

Healthy Baby Shower Script

Baby Showers for Pregnant Women: focus on prenatal nutrition

Note to Baby Shower facilitators

It is our intent to celebrate the pregnancy and the children expected of each woman's pregnancy. In an effort to make this event flow better and to make it easy as possible for you to facilitate it, we are offering several options to provide helpful nutrition guidance to your audience.

Option 1

A script is available for you to follow. It is based on the best available current knowledge of pregnancy nutrition. Included are notes on

- suggestions for interactive discussions with the group
- basic nutrition lecture
- Special nutrition concerns for pregnancy
- diet cautions to observe during pregnancy

Option 2

Feel free to pick and choose which parts of the following material you wish to use. In many cases, listening provides more opportunities for education than merely lecturing, so do not feel obligated to cover all topics.

Suggestions for interactive discussion with a group of pregnant women

Congratulations on your pregnancy. It is exciting and possibly terrifying at the same time. You've probably heard stories - the good and bad of pregnancy. Relax: millions of moms have gone through this and had wonderful, healthy babies. You can see the grown up versions of these babies walking around everywhere you look.

It is not unusual for women to have changes in their food preferences as changes in their body take place.

Have you noticed that your appetite has changed since you've been pregnant? Are there foods you are particularly hungry for or other foods that you find you want to avoid?

(Allow participants to speak up)



It is only natural to experience some of these changes - your body is changing and so will your adaptation to pregnancy along with it.



Some concerns that might come up include:



- nausea - particularly in the morning - but may be related to aversion to some foods, odors. If nausea and vomiting continue past the first few months of pregnancy or are particularly bothersome - you should talk to your doctor about it. Lemon juice or ginger are sometimes helpful.
- other food cravings: try to work these into your diet. Don't let a food craving overwhelm your ability to eat other healthy foods.

- Food aversions: substitute another food for something you can't eat. For example, if you cannot eat dairy, add eggs for protein and find another source of calcium such as calcium fortified orange juice or take a calcium tablet. If meat is a problem, substitute other high protein foods such as eggs, cheese, nuts or dry beans.
- Constipation is a common problem. Drink plenty of water, but also make sure you are eating fruits and vegetables.
- pica - wanting to eat non-food items such as cornstarch or clay.
- salt - the old stereotype of a woman wanting pickles and ice cream when she gets pregnant is based on the body's needs. The salt - or sodium - is based on the woman's blood volume expanding to bring nutrients to the baby. - but most of us get plenty of salt in our diets, so additional salt is usually not needed. Ice cream- a highly palatable high calorie food. Your body does need more calories, but not so many as you might think. Keep high calorie foods in their place.

Another question you might want to ask is : *What advice have people given you regarding diet during your pregnancy?* There is potential danger in asking this question as it may provide opportunities to promote myths that are not science based. Unless you are prepared to assess the pros and cons of well-meaning but possibly dangerous advice and do it diplomatically, it might be best to avoid this discussion.

Basic Nutrition	Visual
<p>You are probably aware that you need to eat well to support your pregnancy. Amazingly, the human body can adjust for a lot of our mistakes, so no need to fret. But you want to do the best for your baby..and one important factor that you can control is nutrition.</p>	
<p>The baby will grow from a miniscule embryo formed when the sperm and egg meet, to a fetus weighing less than one ounce at 9 weeks, and then to a baby weighing about 7 pounds at birth.</p> <p>This baby is growing rapidly - from a few hundred cells at 3 weeks to about 1 inch in length at 9 weeks and 18-20 inches at birth. All the while, vital organs are being formed. We want the best mix of nutrients available at each stage of growth to ensure your baby will have the best development.</p>	<p>Fetus (see babycenter.com)</p> 
<p>The ingredients for a healthy baby include all of the food groups you have been hearing about.</p>	<p>My Plate visual on a roulette wheel</p> 

<p>Let's explore these foods you want to include in your diet.</p>	<p>Spin the roulette wheel.</p>
<p>Our wheel just landed on dairy foods.</p>	<p>Roulette wheel lands on dairy</p>
<p>You have probably heard that dairy is a good source of calcium - important for bone growth. But you may not realize that calcium needs the helper, vitamin D, which helps the body absorb and use calcium. Vitamin D is added to many dairy products. While many people get vitamin D from the sun, if you are dark-skinned or do not spend much time outdoors, you could be deficient. Milk is also an excellent source of protein - which you definitely will need more of during pregnancy.</p> <p>If you cannot consume dairy products, there are alternatives. Consider calcium fortified orange juice, soy or other nut milks that are fortified with calcium and vitamin D.</p>	<p>Visual: Dairy foods: milk, yogurt, cheese, cottage cheese</p>  <p>Alternative dairy foods - prominently display label showing calcium/D fortification.</p>
<p>But there is a more in store for the baby's growth. Let's see what other foods we can explore</p>	<p>Roulette wheel lands on fruits and vegetables</p>
<p>Now we get to talk about fruits and vegetables. You've heard the hype - people eating more fruits and vegetables have longer, healthier lives. But why are they important for your baby? First, think about yourself. Constipation can be a problem during pregnancy. The fiber provided by fruits and vegetables combined with plenty of water prevents constipation.</p> <p>And then - the nutrients. Dark green, leafy vegetables and orange hued vegetables, such as squash and carrots, provide vitamin A. Vitamin A is essential for good vision, growth of bones and teeth and partners with Vitamin C to form a strong immune system to fight back against disease.</p> <p>Get Vitamin C from peppers, citrus fruits, strawberries, tomatoes, melon and potatoes. Hint: if you are taking a prenatal vitamin with iron, drink orange juice with it to increase absorption.</p> <p>Folic acid, noted for preventing spina bifida and other birth defects is present in many fruits and vegetables.</p>	<p>Picture fruits and vegetables</p>  <p>Dark green, leafy Orange: carrots, squash</p> <p>Citrus: orange, grapefruit, Peppers, strawberries, melons, potatoes</p>
<p>We've checked on dairy and fruits and vegetables. Let's spin the wheel again and see what we find.</p>	<p>Roulette wheel lands on whole grains</p>

<p>Breads and grains are the staple of many of our diets because they are a primary source of calories. We may think we should shun calories, but without energy, we would all be pretty tired.</p> <p>Wheat has been the main staple in European countries, while rice is popular in the east and corn fed Native Americans. Now we have the opportunity to choose from a wide range of grains. As we've refined these foods, we've lost important nutrients provided in the whole grain version. Select the whole grain version of your favorite bread or cereal as often as possible to boost your intake of iron, zinc and b vitamins.</p>	<p>White bread/whole grain bread</p> <p>White rice/brown rice</p> <p>Corn meal, taco shells, tortillas oatmeal</p> 
<p>I think there is still something missing...</p>	<p>Roulette wheel lands on protein foods</p>
<p>Protein is the main building block of cells. When talking protein, most of us think of meat, but there are many other options. Including a variety of protein sources in your diet is a good strategy because each has its own virtue.</p> <p>Meat and poultry are good sources of iron for building blood cells.</p> <p>Beans, lentils and peas are not only good sources of protein, but provide fiber and folic acid as well.</p> <p>Fish is one of the few sources of omega-3 fatty acids, which is increasingly being identified as important in vision and brain development of the baby and possibly your own sense of well-being.</p> <p>Don't shy away from eggs. They are the best source of protein and inexpensive. Choline from eggs contribute to brain development.</p>	 <p>Meat/poultry/</p> <p>Beans, dried peas & lentils</p> <p>Fish</p> <p>Eggs</p>
<p>It is not always possible to get everything you need during the day, which is why your doctor may suggest a prenatal vitamin. Follow your doctor's advice in choosing any nutrient supplements. Too much can often be as harmful as too little. Some supplements may not be good for the baby.</p> <p>We wish you a healthy and happy pregnancy.</p>	

Special nutritional concerns during pregnancy

Weight control

- Pregnancy is not a time to lose weight, but as in all times of life, it is important to learn to eat to your appetite. Emphasizing healthy foods and learning to eat only when you are hungry and not based on boredom or stress is a skill that will help you maintain a healthy weight throughout your life.

There are some things to pay particular attention to

- **folic acid:** lack of folic acid increases the risk for neural tube defects. Your prenatal vitamin will contain folic acid, but it is a good idea to concentrate on including foods that provide folic acid. This will include oranges or orange juice, dry beans, fortified breads & cereals.
- **choline:** children whose mothers had adequate amounts of choline in their diet has faster processing speeds at 6 months. Good sources of choline include: salmon, eggs, chicken, wheat germ. A large egg contains 147 mg choline, or about 1/3 of an adequate intake. Eggs were on the avoid list for many years, but recent evidence shows that eggs do not increase your risk for heart attack. They are cheap and healthy. Don't be afraid of them!
- **iodine:** (*Instructor could bring a box of iodized salt to demonstrate*). Before iodine was added to salt, people living a distance from the sea were in danger of developing a goiter. A goiter is an enlargement around the neck due to poor thyroid function. A lack of iodine could result in severe mental retardation in children. Goiter and the resulting mental retardation have largely disappeared since iodine has been added to salt. While you may get iodine from other foods, depending on manufacturing practices, you can ensure you get enough by choosing iodized salt at the grocery store. Iodine may also be included in your prenatal vitamin, but check the label to make sure it is there
- **iron:** Some of the additional weight you gain during pregnancy is due to the expansion of your blood volume. Red blood cells require iron and it is the red blood cells that carry oxygen throughout your body. Anemia, characterized by tiredness is the lack of enough red blood cells. For this reason, pregnant women are more likely to become anemic. Iron sources include red meat, fortified cereals (all WIC cereals are fortified with iron). As noted earlier, vitamin C enhances the absorption of iron in the diet. So, a glass of orange juice or other juice fortified with vitamin C, with your prenatal vitamin will help increase the absorption of iron.

Dietary cautions

There are some things where you need to use caution if you want to have a healthy pregnancy.

- **Alcohol** - Drinking while pregnant increases your chances of miscarriage, stillbirth and giving birth to a child with a birth defect.
- **Seafood and fish with high amounts of mercury** – The mercury levels in most fish are low or moderate, but these should be avoided: shark, swordfish, king mackerel, tilefish
- **Undercooked seafood and other animal foods** – Avoid just because there's a chance of foodborne illness
- **Unpasteurized foods** – Again, you're opening the door to the potential of foodborne illness. So avoid unwashed fruits and vegetables, unpasteurized eggs, raw cookie dough or cake batter, homemade eggnog and soft cheeses
- **Products made from unpasteurized milk** – Soft cheese lovers, keep listeria at bay. Avoid brie, feta, camembert, Roquefort, blue-veined, queso blanco, queso fresco and queso panela
- **Caffeine** – This can impact your baby's heart rate. Can you limit soda and coffee to less than 12 oz. a day? or no more than 300 mg/day.
 - caffeine in tea: 1 to 90 mg/cup;
 - instant coffee: 21 to 120 mg;
 - brewed coffee: 15 to 254;

- **Herbal teas** – These could negatively impact your baby’s development and research is ongoing. It is best to avoid - as few herbs have been tested in pregnant women. FDA oversight of the safety of herbal supplements is also limited, so it is best to avoid a product that could be contaminated with other toxins. Consult with your physician. The following list of teas that should be avoided is not complete. It is provided by www.babycenter.com

Alfalfa	black cohosh
blue cohosh	Comfrey
dong quai	Ephedra
European mistletoe	Goldenseal
Hibiscus	Horehound
Kava	labrador
Lemongrass	licorice root
Mugwort	nettle leaf
passion flower	pennyroyal
Roman chamomile	rosemary
Sage	sassafras
saw palmetto	Vetiver
Yarrow	yerba mate

- **Hot dogs and luncheon meats** – Deli meats and frankfurters may contain listeria. Avoid during pregnancy.
- **Sweet ‘N Low®** – These byproducts could remain in your baby’s tissues, so they aren’t good for your diet.
- **Liver** – Eat only in moderation. The significant vitamin A levels in liver could cause birth defects and liver toxicity