



FAMILY & FOOD MATTERS TO PREGNANT WOMEN

A Program for Wellness



Manual

About McSilver Institute for Poverty Policy and Research

The McSilver Institute for Poverty Policy and Research at New York University Silver School of Social Work is committed to creating new knowledge about the root causes of poverty, developing evidence-based interventions to address its consequences, and rapidly translating research findings into action through policy and practice.

The McSilver Institute recognizes the interrelatedness of race and poverty and is dedicated to dismantling structural racism and other forms of systemic oppression. In order to ensure our work is culturally and contextually appropriate for the populations we serve, the McSilver Institute employs a collaborative model via partnerships with policymakers, service organizations, community stakeholders, and consumers. An understanding of the significant link between individuals, families, communities, and both their external environments and the systems with which they interact guides the McSilver Institute's research efforts.



About Ample Table for Everyone Foundation (ATE)

Ample Table for Everyone is a non-profit organization working to fund solutions that feed a growing population of food insecure families in New York City. We want every child in New York City to be able to say "I ATE!" Will you join us?

We want to mitigate food insecurity in the five boroughs of New York City by addressing the key causes: lack of time, lack of money, inaccessibility to nutritious food, and unfamiliarity with a variety of healthy ingredients, cooking methods and recipes. ATE offers financial support to organizations, individuals, projects, programs and/or new models that afford New York City families access to more sustainable and consistent food consumption with an emphasis on healthy eating.



Acknowledgements

Authors

Diana M. Arias, MSW, MS
Deepika Bangia, PhD
Sabrina Baronberg, MPH
Geraldine Burton, PA
Rosanna Campitiello, MA
Anastasia Luke Dawkins
Kara Marie Dean-Assael, LMSW
Emily Elizabeth Estevez

Supriya Lal, Intern
Aida Ortiz, PA
Madeline Perez, Intern
Jaimini Raval, MSc
Tara Ready, Intern
Priscilla Shorter, PA
Ervin Torres, PA
Janet Watson, PA

This project has been made possible by the McSilver Institute for Poverty Policy and Research and supported by a grant from Ample Table for Everyone in 2017.

The Ample Table for Everyone foundation will have the right to use the materials created by the McSilver Institute for Poverty Policy and Research as they see fit but the McSilver Institute for Poverty Policy and Research will retain all ownership rights to said materials.

Content Page Session Outline

Introduction	4
Food Allergies Assessment	5
Session 1: Welcome to Family and Food Matters to Pregnant Women: A Program for Wellness!	7
Session 2: Respectful Communication and Tips for Healthy Food Shopping	27
Session 3: Relationships	35
Session 4: Building Supports and Celebration!	43
Notes page	53

Introduction

Welcome to Family and Food Matters to Pregnant Women!

Family and Food Matters (FFM) to Pregnant Women is a 4-week strengths-based program that focuses on *decreasing* challenges around having sufficient and healthy foods to eat and *increasing* support. Mothers-to-be require nutritious foods not only for their own health but also to ensure the healthy development of their babies. However, women who lack the appropriate quantity *and* quality of foods are at a greater risk of not meeting the necessary nutritional needs of their growing babies. This can affect both her health and that of her developing baby.

The goals of FFM to Pregnant Women are to increase overall access to and intake of appropriate nutrient-dense foods for pregnant women in order to maximize the development of the baby; discuss the 'My Plate' food groups and food purchasing strategies; and strengthen internal and external resources that focus on the stresses and strains as they relate to pregnancy, motherhood, and economic hardship.

This program builds upon an existing curriculum, Family and Food Matters to Caregivers and Kids, which addresses food insecurity and family functioning. The FFM to Caregivers and Kids curriculum is founded on the evidence and strengths-based curriculum *The 4Rs and 2Ss for Strengthening Families Program* (2008), which targets family functioning and child behavioral challenges.

Both FFM to Pregnant Women *and* Caregivers and Kids curricula use Share Our Strength's Cooking Matters content. As part of the No Kid Hungry campaign to end childhood hunger in America, the program teaches participants to shop smarter and use nutrition information to make healthier choices. To learn how to become a store tour leader and provide this very important information visit their website

www.cookingmatters.org



FFM-PW aims to increase access to and intake of appropriate nutrient-dense foods and strengthen resources via the maternity support group ABCs: Announcements, Bonding, and Cooking.

Disclaimer: The contents of this manual are for informational purposes only. It is not intended to be a substitute for medical advice, diagnosis or treatment. Before making any dietary changes, you should always consult with your medical provider or other qualified health provider.

Food Allergies Assessment Keeping Everyone Healthy

We hope you will find this program to be an enjoyable experience from start to finish! This includes the healthy snack and/or smoothie at the end of each session. These recipes include ingredients from the session's USDA MyPlate food group.

To help us keep you healthy, let us know of any food allergies, dietary restrictions or food aversion you may have as well as any other information you think could affect your participation.

Please take a few minutes and fill-out the table below.

1. Do you have any food allergies? No Yes Not Sure

If yes, please check the foods that have caused an allergic reaction:

- | | | |
|---|---|-------------------------------|
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> Fish/shellfish | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Peanut or nut butter | <input type="checkbox"/> Soy products | <input type="checkbox"/> Milk |
| <input type="checkbox"/> Peanut or nut oils | <input type="checkbox"/> Tree nuts (walnuts, almonds, pecans, etc.) | |
| <input type="checkbox"/> Other, please explain: _____ | | |

2. For you to have a reaction to the problem food(s), what has to happen? *(Check all that apply)*

- | | | |
|---|--|--|
| <input type="checkbox"/> Eat the food(s) | <input type="checkbox"/> Touch the food(s) | <input type="checkbox"/> Smell the food(s) |
| <input type="checkbox"/> Other, please explain: _____ | | |

3. Do you have any dietary restrictions? No Yes Not Sure

If yes or not sure, please explain: _____

4. Do you have any dietary aversions? No Yes Not Sure

If yes or not sure, please explain: _____

5. Is there any other information you think we should know that would affect your participation in the recipe demonstration?

If yes, please explain: _____

**Welcome to
Family and Food Matters
to Pregnant Women:
A Program for Wellness!**

Session 1

Announcements

Welcome!

How is everyone doing today?

Let's get to know each other by sharing our favorite food and how many weeks pregnant.

Does anyone have any food allergies or dietary restrictions?

We want to make sure you and your baby remain healthy during our time together! If you haven't already, please complete the Food Allergies Assessment form on page 5.

Today's Topic: Wellness

What interested you in the Family and Food Matters to Pregnant Women program?

Pregnancy is one of the most exciting and vulnerable times of a woman's life but it is also be a time when rapid changes and the responsibilities of motherhood may feel overwhelming. Focusing on nurturing you and helping you feel supported is an important component of our work. This is a forum for learning, support, and encouragement. You are the experts of your own life and we are here to learn from each other!

The goals of Family and Food Matters to Pregnant Women are to help you get and eat foods that are more nutritious and to provide skills and resources to help manage stress.

Wellness is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time.

How does this all sound to you?

Do you need any support to participate with us?

Our Manual

Each session is outlined in the same way and includes opportunities to share in group discussions, practice with an activity, learn about nutrition and make a healthy snack or smoothie together. The manual also includes “More to Think About” pages with helpful information and the weekly Roadwork with helpful and low stress take-home activities to do in-between sessions.

Our Group Guidelines

Guidelines help everyone feel safe so groups run smoothly. Let’s make our guidelines together at this time! We will write them on newsprint and sign the guidelines we have agreed to as a group and bring them to each session. (HINT: Let’s not forget confidentiality!)

Let’s Talk

The overall well-being of pregnant women affects the development of her child. Therefore, focusing on your nutritional needs; health and mental health needs; and stressors and support systems are the foundation of our work together.

The 2Rs and 2Ss will guide our weekly conversations: Relationships and Respectful Communication; Support and Stress. We will connect each R and S to nutrition and food in every session. Relationships are the cement of our family while Respectful Communication helps us to advocate for ourselves. It’s also easier to focus on our strengths when we are feeling good about ourselves and have low stress. Having support is one way to manage stress.

Why is it important to think about Relationships? Respectful communication? Support? Stress?

Bonding

Let's Share

Let's focus today's discussion on stress. Stress is normal and all people experience it. It happens because we worry, especially about things related to the future and things we cannot control. Stress often gets in the way of our strengths and seeing the good in others and ourselves.

What does stress feel like to you? What effect does it have on you?

Stress is a natural response but too much stress can be overwhelming.

What is one of your biggest concerns or stressors you have right now about your pregnancy?

Sharing what we have learned from our experiences can be helpful for others. It is also important to remember that stressful times do pass!

Let's Practice

Pregnancy can lead to different stress for many women. It can be helpful to think about what we can control and what we can't in order to manage how we feel and react. Let's look at some stressors, listed on the handout 'What I Can Control in Life' (page 16).

Have you experienced any of these stressors since finding out you are pregnant?

Take a few minutes to circle the phrases that represent stressful things you have experienced – both that are out of your control and those that you have control over. Also, write-in any that you have experienced but are not listed here. Then, let's discuss as a group.

Gratitude is the other thing that has also been found to help us feel less stress.

What is one thing you feel grateful for in your life?

Some women have stressors related to food since becoming pregnant, is this true for you?

Do you worry about what to eat and not to eat?

Do you worry about having enough food to eat?

If having healthy food to eat is difficult, what can be done to help make it easier?

Let's Reflect

Although stress is a common and normal response, it can be helpful to attend to stress in healthy ways to help decrease it. This is especially important during pregnancy because what you do, how you feel and what you eat can affect your developing baby.

What are some ways you manage your stress now?

What are some ways you would like to manage stress in the future?

Review the 'Wellness Handout: Taking Care of You' at the end of this session for ideas on how to relieve stress (page 18).

Cooking

Let's Talk about Pregnancy and Healthy Food!

Attending to stress and healthy eating are important components of wellness. As pregnant women, your food choices affect both you and your growing baby. Poor nutrition during pregnancy can have negative effects on your baby.

What are some negative effects a poor nutrition can have on you?

What are some negative effects a poor nutrition can have on your developing baby?

A lack of quality food and nutrition can cause premature births, anemia in both mom and baby, and a lack of proper physical and cognitive prenatal development.

Our goal in the next few weeks is to help you learn about, cook and choose healthier foods to eat during your pregnancy and beyond.

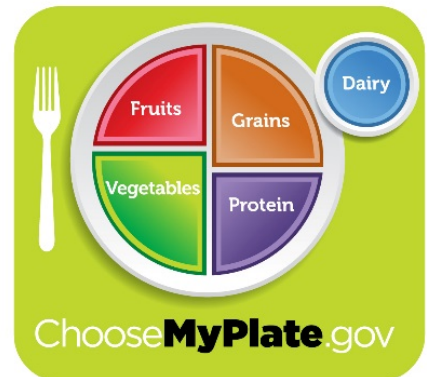
What makes food healthy?

Do you eat meals with friends or family members?

What is a favorite memory that you have with family around food?

MyPlate

In our group, we are going to focus on healthy foods by using the MyPlate to support healthy eating. Every week we'll create a healthy snack or smoothie and eat it together. We hope you enjoy these and that it encourages you to learn about and try different foods.



Our goals are to:

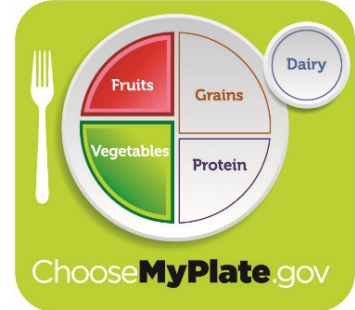
- ✓ Focus on variety, amount, and nutritional values.
- ✓ Choose foods and beverages with less saturated fat, sodium and added sugars.
- ✓ Start with small changes to build healthier eating styles.
- ✓ Support healthy eating for everyone.

Let's Focus on Fruits and Vegetables!

*If you eat fruits and vegetables, what are your favorites?
What are some health benefits of fruits and vegetables?*

MyPlate: Fruits and Vegetables

Eating fruits and vegetables provides many health benefits including reduced risk for some chronic diseases. They provide vital nutrients for optimal health and maintenance of your body. They are also naturally low in fat, sodium, calories and cholesterol. Fruits and vegetables include many essential nutrients such as potassium, dietary fiber, vitamin C, and folate (folic acid). Diets rich in potassium may help to maintain healthy blood pressure. Fruit sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon and orange juice. Dietary fiber from fruits and vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease, stroke, certain types of cancers and even obesity and type 2 diabetes. Fiber is important for proper bowel function and fiber-containing foods help provide a feeling of fullness with fewer calories. Vitamin C is important for growth and repair of all body tissues; it helps heal cuts and wounds, and keeps teeth and gums healthy. Folate (folic acid) helps the body form red blood cells.



Let's Review: Fruits/Veggies and You

What are some health benefits of fruits and vegetables to you and your developing baby?

Fruits and vegetables have nutrients that are good for you during pregnancy. Vitamin C helps your body absorb iron. You can find iron, along with Vitamin A and folate, in dark green vegetables. Folate is very important because it helps protect against certain birth defects while fiber helps with women's digestion.

This Week's Roadwork

Food for Thought Chart: Please fill it out this week and bring in next week. Try to focus on eating more fruits and vegetables this week!

And, do one thing listed on the *Wellness Handout: Taking Care of You* to help you feel good (page 18).



Review the '**More to Think About**' pages for additional information from today's session.

Let's Cook!

Today we are going to make a Fruit Salad or a Greens Smoothie.

Fruit Salad Serves: 6, 1 cup per serving Prep Time: 20 minutes Cook Time: none																						
Ingredients: <ul style="list-style-type: none"><input type="checkbox"/> 2 cups strawberries<input type="checkbox"/> 1 cup blueberries<input type="checkbox"/> 1 cup mango chunks<input type="checkbox"/> 2 medium bananas<input type="checkbox"/> 2 kiwis<input type="checkbox"/> 1 (15 ounce) can pineapple chunks in juice<input type="checkbox"/> 1 Tablespoon honey Optional ingredients: <ul style="list-style-type: none"><input type="checkbox"/> 3 Tablespoons mint leaves<input type="checkbox"/> ½ cup shredded, toasted coconut<input type="checkbox"/> ½ cup slivered almonds	Materials: <ul style="list-style-type: none"><input type="checkbox"/> Can opener<input type="checkbox"/> Cutting board<input type="checkbox"/> Large bowl<input type="checkbox"/> Measuring cups<input type="checkbox"/> Measuring spoons<input type="checkbox"/> Mixing spoon<input type="checkbox"/> Sharp knife<input type="checkbox"/> Small pot	Nutrition Facts Serving Size 1 cup (245g) Servings Per Container 6 <hr/> Amount Per Serving Calories 150 Calories from Fat 5 <hr/> <table><thead><tr><th></th><th style="text-align: right;">% Daily Value*</th></tr></thead><tbody><tr><td>Total Fat 0.5g</td><td style="text-align: right;">1%</td></tr><tr><td> Saturated Fat 0g</td><td style="text-align: right;">0%</td></tr><tr><td> Trans Fat 0g</td><td></td></tr><tr><td>Cholesterol 0mg</td><td style="text-align: right;">0%</td></tr><tr><td>Sodium 0mg</td><td style="text-align: right;">0%</td></tr><tr><td>Total Carbohydrate 39g</td><td style="text-align: right;">13%</td></tr><tr><td> Dietary Fiber 5g</td><td style="text-align: right;">20%</td></tr><tr><td> Sugars 29g</td><td></td></tr><tr><td>Protein 1g</td><td></td></tr></tbody></table>		% Daily Value*	Total Fat 0.5g	1%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 0mg	0%	Total Carbohydrate 39g	13%	Dietary Fiber 5g	20%	Sugars 29g		Protein 1g	
	% Daily Value*																					
Total Fat 0.5g	1%																					
Saturated Fat 0g	0%																					
Trans Fat 0g																						
Cholesterol 0mg	0%																					
Sodium 0mg	0%																					
Total Carbohydrate 39g	13%																					
Dietary Fiber 5g	20%																					
Sugars 29g																						
Protein 1g																						
Directions: <i>In Advance:</i> <ol style="list-style-type: none">1. If you use frozen fruits, thaw frozen fruit in the refrigerator until no longer hard but still cool to the touch. <i>Preparation:</i> <ol style="list-style-type: none">2. Peel and slice bananas and kiwis.3. If using, rinse and chop mint leaves.4. Drain canned pineapple, reserving juice.5. In a large bowl, add bananas, kiwis, pineapple, and thawed fruit. Mix.6. In a small pot over medium heat, add reserved pineapple juice and honey. Stir. Heat until honey melts into juice to form a sauce, about 5 minutes. Allow sauce to cool for 5-10 minutes.7. Pour sauce over fruit salad. Mix to coat fruit. If using, mix in mint, coconut, and almonds.																						
Chef's Notes: <ul style="list-style-type: none">● Use any fruits you like. To cut costs, choose fruits in season or on sale.● Choose frozen and canned fruit in juice and with no added sugar.● Try serving for breakfast. Use as a topping for oatmeal or plain, nonfat yogurt.● Use leftover frozen fruit in fruit smoothies.																						

For this (and other) recipes, please visit Cooking Matters at <https://cookingmatters.org/recipes>

Get Your Greens Smoothie



Here we have a green smoothie that is equally delicious and nutritious.

Another great thing about this smoothie is that it can be tweaked according to what you have on hand. You can use romaine, spinach, chard, kale or any other green you have on hand in fresh or frozen form.

Servings: 1 large

Ingredients

- 1 cup greens
- 1 cup coconut water
- ½ cup frozen pineapple
- ½ cup frozen mango
- ½ frozen banana

Instructions

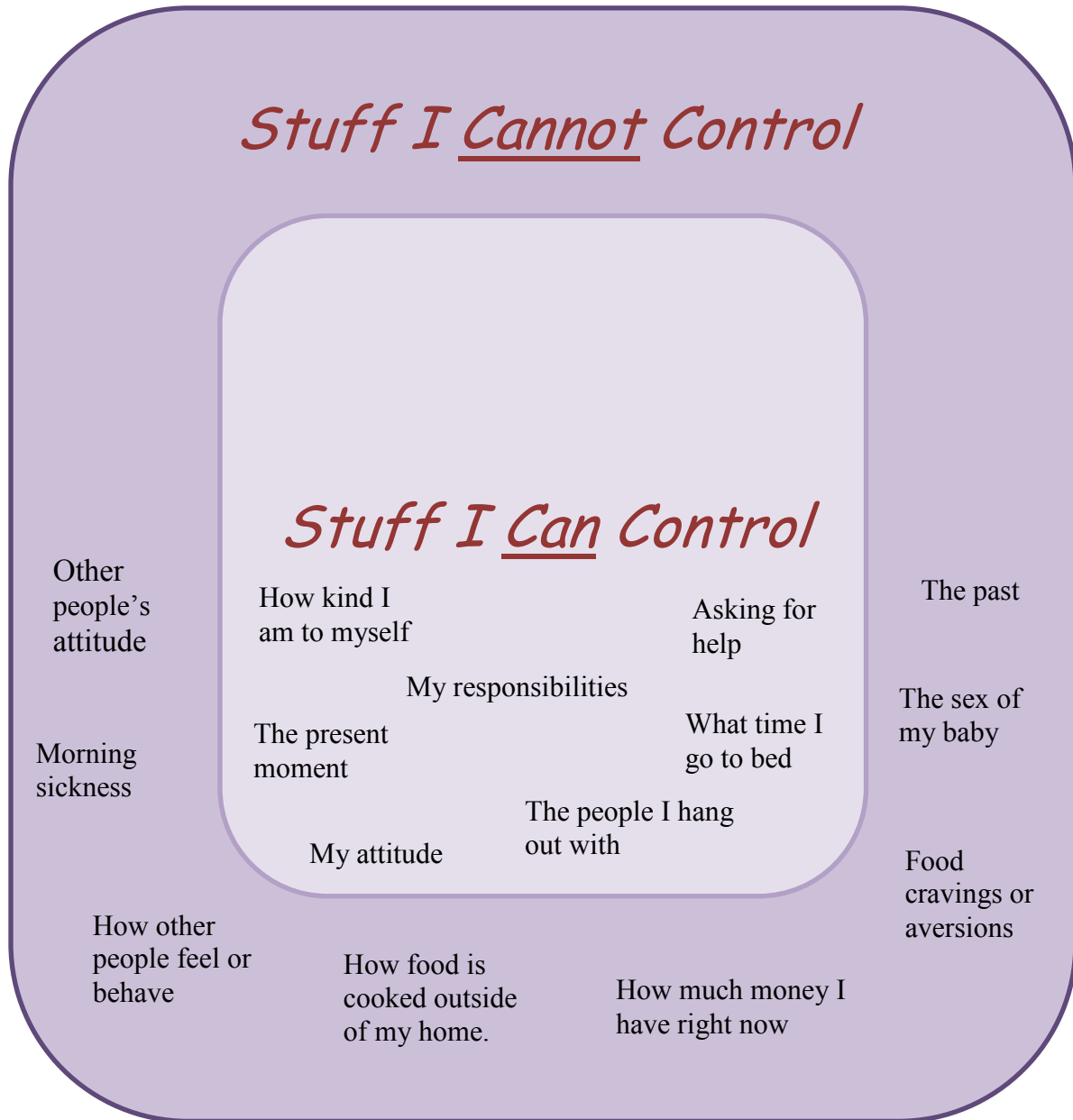
1. Combine all ingredients in blender.
2. Blend well, pour into a glass, and enjoy!

10 Smoothies to Boost Your Pregnancy Glow

Retrieved from: <https://easyhealthysmoothie.com/pregnancy-smoothies/>

What I Can Control in My Life

We all experience stressors in our lives – some we can control while others we cannot. Write down stressors you have since becoming pregnant (including any related to food).



Adapted from <http://missmandm.global2.vic.edu.au/2014/12/09/areas-of-control-in-our-life/>

I am grateful for _____ in my life right now.



More to Think About

Why is Communicating Under Stress Difficult?



Stressed brains have a difficult time learning, responding, and processing. (Even sleep deprivation and feeling overwhelmed can cause a stressed brain).

The front of your brain actually shuts down when you are stressed - this area helps you to make decisions, judgments, plans and moral reasoning. This makes you more prone to impulsive choices and behaviors.

If you are too stressed, your brain turns on the “fight, flight, or freeze” pathways. This is your internal arousal system. When this pathway is engaged and your heart rate increases, muscle tension increases, emotional experiences are heightened, and memories of upsetting interactions in the past that may have nothing to do with the current person/situation could come back to you. You may feel a need to emotionally protect yourself by lashing out (fight) or shutting down (flight) or you may go into an ‘automatic’ reaction and fall into patterns you may be trying to avoid (freeze).

Skills for managing our stress and more effective communication:

- Take deep breaths
- Pause before responding (in person, by e-mail, etc.)
- Reflect on your own contributions to conflict/stressful communication

Some helpful reflections and thoughts:

Stress reduction is helpful but no one can avoid all stress.

- What do you notice when you are stressed (or overwhelmed or upset)? What would be helpful during those times (e.g., encouragement, talking it through, etc.)?
- How do you address disagreement if it arises?
- Discuss expectations up front: Who will do what? How and when will you meet or communicate? What is the timeline? What do you do if one of you becomes unable to meet the agreed upon expectations?
- Relating to the other person’s emotion and/or perspective can be helpful (this is called connecting with empathy).
- Mindfulness practices have been shown by research to reduce stress and improve healthy communication.
- Seek Help if Needed: If your stress level is interfering with communication or other aspects of your life, consider seeking counseling or other help.

Adapted from: De Kloet, E. R. (2004). Hormones and the stressed brain. *Annals of the New York Academy of Sciences*, 1018(1), 1-15. And, <https://www.wikihow.com/Communicate-More-in-Times-of-Stress>



Wellness Handout

Taking Care of You!



We often put everyone else's needs first, leaving little time for ourselves. This pattern can lead to feelings of exhaustion, frustration and resentment. Including yourself on the list of people you care for is very important. When mothers feel good about themselves, their children do well in life.

Most of our needs can be met with a small investment of time and a few lifestyle changes. Start with a daily self-check-in. Ask yourself "How do I feel?" Checking in and being with our feelings is an important step in taking care of ourselves! Below are some things you can do to take care of yourself.

Personal Self-Care:

- Eat healthy and regularly
- Exercise
- Get enough sleep
- Get away from stressful technology (e.g., cell phones, emails, social media)

Psychological Self-Care:

- Write in a journal, read a book or watch a movie
- Notice your inner experience (e.g., dreams, thoughts, feelings) and write them down
- Say no to extra responsibilities sometimes
- Spend time outdoors

Emotional Self-Care:

- Treat yourself kindly (supportive and positive inner dialogue or self-talk)
- Identify and seek out comforting activities, people, relationship or places
- Find things that make you laugh
- Express your outrage in a constructive way

Spiritual Self-Care:

- Make time for prayer, meditation and/or reflection
- Be open to mystery, to not knowing
- Express gratitude
- Contribute to or practice in a cause you believe in

Workplace/Professional Self-Care:

- Take time to eat lunch
- Take time to chat with co-workers
- Make time to complete tasks
- Arrange your workspace so it is comfortable and comforting

Adapted from Volk Self-Care Assessment



More to Think About

The 2Rs and 2Ss:



The 2Rs and 2Ss can help set the foundation for Strengthening current and future family bonds.

r

RELATIONSHIPS

The cement of the family.
Represent how much each family member cares about the other.
By building more positive relationships with each other, babies and families will thrive.



RESPECTFUL COMMUNICATION

Good communication is the foundation for spending positive time together.
By communicating with assertiveness, we can speak honestly about what we need and want.
Also a way to feel better supported by others.

r

S

STRESS

Can get in the way of seeing strengths in each other and ourselves.
Every situation can look exaggerated when seen by someone who is under a lot of stress.
Maternal stress can also affect the baby.



SUPPORT

Everyone needs positive, responsible sources of support.
It is important to know who our supports are so that we can rely on them in times of need.
Also important to advocate for ourselves to get helpful support and to be heard

S



More to Think About

Nutrition Basics for Pregnant Women

Your body uses vitamins, minerals and other nutrients in food to help it stay strong and healthy.



Message 1: Eat from every food group, every day.

All food groups provide important nutrients that help babies and kids grow strong and provide the energy you need to live active, healthy lives. No single food group can provide everything you need to be healthy; this is why a 'balanced diet' includes meals with all five-food groups.

Message 2: Eat a variety of colorful fruits and vegetables.

Fruits and vegetables of similar colors have similar vitamins and nutrients that provide important functions in our body. For instance, yellow and orange fruits and vegetables contain nutrients that provide us with a healthy heart, good vision, and strength to fight off colds. As with food groups, no single color of fruit or vegetable can provide us with everything we need to be healthy. Choose a variety of colorful fruits and vegetables.



Message 3: Choose whole grains as often as you can.


Whole grains are called "whole" because they contain the entire grain kernel. Refined grains are called "refined" because during processing, parts of the grain kernel are removed. The parts that are removed contain important vitamins and nutrients. "Enriched" grains add back in only some of the vitamins and nutrients; they don't contain the entire grain kernel and aren't whole grains. Whole grains are like a broom that sweeps through your body and removes the "bad stuff," just like a broom removes dirt from a house. To identify a 'whole grain' look at the first ingredient in the ingredients list. If the first ingredient is a whole grain (like whole wheat flour, whole grain oats, or brown rice), then it's a whole grain.

Message 4: Compare food labels to make healthier choices.

Food labels may seem complicated, but once you begin to read them, you begin to understand what you are putting into your body. In general, if you can't pronounce the word, it probably is not good for you. Start by focusing on the number of servings in the package. Most packages contain several servings. If there are two servings within the package and you would eat it all, then everything on the label must be multiplied by 2 to give you the nutrition facts for the amount you would eat. You can compare labels for different foods to find out which one has lower amounts of less desirable nutrients (such as high fructose corn syrup, sodium, and saturated fat). It's best to make your own foods when you can and to include plenty of fruits, vegetables, and whole grains.



Adapted from "MyPlate" Nutrition



More to Think About What You Eat = Your Baby's Future

Your diet during pregnancy affects your newborn's health. But the new news is that what you eat in the next nine months can impact your baby's health, as well as your own, for decades to come. Here are a few easy nutrition rules that will benefit you both.

Try not to "eat for two" - Half of women gain too much weight during pregnancy. This can cause an increased risk for preeclampsia, gestational diabetes and delivery of either a preterm or a too-large baby. Talk to your doctor if you are concerned about gaining too much weight.

Avoid alcohol - Behavior problems, learning disabilities, attention deficit disorder, hyperactivity and aggressive behavior in children can result if mom drinks during pregnancy. No amount of alcohol has been shown to be safe.

Ban bacteria - To protect your baby from harmful bacteria such as Listeria, Salmonella and E. coli (any of which can, in severe cases, cause miscarriage or preterm delivery), steer clear of soft cheeses made with unpasteurized milk, as well as raw or undercooked meat, poultry, seafood or eggs. Keep your fridge below 40° F and dump leftover food that's been sitting out for more than two hours.

Limit caffeine - About 300 milligrams of caffeine per day, the amount in about two cups of coffee, has long been considered acceptable during pregnancy. But a Kaiser Permanente study found that consuming 200 milligrams of caffeine per day increased the risk of miscarriage. "There's no magic cut-off point, but the less the better," says the study's lead author, perinatal epidemiologist De-Kun Li, M.D., Ph.D.

Trash junk food - Most junk food is high sugar, high fat and has little nutritional value. "Somehow a salty, sugary, high-fat, low nutrient diet seems to program a baby's taste preference," says Elizabeth Somer, M.A., R.D., author of *Nutrition for a Healthy Pregnancy* (Holt Paperbacks).

Focus on fiber - A diet high in fruits, vegetables and whole grains helps prevent constipation and hemorrhoids and keeps you feeling full so you are less likely to overeat. High-fiber foods are packed with vitamins, minerals and phytochemicals essential to your baby's development. Aim to get at least 25 milligrams to 35 milligrams of fiber a day, about twice what most Americans consume.

Schlosberg, Suzanne. What You Eat = Your Baby's Future. Retrieved from <https://fitpregnancy.com>



More to Think About

The Most Important Nutrients During Pregnancy

Here is a list of the most important nutrients to have during pregnancy and where to get them!

Folate/Folic Acid

What is it?

Folic acid is a vitamin that every cell in your body and baby needs for healthy growth and development. If you take it before and during early pregnancy, it can help prevent birth defects of the brain and spine. When this vitamin is naturally found in food, it is called *folate*. When it is added to food, it is called *folic acid*.

When Do I Need It?

You should increase the dose when pregnant. Recent research suggests that supplementing with folic acid for a year before pregnancy (about 400 micrograms) and during pregnancy (usually no more than 1000 micrograms). This can greatly reduce the risk of preterm delivery.

Where Do I Get It?

Folate occurs naturally in food: Leafy green vegetables, like spinach and broccoli; Lentils and beans; and Orange juice. Folic acid is added to food: Bread, Breakfast cereal, Cornmeal, Flour, Pasta and White rice.



DHA

What is it?

DHA stands for docosahexaenoic acid. It's a kind of fat also known as omega-3 fatty acid. It helps with growth and development of your baby. It's also good for mom's brain, skin, and nervous system.

When Do I Need It?

During pregnancy, you need more DHA each day to help your baby's brain and eyes develop. Not all prenatal vitamins contain DHA, so ask your provider if you need to take a DHA supplement. You also can eat foods that have DHA in them.

Where Do I Get It?

Fish that are low in mercury, like herring, salmon, trout, anchovies, and halibut; Orange juice, Milk, and Eggs that have DHA added to them (check the package label).



Calcium

What is it?

Calcium is a mineral that helps your baby's bones, teeth, heart, muscles and nerves develop. If you don't get enough calcium during pregnancy, your body takes it from your bones and gives it to your baby. This can cause your bones to become thin and break easily later in life.

When Do I Need It?

During pregnancy, you need 1,000 milligrams of calcium each day. You can get this amount by taking your prenatal vitamin and eating food that has a lot of calcium in it.

Where Do I Get It?

Milk, Cheese, and Yogurt, Broccoli, Kale, Orange Juice that has calcium added.



Iron

What is it?

Iron is a mineral. Your body uses iron to make hemoglobin, which helps carry oxygen from your lungs to the rest of your body. You need twice as much iron during pregnancy than you did before pregnancy. When you are pregnant, your body needs this iron to make more blood so it can carry oxygen to your baby. Your baby needs iron to make his or her own blood.

When Do I Need It?

During pregnancy, you need 27 milligrams of iron each day. Most prenatal vitamins have this amount.

Where Do I Get It?

Lean meat, poultry and seafood; Cereal, bread and pasta that has iron added to it (check the package label); Leafy green vegetables; Beans, nuts, raisins and dried fruit.



Vitamin D

What is it?

Vitamin D helps your body absorb calcium. It also helps your body's nerves, muscles and immune system work. Your immune system protects your body from infection and sickness. Your baby needs vitamin D to help bones and teeth grow.

When do I Need it?

During pregnancy, you need 600 IU (international units) of vitamin D each day. You can get this amount from food or your prenatal vitamin.

Where Do I Get It?

Fatty fish, like salmon; Milk and cereal that has vitamin D added to it (check the package label); you also get vitamin D from sunlight.



Iodine

What is it?

Iodine is a mineral your body needs to help your thyroid, a gland in your neck that makes hormones that help your body use and store energy from food. You need iodine during pregnancy to help your baby's brain and nervous system develop. The nervous system (brain, spinal cord and nerves) helps your baby move, think and feel.

When Do I Need It?

During pregnancy, you need 220 micrograms of iodine every day. Not all prenatal vitamins contain iodine- ask your provider if you need to take an iodine supplement.

Where Do I Get It?

Fish, Milk, Cheese, and Yogurt; Enriched or fortified cereal and bread (check the package label); Iodized salt (salt with iodine added to it; check the package label).



Adapted from March of Dimes



Focus on fruits

Eating fruit provides health benefits. People who eat more vegetables and fruits as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate. Focus on whole fruits—fresh, canned, frozen, or dried—instead of juice. The sugar naturally found in fruit does not count as added sugar.

1 Keep visible reminders
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



2 Experiment with flavor
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Use fruits to sweeten a recipe instead of adding sugar.

3 Think about variety
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.



4 Don't forget the fiber
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.

5 Include fruit at breakfast
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.

6 Try fruit at lunch
At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy to carry and convenient for lunch.



7 Enjoy fruit at dinner, too
At dinner, add crushed pineapple to coleslaw or include orange sections, dried cranberries, or grapes in a tossed salad. Try fruit salsa on top of fish.

8 Snack on fruits
Fruits make great snacks. Try dried fruits mixed with nuts or whole fruits like apples. They are easy to carry and store well.

9 Be a good role model
Set a good example for children by eating fruit every day with meals or as snacks.

10 Keep fruits safe
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.





10 tips
Nutrition
Education Series



MyPlate
MyWins

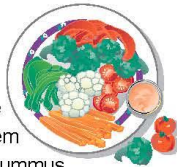
Based on the
Dietary
Guidelines
for Americans

Add more vegetables to your day

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your day, try them as snacks and add them to your meals.

1 Discover fast ways to cook
Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or bok choy in a bowl with a small amount of water in the microwave for a quick side dish.

2 Be ahead of the game
Cut up a batch of bell peppers, cauliflower, or broccoli. Pre-package them to use when time is limited. Enjoy them in a casserole, stir-fry, or as a snack with hummus.



3 Choose vegetables rich in color
Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but are good for you, too.

4 Check the freezer aisle
Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen vegetables, such as corn, peas, edamame, or spinach, to your favorite dish. Look for frozen vegetables without added sauces, gravies, butter, or cream.



5 Stock up on veggies
Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."

6 Make your garden salad glow with color
Brighten your salad by using colorful vegetables such as black beans or avocados, sliced red bell peppers or onions, shredded radishes or carrots, and chopped red cabbage or watercress. Your salad will not only look good but taste good, too.

7 Sip on some vegetable soup
Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups. Make your own soups with a low-sodium broth and your favorite vegetables.

8 While you're out
If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or a side salad instead of the typical fried side dish. Ask for toppings and dressings on the side.

9 Savor the flavor of seasonal vegetables
Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best in-season buys. Or visit your local farmers market.



10 Vary your veggies
Choose a new vegetable that you've never tried before. Find recipes online at WhatsCooking.fns.usda.gov.

Respectful Communication and Tips for Healthy Food Shopping

Session 2

Announcements

Welcome!

How is everyone doing today?

Does anyone have any announcements today?

Roadwork Review!

Were you able to focus on eating fruits and vegetables? How did this go?

Were you able to do one thing to take care of yourself? How did this go?

Today's Topic: Respectful Communication

Good communication is the foundation for spending positive time together. Respectful communication means using certain body language and ways of speaking that show you are listening.

Let's Talk!

What does respectful communication mean to you?

How do we communicate with respect? Is this easy or difficult to do?

Communication can be both verbal and nonverbal. Listening is a communication skill where you show the person talking that you hear him or her. Nonverbal ways to showing interest in what the other person is saying include looking at the person who is speaking or nodding your head when you understand what is said.

Verbal communication is very often passive or aggressive. Both of these are ineffective in letting others know what you want, think or feel. Assertive communication means being honest, direct, and clear while maintaining mutual respect. It means telling people your needs or ideas clearly and directly, and not being afraid or shy when you tell people what you want and need.

Bonding

Let's Share!

Remember, the use of "I" statements may help people be less defensive.

In what ways do you communicate in an assertive way?

Activity: "You are what you think you are."

When we start thinking assertively, we become the assertive person we want to be. Our communication with others often begins with our communication with ourselves.

Let's go around the room and complete the following sentence:

"I wish I were more _____."

(Example: I wish I were more fearless.)

Repeat the exercise but this time add how you can accomplish this:

"I can be more _____ by _____."

(Example: I can be more fearless by being informed about my rights.)

Let's Practice!

Did you know that food ingredients can affect how we communicate?

Sugar is one of these ingredients that may affect how we feel and communicate.

Sugar Demonstration: *How much sugar is in the drink?*

Let's focus on drinks by doing a demonstration of how much sugar there is in common beverages. Excess sugar can contribute to health issues in everyone, especially pregnant women (e.g., gestational diabetes). Please refer to handout: *Sugar Content: How much sugar is there?*



Shopping Tips!

Are you able to buy healthy foods?

As part of the No Kid Hungry campaign to end childhood hunger in America, Share Our Strength's Cooking Matters teaches participants to shop smarter, use nutrition information to make healthier choices and cook delicious, affordable meals. To learn more visit their website www.cookingmatters.org

Let's Reflect!

Can you think of ways the Sugar Demo and Store Tour information can help you and your growing baby?

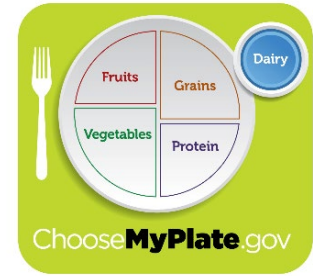
Cooking

Let's Focus on Dairy!

If you eat dairy products, what are some of your favorites?

MyPlate: Dairy

All fluid milk products and many foods made from milk are a part of this food group as are foods made from milk that retain their calcium content. Calcium-fortified soymilk is also part of the Dairy Group. For those who are lactose intolerant, smaller portions may be well tolerated. Lactose-free and lower-lactose products are available. These include lactose-reduced or lactose-free milk, yogurt, and cheese, and calcium-fortified soymilk. Calcium choices for those who do not consume dairy products include: kale leaves, calcium-fortified juices, cereals, breads, rice milk, or almond milk. Canned fish (sardines, salmon with bones) soybeans and other soy products (tofu made with calcium sulfate, soy yogurt, tempeh), some other beans, and some leafy greens (collard and turnip greens, kale, bok choy) can also be a good source of calcium. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are *not* considered part of the Dairy group.



Let's Review: Dairy & You!

What are some health benefits of dairy to you and your developing baby?

Calcium can support your baby's development. It helps your baby's bones, teeth, heart, muscles, and nerves develop. In addition, by consuming calcium, you can ensure that your baby gets enough and does not use your very own calcium reserves. Vitamin D helps your body absorb calcium. It can support your body's immune system as well as help with the development of the baby's bones and teeth.

This Week's Roadwork




Food for Thought Chart: Please fill it out this week and bring in next week. Try to focus on eating more dairy this week!



Review the '**More to Think About**' pages for additional information from today's session.

Let's Cook!

Today we're going to make Yogurt Parfait or a Smoothie.

Yogurt Parfait																						
Serves 6, 1 parfait per serving Prep Time: 10-15 minutes Cook Time: None																						
Ingredients: <ul style="list-style-type: none"><input type="checkbox"/> 4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango<input type="checkbox"/> 3 cups nonfat plain yogurt<input type="checkbox"/> 1½ cups granola <p><i>Optional Ingredients:</i></p> <ul style="list-style-type: none"><input type="checkbox"/> 2 Tablespoons sliced almonds	Materials: <ul style="list-style-type: none"><input type="checkbox"/> 6 cups or bowls<input type="checkbox"/> Cutting board<input type="checkbox"/> Measuring cups<input type="checkbox"/> Measuring spoons<input type="checkbox"/> Sharp knife	Nutrition Facts Serving Size 1 Parfait (241g) Servings Per Container 6 <hr/> Amount Per Serving <hr/> Calories 210 Calories from Fat 40 <hr/> <table style="width: 100%;"><thead><tr><th></th><th style="text-align: right;">% Daily Value*</th></tr></thead><tbody><tr><td>Total Fat 4.5g</td><td style="text-align: right;">7%</td></tr><tr><td> Saturated Fat 0g</td><td style="text-align: right;">0%</td></tr><tr><td> Trans Fat 0g</td><td></td></tr><tr><td>Cholesterol 5mg</td><td style="text-align: right;">2%</td></tr><tr><td>Sodium 70mg</td><td style="text-align: right;">3%</td></tr><tr><td>Total Carbohydrate 37g</td><td style="text-align: right;">12%</td></tr><tr><td> Dietary Fiber 4g</td><td style="text-align: right;">16%</td></tr><tr><td> Sugars 22g</td><td></td></tr><tr><td>Protein 9g</td><td></td></tr></tbody></table>		% Daily Value*	Total Fat 4.5g	7%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol 5mg	2%	Sodium 70mg	3%	Total Carbohydrate 37g	12%	Dietary Fiber 4g	16%	Sugars 22g		Protein 9g	
	% Daily Value*																					
Total Fat 4.5g	7%																					
Saturated Fat 0g	0%																					
Trans Fat 0g																						
Cholesterol 5mg	2%																					
Sodium 70mg	3%																					
Total Carbohydrate 37g	12%																					
Dietary Fiber 4g	16%																					
Sugars 22g																						
Protein 9g																						
Directions: <ul style="list-style-type: none">• If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices.• Cut fruit into ¼-inch thick slices. There should be about 3 cups total.• Layer ¼-cup yogurt into each of 6 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.																						
Chef's Notes: <ul style="list-style-type: none">• Layer parfait just before serving to keep granola crunchy.• Use any high-fiber cereal you like instead of granola.• Try topping with rinsed, chopped fresh mint leaves for extra flavor and color.• To save money, use fresh fruits that are in season. When seasonal fruits are hard to find, use thawed frozen fruit.• Use leftover fruit in fruit smoothies.• Use homemade granola.																						

For this (and other) recipes, please visit Cooking Matters at <https://cookingmatters.org/recipes>

High Energy Pregnancy Smoothie



This energy-dense smoothie contains an enlivening blend of flavors and nutrients.

It contains natural sugars for a quick pick me up and healthy fats for sustained energy.

Savor this smoothie slowly as it is sure to fill you up!

Servings: 1 large

Ingredients

- 4 oz coconut milk
- 4 oz orange juice
- ½ cup frozen mixed berries
- ½ cup frozen spinach
- ½ of a small apple
- ½ an avocado
- ½ cup vanilla Greek yogurt

Instructions

1. Combine ingredients in blender and blend well.
2. Serve chilled and sip slowly!

10 Smoothies to Boost Your Pregnancy Glow

Retrieved from: <https://easyhealthysmoothie.com/pregnancy-smoothies/>



More to Think About

C.H.O.I.C.E.S. FOR MANAGING CONFLICT

Things you can do when you run into a situation that may involve conflict, including using assertiveness:

- ❖ **Command:** Give clear directions and specifically state what you want someone to do in a way that won't embarrass them.
- ❖ **Humor or surprise:** Be funny or do something unexpected to try to make the situation less tense.
- ❖ **Offer choices:** Give somebody options. "You can do _____ or you can do _____!"
- ❖ **Ignore:** Decide not to address the conflict or the person who is bothering you. You choose not to respond by focusing your attention on other things.
- ❖ **Compromise:** You can try to find the "middle ground" or compromise. This means you will try to figure out a solution that makes both people happy.
- ❖ **Encourage problem solving:** Work together with the person to find out why they disagree with you and what you would both need to do to make the conflict stop.
- ❖ **Structure the environment:** This means to get out of a situation that is causing conflict by moving to another place or working with another person with whom you get along.

Western, J. (1995). Self-help books--Battles, hassles, tantrums, and tears: Strategies for coping with conflict and making peace at home by S. Beekman and J. Holmes. *Journal of Marital and Family Therapy*, 21(1), 99.



Got your dairy today?

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

1 “Skim” the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts saturated fat and calories but doesn't reduce calcium or other essential nutrients.



2 Boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.

3 Top off your meals

Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.



4 Choose cheeses with less fat

Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Try different brands or types to find the one that you like.

5 What about cream cheese?

Cream cheese, cream, and butter are not part of the dairy food group. They are high in saturated fat and have little or no calcium.

6 Switch ingredients

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try low-fat or fat-free ricotta cheese as a substitute for cream cheese.



7 Limit added sugars

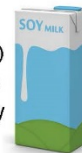
Flavored milks and yogurts, frozen yogurt, and puddings can contain a lot of added sugars. Get your nutrients from dairy foods with fewer or no added sugars.

8 Caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

9 Can't drink milk?

If you are lactose intolerant, try yogurt, lactose-free milk, or soymilk (soy beverage) to get your calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.



10 Take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important for their health. Dairy foods are important to build the growing bones of kids and teens and to maintain bone health in adulthood.

* What counts as a cup in the Dairy Group? 1 cup of milk, yogurt, or soy beverage; 1½ ounces of natural cheese; or 2 ounces of processed cheese.

Relationships

Session 3

Announcements

Welcome!

*How is everyone doing today?
Does anyone have any announcements?*

Roadwork Review



*Were you able to focus on eating dairy? How did this go?
Next week is our last week together! How do you feel about the group ending?*

Today's Topic: Relationships

Relationships are the cement of our family. Healthy relationships improve our lives and well-being in a number of ways. You are also building a relationship with your baby, one of the most important relationships you will both have in your life! (To begin thinking about this relationship, write-out your hope and dreams for your little one on page 41. This can be done at home.)

Let's Talk

*What does a negative/unhealthy relationship look like to you?
What does a positive/healthy relationship look like to you?*

The most common types of relationships are with other people but we also have a relationship with ourselves. By building more positive relationships within ourselves and with others, we can also reduce stress.



Bonding

Let's Share

Are you good to yourself?

Many times women may feel like they have to do things on their own and shouldn't/can't ask for help because it can be seen as a sign of weakness or because it is culturally unacceptable. How you talk to yourself is the first step of building healthy and positive relationships. Look at these examples and write-in your own responses.

What Can I Say To Myself?	
<i>Instead of thinking or saying this to yourself:</i>	<i>Try thinking and saying this instead:</i>
I'm not good at this.	What am I missing?
I give up.	I will try a different strategy.

Let's Practice

Pregnancy is the opportunity to create a new relationship with a special little person! Even before your baby arrives, you can nourish that relationship by taking care of yourself. Food is one way to do this.

What is your relationship with food?

Create a vision board to help strengthen your relationship with yourself and turn your desires into achievable goals! In order to create your vision board, you will need images that represent specific details of your goals. The images will represent whatever you want to be, do, or have in your life. Once you dream it, the next step is to believe it. In addition to images, vision boards can include words, phrases or sentences that affirm your intentions. You can use any materials available to you (i.e. magazines, brochures, markers, glue, etc.)

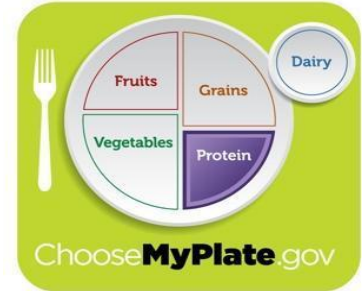
Let's Reflect

Pregnancy may be a very stressful time, so having good relationships to support you is important. This can be with family members, friends, or medical staff. A bad or negative experience with someone in the past may make you more hesitant or distrustful in new relationships so just take it slowly, listen to yourself, and protect yourself.

Cooking

Let's Focus on Protein!

If you eat protein foods, what are some of your favorite?



MyPlate: Protein

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.

Select a variety of protein foods to improve nutrient intake and health benefits. Examples of proteins include fish, peanut butter and beans. Beans and peas provide iron, potassium, and fiber. Meats have the most easily absorbed type of iron. Choose lean or low-fat meat and poultry. Nut and seeds also contain vitamin E while seafood has omega-3 fatty acids

Let's Review: Proteins & You

What are some health benefits of proteins for your health and for your developing baby?

Protein is the building blocks of your baby's cells. Be sure to eat enough protein while pregnant to ensure that your baby has strong bones, healthy immune function, and a healthy heart. Protein-containing foods, such as chicken, also contain iron, which is beneficial to your heart and blood vessels.

This Week's Roadwork



Food for Thought Chart: Please fill it out this week and bring in next week. Try to focus on eating more lean protein this week!



Review the '**More to Think About**' pages for additional information from today's session.

Let's Cook!

Today we are going to make Apple Wraps or a Smoothie.

Apple Wraps

Serves: 4, ½ wrap per serving

Prep Time: 15 minutes

Cook Time: none



Ingredients:

- 1 large apple
- 2 medium, ripe bananas
- 2 Tablespoons peanut butter
- 2 (8-inch) whole wheat tortillas

Nutrition Facts

Serving Size 1/2 wrap per serving
(147g)

Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 50

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 35g **12%**

Dietary Fiber 5g **20%**

Sugars 15g

Protein 5g

Materials:

- Cutting board
- Mixing spoons
- Medium bowl
- Sharp knife

Directions:

1. Peel bananas. In a medium bowl, use your fingers to break bananas into pieces. Use your fingers or a fork to mash pieces until creamy and smooth.
2. Measure and add the peanut butter to the mashed banana. Stir well to blend.
3. Rise and cut apple in half, lengthwise. Remove any stems and cut out center core that contains the seeds. Do not peel.
4. Lay apple halves flat side down and cut into ¼-inch thick slices. Cut slices into small cubes.
5. Spread peanut butter mixture over one side of each tortilla.
6. Sprinkle diced apple over each tortilla. Tightly roll each tortilla. Cut each wrap in half.
7. Chill in the refrigerator until ready to serve, up to 24 hours.

For this (and other) recipes, please visit Cooking Matters at
<https://cookingmatters.org/recipes>

The Health Nut Prenatal Smoothie



Getting enough omega-3 fatty acids can be hard. Using nuts and seeds in your smoothie can help to boost your intake!

Throw in some avocado for healthy monounsaturated fats and you have a smooth, green smoothie that will provide sustained energy for you and your babe.

Servings: 1 large cup


Ingredients

- 8 oz almond milk
- ½ an avocado
- ½ a frozen banana
- 2 tbsp almond butter
- 2 tbsp ground walnuts
- 2 tbsp ground flax


Instructions

- Combine all ingredients in blender.
- Blend until well combined,
- Pour into a large glass and enjoy well chilled.

10 Smoothies to Boost Your Pregnancy Glow
Retrieved from: <https://easyhealthysmoothie.com/pregnancy-smoothies/>

 **More to Think About...**

Relationships between Pregnant Women and Their Baby



Things I want us to do together:



My hopes
for your future:



Foods I want us to eat together
as you grow older:



Vary your protein routine

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day depending on overall calorie needs.

1 Vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with beans or peas, nuts, soy, and seafood as main dishes.

2 Choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood, including those that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 Select lean meat and poultry

Choose lean cuts of meat like round or sirloin and ground beef that is at least 93% lean. Trim or drain fat from meat and remove poultry skin.

4 Save with eggs

Eggs can be an inexpensive protein option and part of a healthy eating style. Make eggs part of your weekly choices.

5 Eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are lower in saturated fat and some are higher in fiber.



6 Consider nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 Keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 Make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 Think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a small turkey burger or a "petite" size steak.

10 Check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including soups, vegetables, beans, and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

Building Supports and Celebration

Session 4

Announcements

Welcome!

How is everyone doing today?

This is our last session. We've had an amazing time with all of you!

Roadwork Review



Were you able to focus on eating foods with protein? How did this go?

Today's Topic: Building Supports

A few weeks ago we talked about how we all experience stress. One of the most helpful things to have when experiencing stress is support. It can be helpful to have people we can turn to for support when we have stress or any type of problem.

Let's Talk!

It is helpful for us to know who, what, and where our supports are so we can turn to them when we need their help. Let's review this by eating grapes! Everyone will receive a cluster of grapes. We will use them to represent people, places, or things who support you (e.g., a community center, a family member, teachers, WIC provider, etc.).

- Name one person/place/thing who can provide emotional support.
- Name one person who can provide support if food is running low.
- Name one place (service/agency) that can provide support if food is running low.



Bonding

Let's Share

We all need social and community supports to help us in times of need. We need to feel comfortable and confident finding and asking for help.

Can you share an example of a type of support you need right now?

Did you ask for support from anyone about this? Was this easy or difficult for you?

Let's Practice

Asking for help can sometimes be difficult because we may be scared or feel embarrassed or judged. However, it is important to develop a way to ask for help and advocate for yourself, especially during your pregnancy and afterwards to benefit yourself and your baby.

If there are concerns about eating healthy, do you speak to anyone about it?

Communication is key in times of stress and need. How can you let others know how to help you? It is ok to let others help you and it is important to let them know what you need. This includes service providers, partners, friends, and family. Think of something you need help with and turn to a partner and practice asking for help.

What did you and your partner talk about? What was this like for you?

Let's Reflect

Our group is ending but we want to reflect on our time together!

How are you feeling about the group ending?

Is there anything you want to say to the participants of the group?

What is one thing you learned about yourself while participating in this group?

Was it helpful to discuss nutrition, access to food, and eating patterns? If so, how?

What do you need to continue making and eating healthy snacks?

Let's Celebrate!

This certificate is a celebration of your dedication to nourishing your growing baby and yourself. It is also way to show our appreciation for the time you spent with us.

Cooking

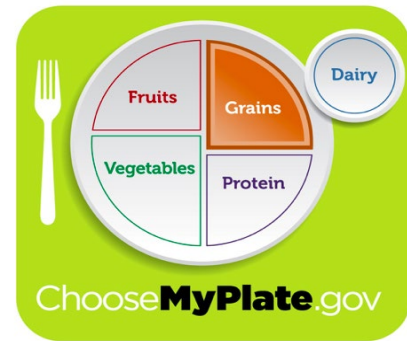
Let's Focus on Grains!

If you eat grain products, what are some of your favorites?

MyPlate: Grains

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Grains are divided into 2 subgroups: Whole Grains and Refined Grains. Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice. Some examples of refined grain products are white flour, white bread, and white rice. Whole grains are considered healthier.



Let's Review: Grains & You

What are some health benefits of grains to you and your developing baby?

By focusing on eating whole grains during pregnancy, you can keep your digestive tract healthy and regular with the fiber present in whole grains. Also, whole grains contain many different vitamins and minerals, such as Vitamin D, which can help with the development of your growing baby by aiding in brain development. Let's review the 'More to Think About' pages to consider important nutritional choices.



Review the '**More to Think About**' pages for additional information from today's session.

Let's Cook

Today, we're going to make Veggie Wraps or Overnight Oats to take home!

Veggie Wraps

Serves: 4, 3 pinwheels/each
Prep Time: 15-20 minutes
Cook Time: None



Ingredients:

- 4 large radishes
 - 1 small carrot
 - 1 cup salad greens
 - 3 sprigs fresh herbs (parsley, dill, cilantro, or combo)
 - 1 lemon
 - 2 ounces low-fat Swiss or cheddar cheese
 - 1 large, ripe avocado
 - ¼ cup, nonfat plain yogurt
 - 3 (8-inch) whole wheat flour tortillas
- Optional ingredients
- 5 ounces thinly sliced roasted turkey

Materials:

- Box grater
- Cutting board
- Fork
- Medium bowl
- Measuring cups
- Sharp knife
- Small bowl
- Vegetable peeler

Directions:

1. Scrub and rinse radishes and carrots. Rinse salad greens. Pat all veggies dry.
2. Use a vegetable peeler to peel radishes and carrots into long, thin strips. In a medium bowl, collect veggie strips
3. Rinse herbs. Pluck leaves off stems. Tear leaves into smaller pieces.
4. Rinse lemon. Zest using the small holes of a box grater. Cut in half and remove seeds.
5. Grate cheese.
6. Slice avocado lengthwise. Remove pit. Scoop avocado out of shell.
7. In a small bowl, use a fork to mash avocado. Stir in yogurt.
8. Squeeze a little lemon juice onto avocado mixture. Add herbs and a pinch of lemon zest. Stir.
9. Warm 1 tortilla in the microwave for 30 seconds, or longer as needed.
10. Place the warm tortilla on a cutting board. Spread 1/8 avocado mixture over center of tortilla. Layer with 1/8 greens, 1/8 grated veggies, and 1/8 cheese. If using turkey, add 1/8 turkey now. Squeeze more lemon juice over the mixture.
11. Roll tortilla and toppings into a log shape. Use a knife to slice wrap into four "pinwheels."
12. Repeat process for the other 2 tortillas. You will end up with a total of 12 pinwheels.

Chef's Notes:

- It is not always necessary to peel all root vegetables (except potatoes) when you slice or grate them. Scrub them well with water and a clean veggie brush, if you don't peel.
- You can try topping each tortilla with sliced roasted turkey in step 10. Use 5 ounces of turkey, with 1/3 placed on each tortilla.

Nutrition Facts

Serving Size 3 pinwheels (162g)
Servings Per Container 4

Amount Per Serving	
Calories 220	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 320mg	13%
Total Carbohydrate 28g	9%
Dietary Fiber 6g	24%
Sugars 5g	
Protein 9g	

For this (and other) recipes, please visit Cooking Matters at <https://cookingmatters.org/recipes>

Overnight Oats

I. Combine:



½ cup oats
















½ cup low-fat milk



½ cup plain yogurt

2. Then add your favorite flavor!

3. Mix ingredients together, cover, and refrigerate overnight for a delicious breakfast or snack!

Peanut Butter & Jelly	 ½ cup sliced strawberries	+	 2 tbsp peanut butter
Fruity Coconut	 ½ cup chopped fresh or frozen fruit	+	 1½ teaspoons lemon juice
		+	 ¼ cup shredded coconut
Peach	 ½ cup chopped peaches	+	 1 teaspoon cinnamon
Apple Pie	 ½ cup chopped apples	+	 1 teaspoon cinnamon
		+	 1 teaspoon honey
Strawberry Banana	 ½ cup sliced strawberries	+	 ½ sliced banana
		+	 1 teaspoon cinnamon

<https://www.mass.gov/lists/wic-recipes>

Looking Ahead

We wish you much success in your future.
Once your baby arrives, talk to your medical provider
about the options to nourish you and your growing baby.



Sites for Additional Resources



Tips for a healthy pregnancy as well as tools and resources to use as your child grows all the way to their teenage years. Available in English and Hindi. <https://www.momjunction.com>



Information for your entire pregnancy, including a step by step what to expect throughout your trimesters. Fully equipped with tools such as a baby registry finder, baby name search engine, and community board. <https://www.thebump.com>



Great tips on staying active physically and mentally during your pregnancy, along with tips surrounding life post-partum. <https://www.fitpregnancy.com>



Resources and information on breastfeeding education, awareness and support. Blog available for help from other mothers, struggling with the same issues you might be! <http://www.bestforbabes.org>



A U.K. based site, which allows mothers to track the growth of their child on a weekly basis, with comparative sizes such as fruits and vegetables.

<https://www.motherandbaby.co.uk/pregnancy-and-birth/pregnancy/pregnancy-week-by-week>



A community based website allowing you to search parenting skills, watch information videos, and even see products and gear you might need for your new arrival.

<https://www.babycenter.com>



More to Think About

Nine Steps to Being an Effective Self-Advocate

Sometimes you may feel as if you have lost control over your life, your rights and your responsibilities. Regaining your sense of control by successfully advocating for yourself will give you hope and support.

1. Believe in Yourself

You are a unique and valuable person. You are worth the effort it takes to advocate for yourself and protect your rights. You can do it!

2. Know Your Rights

You have rights. It may be helpful to put systems in place so others can help make the choices you would make for yourself

3. Decide What You Need and Want

Clarify for yourself exactly what you need. This will help you set your own goals and help you be clear to others about what it is that you want and need for yourself.

4. Get the Facts

When you advocate for yourself, you need to know what you are talking about or asking for. The internet is an excellent source of information. However, you will need to check its accuracy by looking at several different references to see if they agree. Check with people who have expertise in what you are considering. Ask others who have issues similar to yours.

5. Planning Strategy

Using the information you have gathered, plan a strategy that you feel will work to get what you need and want for yourself. Think of several ways to address the problem. Ask supporters for suggestions. Get feedback on your ideas. Then choose to take action using the one that you feel has the most chance of being successful.

6. Gather Support

In advocating for what you need and want for yourself, it is helpful to have support from family members, friends and other people who have similar issues.

7. Express Yourself Clearly

When you are asking for what you need and want for yourself, be brief. State your concern and how you want things changed. If the other person tries to tell you reasons why you cannot achieve what it is you want for yourself, repeat again what it is you want and wait until they either give it to you, help you get it, or refer you to someone else who may be able to give you what you need. If you feel this may be difficult for you, you may want to role-play different scenarios with a supporter or a counselor.

8. Assert Yourself Clearly

Speak out, asking for what you need and want and then listen. Respect the rights of others, but don't let them "put you down" or "walk all over you."

9. Be Firm and Persistent

Don't give up! Keep after what you want. Always follow through on what you say. Dedicate yourself to getting whatever it is you need for yourself.

The following is an excerpt from [WRAP Plus](#) (Copeland, M., Dummerston, Vermont)



Choosing whole-grain foods

Whole grains are important sources of nutrients such as zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh to eat.

1 Search the label

Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and pastas. Look at the Nutrition Facts labels and ingredients lists to find choices lower in sodium, saturated fat, and added sugars.



2 Look for the word "whole" at the beginning of the ingredients list

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and whole rye. Foods that say "multi-grain," "100% wheat," "high fiber," or are brown in color may not be a whole-grain product.

3 Choose whole grains at school

Prepare meals and snacks with whole grains at home so your kids are more likely to choose whole-grain foods at school.



4 Find the fiber on label

If the product provides at least 3 grams of fiber per serving, it is a good source of fiber. If it contains 5 or more grams of fiber per serving, it is an excellent source of fiber.

5 Is gluten in whole grains?

People who can't eat wheat gluten can eat whole grains if they choose carefully. There are many whole-grain products, such as buckwheat, certified gluten-free oats or oatmeal, popcorn, brown rice, wild rice, and quinoa that fit gluten-free diet needs.

6 Check for freshness

Buy whole-grain products that are tightly packaged and well sealed. Grains should always look and smell fresh. Also, check the expiration date and storage guidelines on the package.

7 Keep a lid on it

When storing whole grains from bulk bins, use containers with tight-fitting lids and keep in a cool, dry location. A sealed container is important for maintaining freshness and reducing bug infestations.



8 Buy what you need

Purchase smaller quantities of whole-grain products to reduce spoilage. Most grains in sealed packaging can be kept in the freezer.

9 Wrap it up

Whole-grain bread is best stored at room temperature in its original packaging, tightly closed with a quick-lock or twist tie. The refrigerator will cause bread to lose moisture quickly and become stale. Properly wrapped bread will store well in the freezer.



10 What's the shelf life?

Since the oil in various whole-grain flours differs, the shelf life varies too. Most whole-grain flours keep well in the refrigerator for 2 to 3 months and in the freezer for 6 to 8 months. Cooked brown rice can be refrigerated 3 to 5 days and can be frozen up to 6 months.

Notes:
