**Prenatal and Postpartum Nutrition Module**

**Learning Objectives**

**Upon completion of this module, WIC paraprofessionals will be able to:**

* Describe the general nutritional needs of pregnant women.
* Describe common nutrition-related problems of pregnant women and identify solutions to these problems.
* Discuss the effects of substance abuse on the mother and infant.
* Describe the general nutritional needs of postpartum women.
* Identify common postpartum problems and identify solutions

**Prenatal and Postpartum Nutrition Module**

**Assessment Activities**

**Assessment Questions**

1. Please provide **two reasons why healthy food choices are important for pregnant women.**
2. Identify **three nutrients** that are particularly important for pregnant women to consume in adequate amounts.
3. Why is adequate **calcium** intake important for a pregnant woman?
   1. Consuming adequate calcium helps the baby develop healthy teeth and bones
   2. Consuming adequate calcium helps replenish mom’s calcium stores
   3. Consuming adequate calcium gives mom more energy
   4. A and B above are correct
4. Inadequate intake of which of the following nutrients may result in **neural tube defects** such as spina bifida and anencephaly?
   1. Iron
   2. Folate
   3. Calcium
   4. Protein
5. Adequate \_\_\_\_\_\_\_\_\_\_\_\_\_ is important to support the production of **new cells, enzymes, and hormones for the developing baby and for maintaining fluid balance in a pregnant mom.**
   1. Iron
   2. Folate
   3. Calcium
   4. Protein
6. How many **servings of healthy gr**ains should a pregnant woman consume per day for optimal health?
   1. 1 – 2
   2. 3 – 4
   3. 7 – 9
   4. 12 – 15
7. Which of the following is **NOT** an example of a healthy grain choice?
   1. White bread
   2. Fortified breakfast cereal
   3. Whole grain pasta
   4. Wheat germ
8. Ideally, **how many vegetables** should a pregnant woman consume each day?
   1. ½ cup
   2. 1 cup
   3. 2 cups
   4. 3 cups
9. Please provide **four examples of recommended vegetables** for pregnant women.
10. \_\_\_\_\_\_\_\_\_\_\_ servings from the dairy group are recommend each day for pregnant women.
    1. 1 – 2
    2. 2 – 3
    3. 3 – 4
    4. 5 – 6
11. Which of the following are good sources of protein?
    1. Chicken
    2. Beef
    3. Fish
    4. Peanut butter
    5. All of the above
12. How many daily servings of protein-rich foods are recommended for pregnant women?
    1. 8
    2. 6
    3. 4
    4. 2
13. It is recommended that pregnant women choose mostly \_\_\_\_\_\_\_\_\_\_\_\_ dairy products.
    1. Non-fat or low-fat
    2. Chocolate-flavored
    3. High fat or whole
    4. Organic
14. Which of the following should be **avoided during pregnancy?**
    1. Alcohol
    2. Herbal supplements
    3. Dieting / fasting
    4. All of the above
15. On average, WIC recommends that **normal-weight women gain** \_\_\_\_\_\_\_\_\_\_ pounds during pregnancy.
    1. 5 – 10
    2. 15 – 20
    3. 25 – 35
    4. 45 – 55
16. Please identify **two symptoms of pregnancy-induced hypertension:**
17. Provide **two strategies for increasing iron intake and preventing iron-deficiency anemia** during pregnancy.
18. Provide **two strategies for preventing or relieving constipation during pregnancy.**
19. In cases of **diabetes:** 
    1. blood sugar levels are too low
    2. iron levels are too high
    3. calcium levels are too low
    4. blood sugar levels are too high
20. True / False: Regular exercise helps control risk of diabetes.
21. Provide **two strategies for preventing or relieving heartburn during pregnancy.**

1. Provide **two strategies for preventing or relieving leg cramps during pregnancy.**
2. **Toxemia and preeclampsia** are terms for:
   1. pregnancy-induced diabetes
   2. pregnancy-induced hypertension
   3. pregnancy-induced heartburn
   4. pregnancy-induced anemia
3. Please provide two strategies for **preventing or relieving nausea / vomiting during pregnancy.**
4. True / False: It is OK to drink alcohol during a pregnancy.
5. Women who **use tobacco, alcohol, or other drugs during pregnancy** may have increased risk for:
   1. Low birth weight babies
   2. Babies affected by birth defects
   3. Infectious diseases such as hepatitis and HIV
   4. Early death
   5. All of the above
6. Please identify the **four general needs or concerns for postpartum women.**
7. Provide **three** general **nutrition recommendations for postpartum women.**
8. It is recommended that postpartum women follow the MyPlate dietary recommendations. According to MyPlate, \_\_\_\_\_\_\_\_\_\_\_ of your plate should be fruits and vegetables.
   1. 1/10
   2. ¼
   3. 1/3
   4. ½
9. **Breastfeeding women** need an additional \_\_\_\_\_\_\_\_\_\_\_ calories per day, compared to women who are not breastfeeding.
   1. 100-200
   2. 700-900
   3. 300-500
   4. 1000-1500
10. It is critically important that **postpartum teen mothers consume adequate \_\_\_\_\_\_\_\_\_** to ensure sufficient **calcium intake** for bone growth.
    1. Meat
    2. Dairy / milk products
    3. Fruit
    4. Grains
11. **“Baby blues”** or depression is a condition experienced to some extent by \_\_\_\_\_\_\_\_ of new moms.
    1. 2/3
    2. ½
    3. 1/3
    4. ¾
12. True / False: If a new mom exhibits signs of depression, it is recommended that WIC staff refer her to a physician.

**Prenatal and Postpartum Nutrition Module**

**Assessment Activities**

**ANSWER KEY**

**Assessment Questions**

1. Please provide **two reasons why healthy food choices are important for pregnant women.**

*(two of the following)*

* *Mom’s nutrition affects the health of the baby – fetal development*
  + *Lack of folate may result in birth defects*
  + *Lack of protein and calories can cause problems with brain development*
* *Women with healthy diets are less likely to deliver prematurely than women with poor diets.*
* *May improve the comfort of the pregnant female (e.g. reduces morning sickness, constipation, mood swings, leg cramps, and fatigue).*

1. Identify **three nutrients** that are particularly important for pregnant women to consume in adequate amounts.

*Iron, calcium, folate (folic acid)*

1. Why is adequate **calcium** intake important for a pregnant woman?
   1. Consuming adequate calcium helps the baby develop healthy teeth and bones
   2. Consuming adequate calcium helps replenish mom’s calcium stores
   3. Consuming adequate calcium gives mom more energy
   4. A and B above are correct
2. Inadequate intake of which of the following nutrients may result in **neural tube defects** such as spina bifida and anencephaly?
   1. Iron
   2. Folate
   3. Calcium
   4. Protein
3. Adequate \_\_\_\_\_\_\_\_\_\_\_\_\_ is important to support the production of **new cells, enzymes, and hormones for the developing baby and for maintaining fluid balance in a pregnant mom.**
   1. Iron
   2. Folate
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   4. Protein
4. How many **servings of healthy gr**ains should a pregnant woman consume per day for optimal health?
   1. 1 – 2
   2. 3 – 4
   3. 7 – 9
   4. 12 – 15
5. Which of the following is **NOT** an example of a healthy grain choice?
   1. White bread
   2. Fortified breakfast cereal
   3. Whole grain pasta
   4. Wheat germ
6. Ideally, **how many vegetables** should a pregnant woman consume each day?
   1. ½ cup
   2. 1 cup
   3. 2 cups
   4. 3 cups
7. Please provide **four examples of recommended vegetables** for pregnant women.

*(any vegetables – but suggested examples below)*

* *Carrot, greens, tomato, spinach, bok choy*
* *Broccoli, tomato, cabbage, cauliflower*
* *Leafy greens, asparagus, kale*
* *Potato, peas, greens, beans, corn, lettuce, summer squash*

1. \_\_\_\_\_\_\_\_\_\_\_ servings from the dairy group are recommend each day for pregnant women.
   1. 1 – 2
   2. 2 – 3
   3. 3 – 4
   4. 5 – 6
2. Which of the following are good sources of protein?
   1. Chicken
   2. Beef
   3. Fish
   4. Peanut butter
   5. All of the above
3. How many daily servings of protein-rich foods are recommended for pregnant women?
   1. 8
   2. 6
   3. 4
   4. 2
4. It is recommended that pregnant women choose mostly \_\_\_\_\_\_\_\_\_\_\_\_ dairy products.
   1. Non-fat or low-fat
   2. Chocolate-flavored
   3. High fat or whole
   4. Organic
5. Which of the following should be **avoided during pregnancy?**
   1. Alcohol
   2. Herbal supplements
   3. Dieting / fasting
   4. All of the above
6. On average, WIC recommends that **normal-weight women gain** \_\_\_\_\_\_\_\_\_\_ pounds during pregnancy.
   1. 5 – 10
   2. 15 – 20
   3. 25 – 35
   4. 45 – 55
7. Please identify **two symptoms of pregnancy-induced hypertension:**

*(two of the following)*

* *Puffy face for more than 12 hours*
* *Swelling in the hands*
* *Headaches*
* *Vision problems*
* *Rapid increase in weight*

1. Provide **two strategies for increasing iron intake and preventing iron-deficiency anemia** during pregnancy.

*(two of the following)*

* *Eat iron-rich foods (meat, beans and iron-fortified cereals) along with vitamin C rich foods (oranges, citrus foods) helps the body absorb iron.*
* *Cook foods in cast-iron cookware.*
* *The body absorbs iron more efficiently during pregnancy.*
* *Decrease intake of coffee and tea.*
* *Take an iron supplement (in accordance with physician directions).*

1. Provide **two strategies for preventing or relieving constipation during pregnancy.**

*(two of the following)*

* *Increase fluids*
* *Eat high-fiber foods*
* *Drink small amounts of prune juice*
* *Moderate exercise every day (e.g. walking)*
* *Consult with physician*

1. In cases of **diabetes:** 
   1. blood sugar levels are too low
   2. iron levels are too high
   3. calcium levels are too low
   4. blood sugar levels are too high
2. True / False: Regular exercise helps control risk of diabetes. *(TRUE)*
3. Provide **two strategies for preventing or relieving heartburn during pregnancy.**

*(two of the following)*

*eat smaller meals – about 4-5 / day*

*eat bland food between meals (helps absorb acid)*

*Limit acidic foods (tomatoes, citrus, salad dressings)*

*Limit chocolate and mint*

*Drink plenty of fluids*

*Avoid lying down flat. Raise/prop head when sleeping*

*Drink* ***low-fat*** *milk or eat several crackers*

*Avoid or limit fried, fatty, spicy or carbonated foods*

*DO NOT drink alcohol*

1. Provide **two strategies for preventing or relieving leg cramps during pregnancy.**

*(two of the following)*

* *Get enough calcium and magnesium (dairy, fruits, and vegetables)*
* *Eat recommended servings of protein foods.*
* *Drink plenty water throughout the day*
* *Do mild exercises (walking)*
* *Stretch calf muscles*
* *Take warm baths*
* *Place hot water bottle or towel soaked in hot water over cramped muscle*

1. **Toxemia and preeclampsia** are terms for:
   1. pregnancy-induced diabetes
   2. pregnancy-induced hypertension
   3. pregnancy-induced heartburn
   4. pregnancy-induced anemia
2. Please provide two strategies for **preventing or relieving nausea / vomiting during pregnancy.**

*(two of the following)*

* *Eat crackers, dry cereal, yogurt, popcorn, toast*
* *Avoid fried, fatty, spicy, or strong smelling foods*
* *Avoid going long periods without eating*
* *Avoid brushing teeth immediately after waking up*
* *Avoid strong smells like cooking meats, coffee, cigarette smoke, alcohol*
* *Open windows for fresh air and to get rid of odors*
* *Eat small, frequent meals*

1. True / False: It is OK to drink alcohol during a pregnancy. (*FALSE)*
2. Women who **use tobacco, alcohol, or other drugs during pregnancy** may have increased risk for:
   1. Low birth weight babies
   2. Babies affected by birth defects
   3. Infectious diseases such as hepatitis and HIV
   4. Early death
   5. All of the above
3. Please identify the **four general needs or concerns for postpartum women.**

***Eating a healthy diet*** *and replacing nutrients that were lost during pregnancy and delivery/to restore energy/to maintain the mom’s health*

***Return to a healthy weight***

*See her doctor for the* ***postpartum medical visit*** *and*

***Consider family planning***

1. Provide **three** general **nutrition recommendations for postpartum women.**

*(three of the following)*

* *Eat a variety of nutrient dense foods.*
* *Eat the recommended servings from each food group using the MyPlate as a guide for family meal selection and preparation.*
* *Continue multi-vitamin supplement as needed including 400 micrograms of folic acid.*
* *Take in plenty of fluids (e.g. water and soups).*

1. It is recommended that postpartum women follow the MyPlate dietary recommendations. According to MyPlate, \_\_\_\_\_\_\_\_\_\_\_ of your plate should be fruits and vegetables.
   1. 1/10
   2. ¼
   3. 1/3
   4. ½
2. **Breastfeeding women** need an additional \_\_\_\_\_\_\_\_\_\_\_ calories per day, compared to women who are not breastfeeding.
   1. 100-200
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   1. Meat
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4. **“Baby blues”** or depression is a condition experienced to some extent by \_\_\_\_\_\_\_\_ of new moms.
   1. 2/3
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   4. ¾
5. True / False: If a new mom exhibits signs of depression, it is recommended that WIC staff refer her to a physician. (*TRUE)*