



I. Targeting Nutrients Necessary for Pregnant Women

This Chapter mentioned that pregnant women may have difficulty meeting their increased needs for folate, vitamin B-6, iron, and zinc. List six foods rich in each of these nutrients next to the appropriate heading below. Refer to Chapters 8 and 9 if necessary.

Nutrient	Foods	Nutrient	Foods
Folate	_____	Iron	_____
	_____		_____
	_____		_____
	_____		_____
	_____		_____
	_____		_____
Vitamin B-6	_____	Zinc	_____
	_____		_____
	_____		_____
	_____		_____
	_____		_____
	_____		_____

1. Foods rich in more than one of these nutrients would be especially valuable for pregnant women. Write on the line below any foods you listed that are good sources of more than one of these critical nutrients.

2. The needs for folate, vitamin B-6, iron, and zinc increase during pregnancy. For which of these nutrients can pregnant women usually obtain adequate intakes from dietary sources?

3. Which of these nutrients are commonly taken in supplement form during pregnancy?

4. Why might it be hard for pregnant women to meet their increased needs for these nutrients from food alone?

II. Putting Your Knowledge About Nutrition and Pregnancy to Work

A college friend, Angie, tells you that she is newly pregnant. You are aware that she usually likes to eat the following foods for her meals:

Breakfast

Skips this meal, or eats a granola bar
Coffee

Lunch

Sweetened yogurt, 1 cup
Small bagel with cream cheese
Occasional piece of fruit
Regular caffeinated soda, 12 ounces

Snack

Chocolate candy bar

Dinner

2 slices of pizza, macaroni and cheese, or 2 eggs with 2 slices of toast
Seldom eats a salad or vegetable
Regular caffeinated soda, 12 ounces

Snacks

Pretzels or chips, 1 ounce
Regular caffeinated soda, 12 ounces

1. Using your diet analysis software, or Appendix J, evaluate Angie's diet for protein, carbohydrate, iron, vitamin B-6, folate, and zinc. How does her intake compare with the recommended amounts for pregnancy?

2. Now redesign her diet and make sure that her intake meets pregnancy needs for carbohydrates, protein, folate, vitamin B-6, and zinc. (Hint: Fortified foods, such as breakfast cereal, are generally nutrient-rich foods, which can more easily help meet one's needs.) Increase the iron content as well, but it still may be below the RDA for pregnancy.
