



APRIL 2020

A NEWSLETTER FOR THE
STAFF AND VOLUNTEERS
OF EMERGENCY
FEEDING PROGRAMS

Ask the Expert: Key Nutrients During Pregnancy

Written by Christina Wilder, Student Pharmacist, Purdue University College of Pharmacy

A balanced meal plan with a variety of foods can provide women with the nutrients needed for a healthy pregnancy. Balanced eating plans include whole grains, fruits, vegetables, lean protein, low-fat or fat-free dairy, and healthy fats. Extra calories that come from added sugars and solid fats that are found in regular sodas, sweets, and fried snacks should be avoided and can lead to unhealthy weight gain. While the nutrients for a healthy pregnancy can be found in a variety of vitamin-rich foods, a medical provider or registered dietitian nutritionist may recommend prenatal vitamins to help make sure pregnant women are getting enough key nutrients.

Three of the key nutrients for healthy pregnancy are:

1. Folate or Folic Acid: Folate or folic acid is a vitamin that is vital to the development of the spinal cord. Pregnant women and women of childbearing age should get at least 400 micrograms of folic acid each day. Folate can be found naturally in legumes, green leafy vegetables, and citrus fruits. Fortified foods such as cereals, pastas, and bread are good sources of folate, as are prenatal vitamins.

2. Iron: The most common nutritional deficiency during pregnancy among expectant mothers is maternal iron deficiency. At least 27 milligrams of elemental iron should be consumed every day by expecting mothers. Red meat, chicken and fish, fortified cereals, spinach, and some leafy greens and beans are foods with high and moderate amounts of iron. Heme iron, the iron found in meat, is absorbed better than non-heme iron, the iron found in plants. Because of this, it is important to get a prenatal supplement with iron if you are vegetarian.

3. Calcium: This nutrient is necessary for the development of baby's teeth, bones, heart, nerves, and muscles. Calcium can be taken from the pregnant mother's bones in order to provide for the baby when the mother's intake is not enough. Thus, expectant mothers should make sure to get enough calcium before, during, and after pregnancy. The recommendation is to get about 1,300 milligrams of calcium per day during pregnancy for adolescents 14 to 18 years old and 1,000 milligrams of calcium per day for women 19 to 50 years old. At least three daily servings of calcium-rich foods such as low-fat or fat-free milk, yogurt, or cheese or calcium-fortified plant-based beverages, cereals, and juices can help pregnant women reach these daily calcium goals.

IN THIS ISSUE

Ask the Expert: Key Nutrients During Pregnancy	1
Food Safety: Foods to Avoid During Pregnancy	2
Eating Right: What Mom Eats, Baby Eats	3
In the News: All About WIC	4

Food Safety: Foods to Avoid During Pregnancy

Written by Caroline Parker Purdue University Dietetics & Nutrition, Fitness, and Health 2021

It is important to avoid certain foods during pregnancy because they may have the potential to harm both the women and developing fetus. Overall, it is important that all food be cooked completely and that all produce is thoroughly washed before eating. Make sure to avoid these three foods during pregnancy.

1. Undercooked eggs. These can be dangerous because they may contain harmful bacteria. They are often used in Caesar salad dressing, custards, and some sauces.

2. Fish high in methylmercury. Eating foods high in methylmercury may harm pregnant women and the developing fetus. Fish high in this element include king mackerel, marlin, orange roughy, shark, swordfish, and bigeye tuna. Limit the amount of white albacore tuna to 6 ounces per week.

3. Raw sprouts. Bacteria can enter sprouts before they are even fully grown and ready to eat, and are almost impossible to wash out! Therefore, it's important to avoid alfalfa, clover, and radish sprouts which are usually found on sandwiches and salads.



Pasta Primavera

Ingredients (3 servings)

- 1 cup noodles, uncooked
- 1 tbsp olive oil
- 2 cups chopped mixed veggies (can be canned) *
- 1 cup tomatoes, chopped
- 1 tbsp butter
- garlic powder and black pepper taste
- 3 tbsp parmesan cheese

1. Cook noodles according to package directions
2. While noodles are cooking, heat oil in skillet
3. Add veggies to the skillet and saute until warm and tender
4. Add tomato and saute another 2 minutes
5. Toss veggies together with noodles and butter
6. Add seasonings and sprinkle with parmesan

*Available through The Emergency Food Assistance Program



Nutrition Facts (per serving)

Calories: 336

Protein: 11g

Carbs: 48g

Sources: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pasta-primavera>, <https://www.fda.gov/food/people-risk-foodborne-illness/eating-out-bringing-food-safety-moms-be>, <https://www.eatright.org/food/planning-and-prep/recipes/quick-penne-pasta-with-veggies-recipe>

Eating Right: What Mom Eats, Baby Eats

Written by Emma Rich; Purdue Dietetics & Nutrition, Fitness, and Health 2020

Having a healthy lifestyle throughout pregnancy and after birth is crucial for both baby and mother. Some areas to focus on include eating a well-balanced diet, gaining the right amount of weight for body type, engaging in physical activity, taking vitamins and supplements if prescribed by a physician, and avoiding harmful substances like alcohol and tobacco.

Expecting mothers should focus on eating a variety of all of the MyPlate food groups. A wide variety of foods ensures that the mother is meeting her nutritional needs. Try to limit added sugars and solid fats by cutting down on foods such as regular soft drinks, sweets, and fried foods.

Foods groups to focus on during pregnancy

1. Whole grains - breads, cereals, pasta, and rice
 2. Fruits - fresh, frozen, or canned without added sugars
 3. Vegetables - a variety of colorful vegetables that are fresh, frozen, or canned without added salt.
 4. Proteins - lean sources of poultry, fish, eggs, beans and peas, peanut butter, soy products, and nuts. Deli meat and hot dogs should be heated if consumed.
 5. Dairy - pasteurized milk, cheese, and yogurt
 6. Healthy fats - avocados, nuts seeds, canola oil, and vegetable oil
- Try to limit added sugars and solid fats by cutting down on foods such as regular soft drinks, sweets, and fried foods



Recommended weight gain during pregnancy with 1 baby

If before pregnancy you were...	You should gain...
Underweight BMI less than 18.5	28 - 40 pounds
Normal weight BMI is between 18.5 - 24.9	25 - 35 pounds
Overweight BMI is between 25 - 29.9	15 - 25 pounds
Obese BMI is greater than or equal to 30	11 - 20 pounds





First Class
Presort Mail
U.S. Postage
PAID
Lafayette, IN
Permit No. 221

Send comments and/or change of address to:
Indiana's Emergency Food Resource Network
Department of Nutrition Science
Purdue University
700 West State Street
West Lafayette, IN 47907-2059
Phone: (765) 496-0271
Fax: (765) 494-9606
Email: parke285@purdue.edu
Website: www.purdue.edu/indianasefrnetwork/

This newsletter is edited by Caroline Parker and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

PAGE 4

In The News: All About WIC

IN THE NEWS

Written by Lydia Conner; Purdue Coordinated Program in Dietetics, 2021

The Special Supplemental Nutrition Program for Women, Infants, and Children (or "WIC") has been providing supplemental foods to low-income women, infants, and children up to 5 years old since 1974. The foods provided by this program are meant to provide specific nutrients to help reduce the chance of not meeting nutrient recommendations. WIC also provides its participants with health screenings, nutrition and breastfeeding counseling, immunization screenings and referrals, substance abuse referrals, and more.

Every state offers this program to residents who are pregnant, postpartum, or breastfeeding women, infants, and children depending on income and nutritional risk. Those who participate in another assistance program like the Supplemental Nutrition Assistance Program, more commonly known as the food stamp program, may be automatically income-eligible for WIC. WIC agencies provide their participants with food in many ways, but by October 1, 2020 all agencies will issue EBT cards, like credit cards, for participants to receive benefits.

One of the ultimate goals of WIC is to improve the nutritional status of infants by encouraging breastfeeding. Pregnant women and new WIC mothers receive breastfeeding educational materials and support through counseling and guidance. For more information, contact the Indiana WIC office at 1-800-522-0874, or find out more at <https://www.in.gov/isdh/19691.htm>.

Sources: <https://www.fns.usda.gov/wic/wic-fact-sheet>

