

**1. Maternal Nutrition**

**Pregnancy**

From class, the readings *13.2 Nutrition Recommendations for Pregnancy* and *Fish: What Pregnant Women and Parents Should Know*:

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| --- | --- | --- |
|  | Additional Calorie Recommendation | Additional Protein Requirement |
| First Trimester | +\_\_0\_\_\_\_\_\_\_\_\_\_\_\_\_ kcal | +\_\_25\_\_\_\_\_\_\_\_\_\_\_\_\_ grams |
| Second Trimester | +\_\_\_\_\_340\_\_\_\_\_\_\_\_\_\_ kcal | +\_\_\_25\_\_\_\_\_\_\_\_\_\_\_\_ grams |
| Third Trimester | +\_\_\_\_\_\_\_\_450\_\_\_\_\_\_\_ kcal | +\_\_\_\_\_\_25\_\_\_\_\_\_\_\_\_ grams |

* The carbohydrate RDA is a minimum amount of carbohydrate recommended to supply the glucose needed for the brain and the baby. Most women need more carbohydrate per day to meet nutrient needs. (Refer to the *Carbohydrate Recommendations* in chapter 5.)
* What is the pregnant woman’s carbohydrate RDA? 175g
* Why is the pregnant woman’s carbohydrate RDA higher than the non-pregnant woman? Carbs help provide nutrients to the placenta
* Why is DHA recommended during pregnancy? Brain Eye heart nervous system
  + Review – What is DHA? (Refer back to Figures 19 and 20 in Section 7.3) omega-3 fatty acid
  + What are food sources for DHA? Fish
  + What are the recommendations for seafood consumption for pregnant women? 8-12 oz per week of shellfish or fish low in mercury
* Why isn’t the RDA for calcium during pregnancy increased? Bioavailability is increased during pregnancy of calcium
  + Review—What are good calcium food sources other than dairy? Legumes eggs
* What is the pregnant woman’s RDA for iron? 27 mg
  + Why is additional iron needed during pregnancy? For proper blood development
  + What risks are linked to iron-deficiency anemia during pregnancy? Fetal death, preemie baby LBW
  + Review—What are good food sources for heme iron and non-heme iron? Heme iron- vegetables

Non heme iron- meat

* + Review—How can non-heme iron absorption be increased? Pair with vitamin c.
* What is the pregnant woman’s RDA for folate? 600 micrograms / day
  + What is the concern with a low folate intake prior to pregnancy (before day 28 of pregnancy)? Spina bifida and neural tube defects
  + What is the concern with a low folate intake during pregnancy? Birth defects
* Refer to the textbook section on teratogens:
  + What can be the problem with excessive vitamin A supplements during pregnancy? Toxic in high doses. LBW, birth defects
  + What is a teratogen? Harmful substance to fetus
  + What are the recommendations for alcohol during pregnancy?0

From class and the reading *13.3 Lactation*

**Lactation**

|  |  |  |
| --- | --- | --- |
|  | Additional Calorie Recommendation | Additional Protein Requirement |
| First 6 months | +\_\_\_330\_\_\_\_\_\_\_\_\_\_\_\_ kcal | +\_\_\_\_\_\_\_\_25\_\_\_\_\_\_\_ grams |
| Second 6 months | +\_\_\_\_400\_\_\_\_\_\_\_\_\_\_\_ kcal | +\_\_\_\_\_\_\_25\_\_\_\_\_\_\_\_ grams |

* What are the health benefits associated with breastfeeding for the mother and for the baby?

Baby’s immune system

Brain and eyes

Prevents allergies – what immunities the mom has it passes onto

Formulated for the baby

**Terms to Know**

Pregnancy – measured from the first day of a womens last menstrual period 40 weeks

Placenta

Hyperemesis gravidarum – prolong dehydration from vomiting

Gestational diabetes

Gestational hypertension

Teratogens

Prolactin

Oxytocin

**2. Infant Nutrition**

From class, the readings *13.4 Nutrition Recommendations for Infants* and *Complementary Feedings (Overview and Recommendations):*

* Note—Infants need more calories and protein per kilogram of body weight than adults do. For example, an infant’s RDA for protein is 1.52 grams/kilogram body weight whereas an adult’s RDA for protein is 0.8 grams/kilogram body weight.
* Compare an infant’s and adult’s recommendations for percent of calories from fat. (Refer to Figure 2) adult is 20-35%, infants 55%
* Compare the bioavailability of iron in breast milk and infant formula. Higher bioavailability for breast milk
* What are the recommendations for vitamin D and fluoride supplements during the first year of life? Fluoride is the size of a pea, vitamin d comes from drops supplements
* What are the signs an infant is ready for solid foods? Opens their mouth, keeps head up, close mouth around a spoon
* What are the recommendations for introducing solid foods (complementary feedings) during the first year? Smashed, pureed, iron fortified rice cereal is the first one
* Why is it recommended to avoid giving cow’s milk during the first year of life? Because they can’t digest it
* What types of foods are choking hazards? Multiple ingredients, chunks
* What is the recommendation for honey during the first year? Why? None, toxic the spores

**Terms to Know**

Infantile botulism Causes babies to become weak and sick

Percentiles – comparative to 100 infants of the same age comparison of weight or health

**3. Child Nutrition**

From class, the reading *13.5* *Nutrition Recommendations for Young Children*, the Mayo Clinic website *Iron Deficiency in Children: Prevention Tips for Parents,* and the National Institute of Health website *Food Jags:*

* Note—As children grow, their total caloric requirement increases due to the increase in body size. However, the rate of growth slows down and so the energy needs per kilogram body weight decreases.
* What are the concerns with low calcium and vitamin D intakes for children? Bone density
  + Review—Compare a child’s recommendations for calcium and vitamin D to the adult recommendations (refer to the DRI tables). 15 micrograms toddlers
  + Review—What are good food sources for calcium and vitamin D? milk, dairy
* Note—Iron deficiency is common is young children. The iron RDA for children 4 to 8 years old is 10 mg/day, which is higher than the adult male’s iron RDA.
  + Why is adequate intake of iron important for children? Iron stores diminish
  + What are good food sources for iron that a child will usually eat? cereal
* How many times may you need to offer a child a new food before the child will accept it? 8-10 times
* What can you do to help children try new foods? Decision making, division of responsibility

**Terms to Know**

Food jag – wanting same food for awhile

Division of responsibility – adult is What when and where child does how much and whether

Stewardship - guiding

Agency - choice