

Welcome!



BUILDING A #STRONGIOWA



Feeding people



Keeping them healthy

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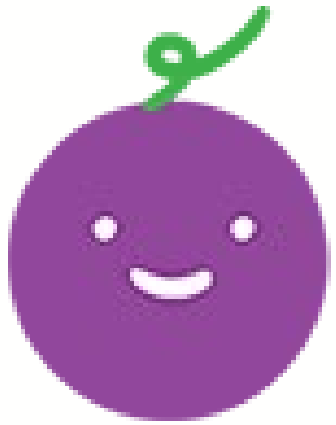


*Helping their communities
to prosper and thrive*



*Turning the world over to the
next generation in **better**
shape than we found it*

In Collaboration With



**Nutrition
4 Young
Children**



Blank Children's Hospital
UnityPoint Health

<https://www.nutrition4youngchildren.org/>

My Pregnancy Plate

Choose large portions of a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage.

Choose small amounts of healthy oils (olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados contain healthy fats.



Choose a variety of whole fruits. Limit juice and dried fruits.

Fruit is great for snacks and dessert, too.

Aim for at least 30 minutes of walking or another physical activity each day.



Choose 2 to 3 servings of nonfat or 1% milk or yogurt (cow, soy or almond). A serving is 8 oz. Choose yogurt with less than 15 g of sugar per serving.



Drink mainly water, decaf tea or decaf coffee and avoid sugary beverages.



Choose protein sources such as poultry, beans, nuts, low-mercury seafood, eggs, tofu or low-fat cheese. Limit red meat and avoid cold cuts and other processed meats.

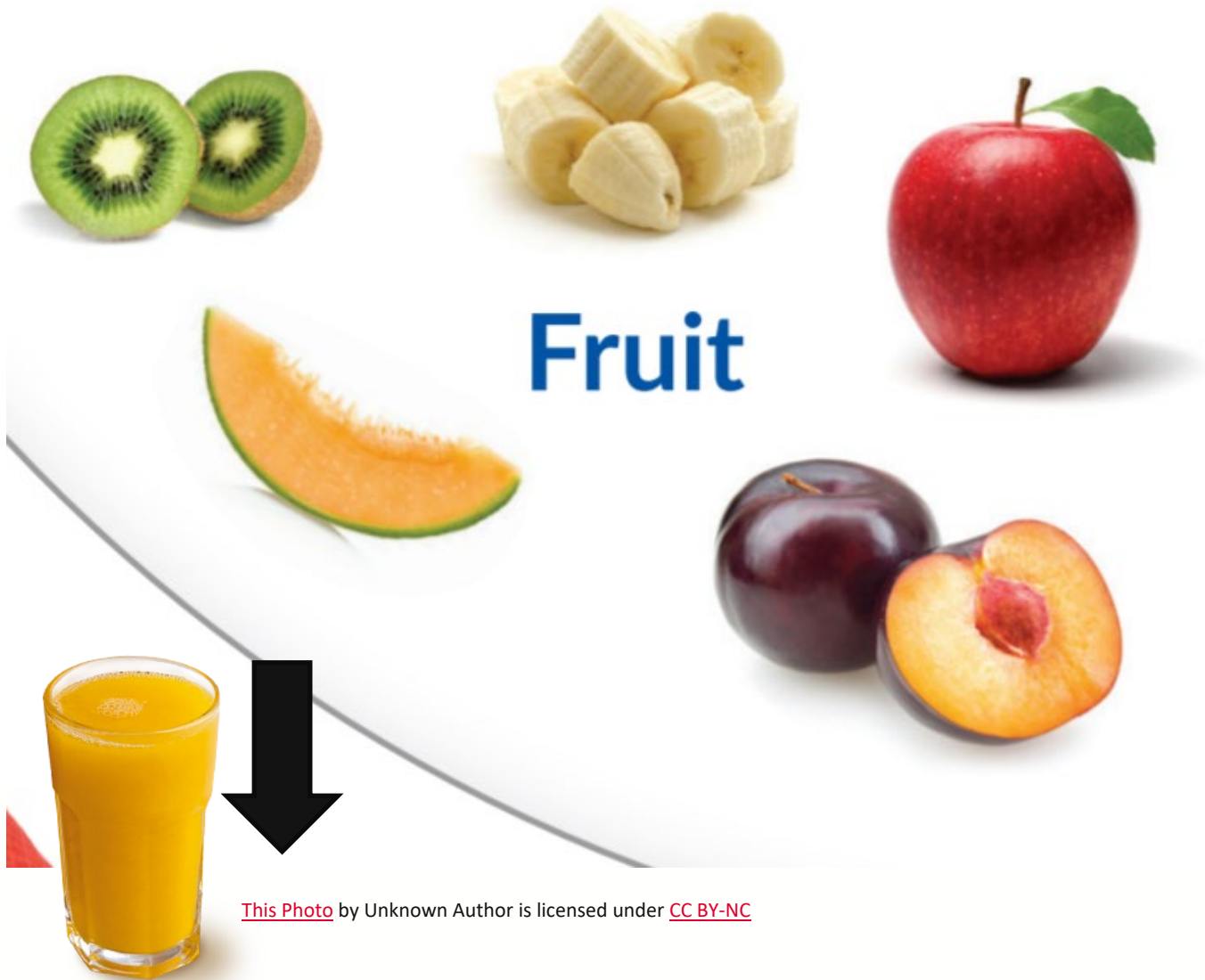
Choose whole grains, such as whole wheat bread or pasta, brown rice, quinoa or oats and other healthy starches like beans, lentils, sweet potatoes or acorn squash. Limit white bread, white rice and fried potatoes.

<https://www.ohsu.edu/womens-health/my-pregnancy-plate>



Choose large portions of a variety of non-starchy vegetables, such as leafy greens, broccoli, carrots, peppers or cabbage.





[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

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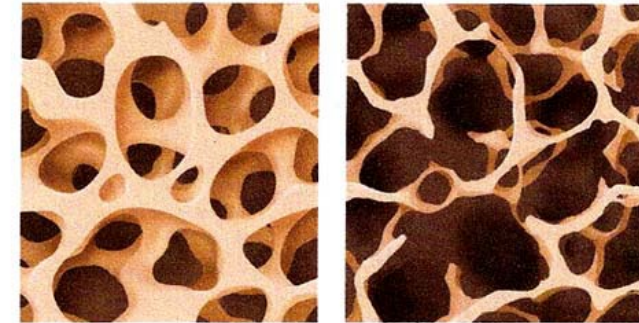


Limit fatty meats, like sausage. Small portions, not everyday.

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Dairy

Have 2 or 3 cups (8 ounces) of low-fat milk or yogurt. Both cow's milk and soy milk can give you the protein and calcium you need. To quench your thirst, drink mainly water or decaffeinated tea or coffee.



Healthy bone

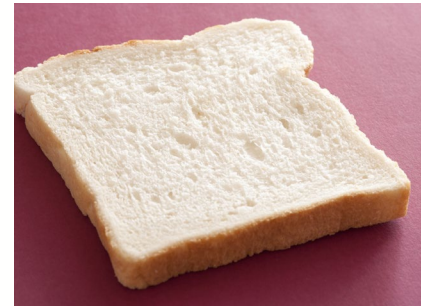
Osteoporotic bone

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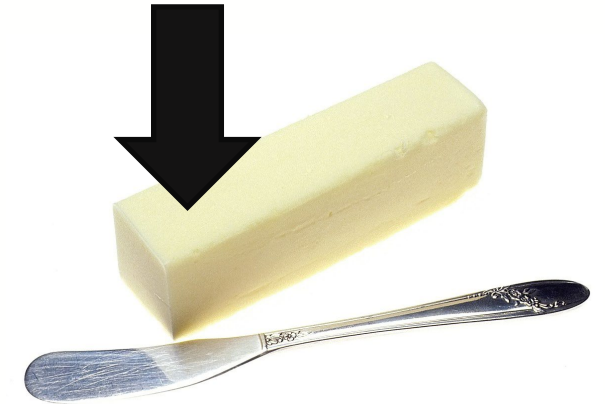


Whole grains, legumes and starchy vegetables

Choose whole grains, such as whole wheat bread or pasta, brown rice, quinoa or oats and other healthy starches like beans, lentils, sweet potatoes or acorn squash. Limit white bread, white rice and fried potatoes.



Choose small amounts of healthy oils (olive and canola) for cooking or to flavor foods. Nuts, seeds and avocados contain healthy fats.



Omega-3 Fat



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What is a serving? As a guide, use the palm of your hand.



For an adult 1 serving = 4 ounces

Eat 2 to 3 servings a week from the “Best Choices” list
(**OR** 1 serving from the “Good Choices” list).



**For children, a serving is 1 ounce at age 2
and increases with age to 4 ounces by age 11.**

If you eat fish caught by family or friends, check for [fish advisories](#). If there is no advisory, eat only one serving and no other fish that week.*

Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR	Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop		Bluefish	Monkfish	Tilefish (Atlantic Ocean)
Atlantic croaker	Lobster, American and spiny	Shad		Buffalofish	Rockfish	Tuna, albacore/white tuna, canned and fresh/frozen
Atlantic mackerel	Mullet	Shrimp		Carp	Sablefish	Tuna, yellowfin
Black sea bass	Oyster	Skate		Chilean sea bass/Patagonian toothfish	Sheepshead	Weakfish/seatrout
Butterfish	Pacific chub mackerel	Smelt		Grouper	Snapper	White croaker/Pacific croaker
Catfish	Perch, freshwater and ocean	Sole		Halibut	Spanish mackerel	
Clam	Pickering	Squid		Mahi mahi/dolphinfish	Striped bass (ocean)	
Cod	Plaice	Tilapia				
Crab	Pollock	Trout, freshwater				
Crawfish	Salmon	Tuna, canned light (includes skipjack)				
Flounder	Sardine	Whitefish				
Haddock		Whiting				
Hake						
				Choices to Avoid HIGHEST MERCURY LEVELS		
				King mackerel	Shark	Tilefish (Gulf of Mexico)
				Marlin	Swordfish	Tuna, bigeye
				Orange roughy		

<https://www.fda.gov/food/consumers/advice-about-eating-fish>

What about sweets?



LARGE SNACK



1 slice whole wheat bread



1 Tbsp peanut butter



1 medium apple

An example of one large, healthy snack.

Two examples of a small snack



1 cup cubed melon



12 almonds

OR



6 oz. low-fat yogurt

Aim for at least 30 minutes of walking or another physical activity each day.

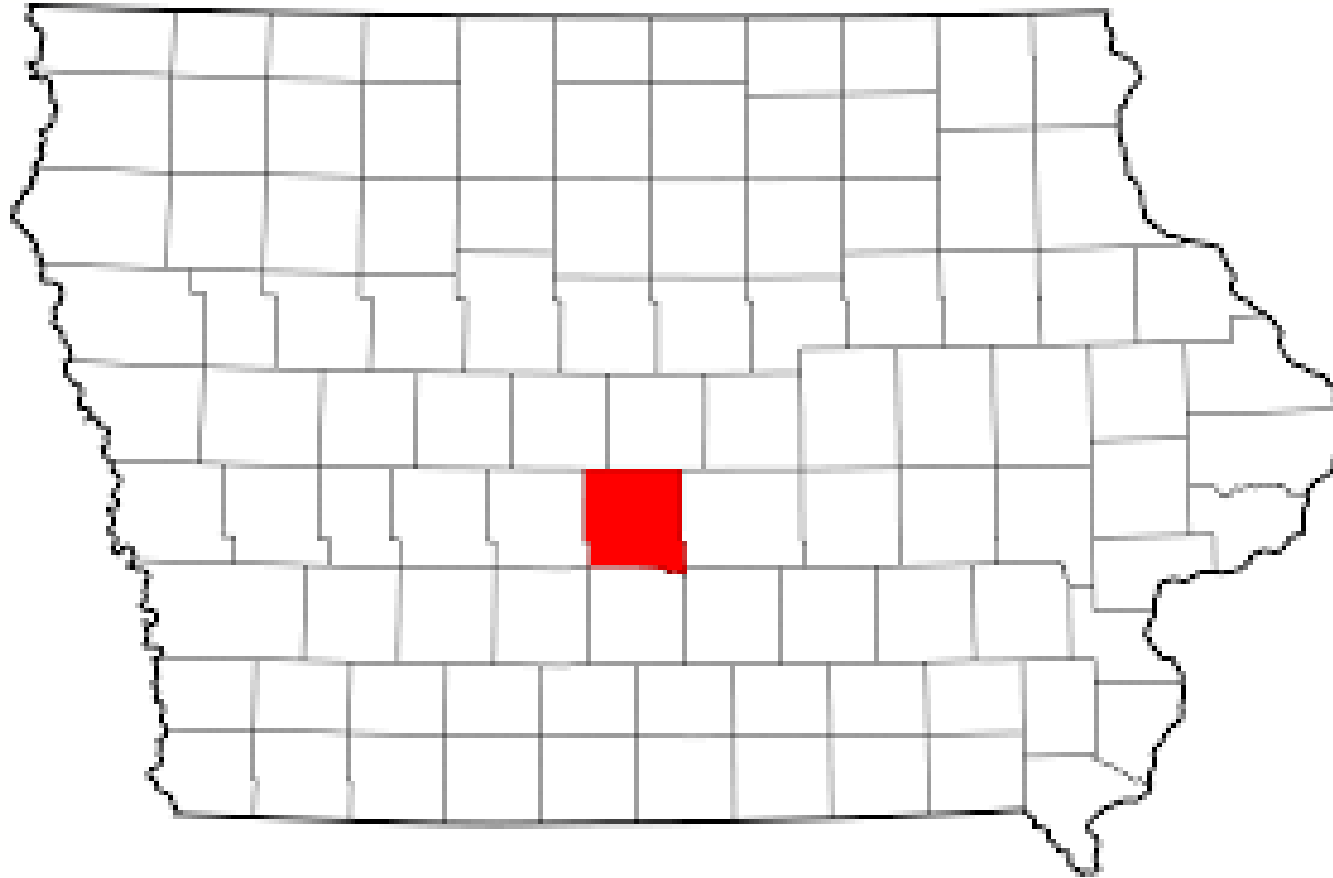


FOODS TO AVOID WHILE PREGNANT

Foods to Avoid	Here's Why	Foods to Eat
 Raw seafood	May contain parasites or bacteria	 Fish cooked to 145 °F
 Unpasteurized juice, cider and milk	May contain <i>E. coli</i> or <i>Listeria</i>	 Pasteurized versions are safer alternatives.
 Soft cheese and cheese made from unpasteurized milk	May contain <i>E. coli</i> or <i>Listeria</i>	 Hard cheese & cheese made with pasteurized milk
 Undercooked eggs	May contain <i>Salmonella</i>	 Eggs with firm yolks
 Premade deli salads (egg, pasta, chicken, etc.)	May contain <i>Listeria</i>	 Make these dishes at home
 Raw sprouts	May contain <i>E. coli</i> or <i>Salmonella</i>	 Cook thoroughly
 Cold hot dogs and luncheon meats	May contain <i>Listeria</i>	 Reheat to steaming hot or 165 °F
 Undercooked meat and poultry	May contain <i>E. coli</i> , <i>Salmonella</i> , <i>Campylobacter</i> , <i>Toxoplasma gondii</i>	 Meat and poultry at or above the USDA recommended internal temperature

<https://www.foodsafety.gov/people-at-risk/pregnant-women>

Community Resources





**HEALTHY
FOOD**



**NUTRITION
EDUCATION**



**BREASTFEEDING
SUPPORT**



**CARE
BEYOND WIC**

<https://happyhealthyiawic.org/>

[FREE]

Phone or video chat

Nutrition Coaching Series

**BUY EAT LIVE
HEALTHY**

Contact us

for available times



WE CAN HELP YOU:

- **Save money** – shop and waste less food
- **Save time** – at the store and in the kitchen
- **Plan meals** – with the foods you have
- Learn to **make easy** and **low-cost meals**
- **Strengthen family relationships**

SIGN UP NOW!



Star Scott

515-957-5784

star01@iastate.edu

<https://www.extension.iastate.edu/polk/buy-eat-live-healthy>



Are you looking for care, help, or answers?

If you need assistance with pregnancy, parenting, developmental screenings, insurance, or other resources, reach out to EveryStep's Care & Support Services. Below, browse through some of the services we offer. Then, reach out to EveryStep and our intake team can connect you with the right program. Fill out our easy-to-use **Find Care** form or call our intake hotline at **(515) 558-9946** to get pointed in the right direction.

<https://www.everystep.org/services/care-support>



Applying for Food Assistance

What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency.

<https://dhs.iowa.gov/food-assistance>

Iowa
Child Care
Resource
& Referral



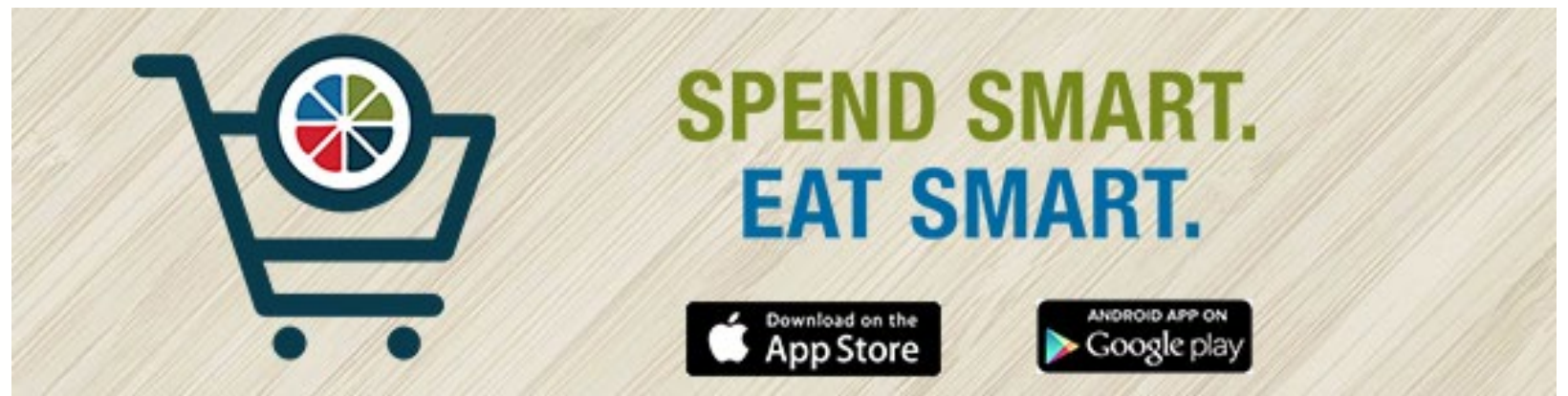
CCR&R: Your Child Care Partner

CCR&R is available to assist families in selecting child care providers who best meet the needs of a child and their family. Child Care Consultants provide on-site consultation to licensed preschools, centers, nonregistered home providers and Child Development Home providers.

<https://iowaccrr.org/>

Apps & Online Resources





<https://spendsmart.extension.iastate.edu/>



Just in Time Parenting is a free parenting newsletter that is delivered by email and specific to a child's age and needs. They are designed so that information that's relevant to your family is automatically delivered to you just in time!



<https://jitp.info/>

Count the Kicks



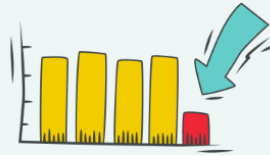
Time

Start a timer and record the time it takes for you to feel 10 movements.



Count

Pick a time when baby is active to start counting, preferably the same time every day.



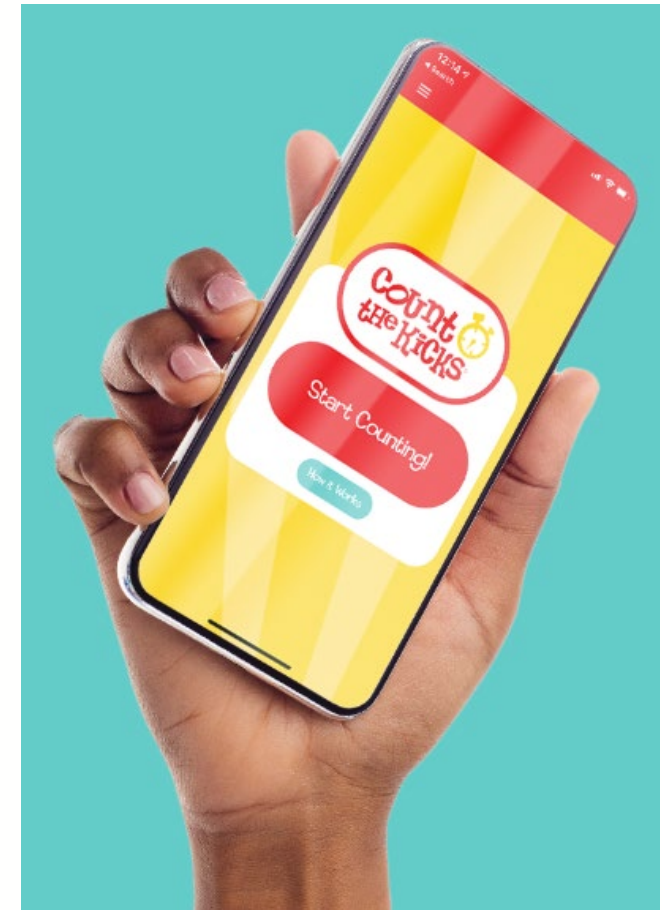
Pattern

After each day's counting session, compare that time with your past sessions.



Contact

Contact your provider if you notice any significant changes in the amount of time it takes to get to 10.



<https://countthekicks.org/>










Get support throughout your pregnancy and your baby's first year with FREE text messages on topics like prenatal care, baby health, parenting & more!




<https://www.text4baby.org/>


Try CDC's FREE *Milestone Tracker* app today...
Because milestones matter!

-  Milestone checklists for 2 months to 5 years
-  Summary of your child's milestones
-  Activities to help your child's development
-  Tips for what to do if you have concerns
-  Appointment reminders

 
[cdc.gov/MilestoneTracker](https://www.cdc.gov/MilestoneTracker)



Now available in Spanish!



<https://www.cdc.gov/ncbddd/actearly/milestones-app.html>



IOWA STATE UNIVERSITY
Extension and Outreach

Iowa Concern Hotline
800-447-1985

Finances • Legal Concerns
Stress • Disaster Recovery
Resources • Referral

We are here **to help!**

24/7 phone support • confidential

<https://www.extension.iastate.edu/iowaconcern/>

Breastfeeding Resources



<https://static1.squarespace.com/static/52df094be4b074590f70fe5e/t/5cae94c54785d3c226638ce6/1554945223895/2019+Breastfeeding+Coalition+of+Polk+County+Resource+Guide.pdf>

Quitline Iowa



QUITLINE IOWA

Quitting tobacco is a process. Whether you are thinking about quitting, are not yet ready to quit, or have already quit, Quitline Iowa can help you with each step of the way.
Free, Convenient, Safe & Secure

<https://quitlineiowa.org/en-US/>

Immunizations



Protecting and Improving
the Health of Iowans

<https://idph.iowa.gov/immtb/immunization>

<https://idph.iowa.gov/Portals/1/userfiles/39/Certificate%20of%20Immunization%201-27-17.pdf>

Safe Sleep



<https://safetosleep.nichd.nih.gov/>

Postpartum Depression & Anxiety



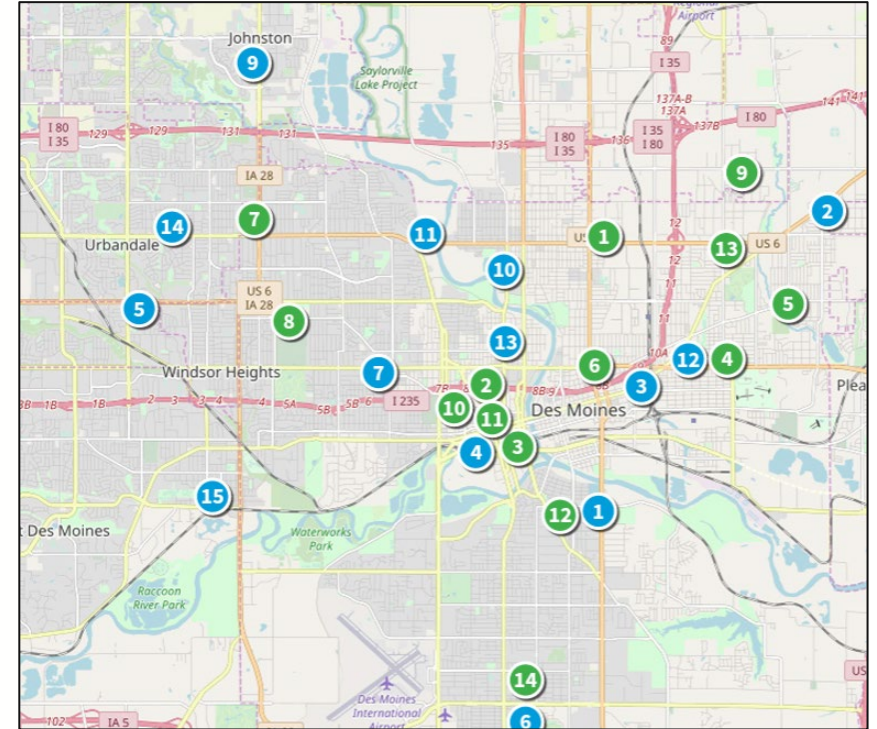
National Maternal Mental Health Hotline
1-833-9-HELP4MOMS

24/7, Free, Confidential Hotline for Pregnant and New Moms in English and Spanish

<https://www.beyondtheblues.info/>

<https://www.nichd.nih.gov/ncmhhep/initiatives/moms-mental-health-matters/moms/action-plan>

DMARC Food Pantry Locations



<https://www.dmarcunited.org/food/pantry-locations/>

Science of Parenting



Research based information
that fits your family.

- Ages and Stages
- Parenting Workshops
- Podcasts
- Blog & Website

www.scienceofparenting.org



Evaluation



Questions?



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