

Teacher Guide: EATING RIGHT DURING PREGNANCY

Key Messages

- A healthy diet is important for having a healthy baby.
- It is generally recommended women of normal weight before pregnancy eat about 300 additional calories a day while pregnant. If you are underweight or overweight consult with your doctor about your daily calorie intake so you can meet your weight gain goal discussed by you and your doctor.”
- Weight gain during pregnancy should be gradual and steady.
- Drink nutritious milk, 100% fruit juices or water instead of soda, artificially sweetened drinks and caffeinated beverages during your pregnancy.
- Do not smoke, drink alcohol, or take drugs while pregnant.
- Stay active during your pregnancy.
- See a healthcare provider early in your pregnancy. It is important for your health and the health of your baby.

Objectives

Participants learn:

- the dietary requirements for a pregnant woman.
- MyPyramid is a good tool to healthful eating.
- a healthy lifestyle is important for the health of the baby - No alcohol, smoking or drugs during pregnancy.
- the importance of seeing a healthcare provider during pregnancy.

Suggested teaching materials:

- MyPyramid poster
- Handouts for 2005 dietary guidelines
- Eating Right During Pregnancy Handouts

Activities

- **Have participants make a list of nutrient-rich foods.**
- **Have participants make a list of healthy snacks that equal 300 calories.**