, it is recommended that you gain somewhere between 15 and 25 pounds;
- ▼ If you were in a healthy weight range, 25-35 pounds is a healthy weight gain for you.

It is best to gain weight slowly and steadily. Try to keep moderately active throughout your pregnancy. If you gain or lose weight suddenly, see your doctor right away.

Body Image



In our society a woman's appearance is overvalued. The image of "beauty" is defined by the media as being young and ultra-thin. For many women, it may take great courage to accept the body changes that occur during pregnancy. Here are some suggestions to help women accept their changing bodies:

- Read, talk to others and attend prenatal classes**
- Choose a health care provider with whom you feel comfortable**
- Enjoy moderate physical activity**
- Wear comfortable clothes and shoes**
- Take time for yourself**

You may need extra nutrition help if:

- ▼ you are less than 17 or older than 35,
- ▼ you are pregnant with twins or triplets,
- ▼ you were either underweight or overweight before pregnancy,
- ▼ you dieted a lot before getting pregnant,
- ▼ you are vegetarian, and not eating eggs or milk,
- ▼ drinking milk, or eating yogurt and cheese are hard for you,
- ▼ your weight gain is too little or too much,
- ▼ you are having trouble eating due to nausea,
- ▼ you are on a special diet due to food allergy, diabetes, or digestive problems.



I n T h e K i t c h e n

Here is an inexpensive (total cost \$4.00 to feed 6) and easy recipe from *The Basic Shelf Cookbook*. It is full of iron, vitamins A and C, folic acid and fibre.

Rice with Creole Kidney Beans

Ingredients:

1 tsp	vegetable oil	5mL
1	large onion, chopped	1
2	celery stalks, chopped	2
1 cup	carrots, chopped	250mL
1	green pepper, diced	1
½ tsp	garlic powder	2mL
1 can (5 ½ oz)	tomato paste	156mL
1 ½ cups	water	375mL
1-2 tsp	chili powder	5-10mL
1 tsp	oregano, dried	5mL
1 tsp	vinegar	5mL
½ tsp	dry mustard	2mL
2-19 oz cans	kidney beans, drained	1080mL
	salt and pepper to taste	
1 ½ cups	rice	375mL
3 cups	water	750mL
1 ½ tsp	salt	7mL

- Add celery, carrots, green pepper and garlic powder. Cook and stir over medium heat until vegetables are tender, about 15 minutes.
- Add tomato paste, 1 ½ cups water, chili powder, oregano, vinegar, mustard and beans to the vegetables. Cook and stir until mixture boils. Turn heat to low. Add salt and pepper, to taste.
- Cover and simmer for about 40 minutes. Stir several times. Add more water if mixture seems too thick.
- Meanwhile, put rice, 3 cups water and 1 ½ tsp salt into a medium pot with a lid. Turn stove to high heat and heat until the water boils. Turn heat to low, cover and simmer until rice is tender. This will take about 20 minutes for all the water to be absorbed.
- Serve bean mixture over hot cooked rice.

Directions:

- Turn on burner to medium heat. Heat oil in a large pot. Add onion and cook until soft, about 5 minutes.

ABC All Babies Count Programs



Many pregnant women cannot afford a regular supply of nutritious food. Their high rents and other essential expenses can eat up a limited income. It is common for these women to feel isolated or stressed and to have many questions about their pregnancy.

Joining a weekly program can be an enormous help for pregnant women in need of support. There are programs like this offered throughout York Region. Everyone participates in preparing and enjoying healthy snacks. Women who attend may receive a food voucher and groceries to take home. Transportation can be arranged.

Local News

For information on ABC All Babies Count Programs throughout York Region, for prenatal classes, more information on prenatal nutrition, an Ontario Works diet allowance or other issues about pregnancy and more prenatal resources, call Health Connection at 1-800-361-5653.

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