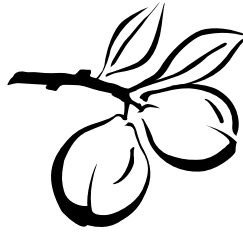


# The New Mom's Survival Guide



Pregnancy is a time of joyful anticipation. But this joy may be mingled with a bit of awe and anxiety over the responsibility of nurturing another human life. This poster was developed with your concerns in mind. It is filled with helpful advice from doctors and other childbirth specialists. Many new mothers also contributed their special insights. We hope you will tape this poster to your refrigerator for easy reference. The front side discusses getting ready for the arrival of your baby. Once your baby is born, turn the poster over for postpartum information. To order additional free copies, write:

California Dried Plum Board, 3840 Rosin Court, Suite 170, Sacramento, CA 95834  
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Enjoy each stage of your pregnancy. Remember that this is a special time in your life. You are only pregnant for a short while.

*Note: The information in this brochure is not intended as a substitute for consulting with your physician or healthcare provider. The sole purpose of this brochure is informational and every effort has been made to provide current accurate information. The producers and distributors of this brochure are not responsible for any consequences from the use of this information.*



## Daily Food Guide For Pregnancy

Nutrient-Rich Food Group	Important Nutrient Contributions	Servings Needed	Sample Servings
Milk, Yogurt and Cheese Group	Calcium and Protein	3 to 4	1 cup milk or yogurt; 1 1/2 oz. cheese
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group	Protein and Iron	2 to 3	3 oz. cooked boneless meat; 2 eggs; 4 oz. cooked dry beans; 1/3 cup nuts; 3 oz. tofu; 2 tbsp. peanut butter
Fruit Group	Vitamins A and C, Folic Acid and Dietary Fiber	At least 2 (aim for more)	1 medium piece of fruit; 1/2 cup chopped, cooked or canned fruit; 1/4 cup dried fruit; 6-8 oz. fruit juice
Vegetable Group	Vitamins A and C, Folic Acid, some Iron and Dietary Fiber	At least 3 (aim for more)	1 cup raw dark green leafy vegetables; 1/2 cup cooked or raw vegetables
Bread, Cereal, Rice and Pasta Group	B Vitamins, Iron and Folic Acid (enriched grains)	At least 7 (aim for whole grain & enriched products)	1 slice of bread; 1/2 cup cooked rice or pasta; 3/4 to 1 cup cold cereal (at least 4 should be whole grain)

## Eating Right for Both of You

Every day,  
your baby is growing and developing within you. She/he is counting on you to provide the nourishment she/he needs. So it's up to you to eat right, for both of you!

- Be physically active each day. At least 20 minutes of walking daily is reasonable. Ask your healthcare provider what exercises are safe for you during pregnancy.
- Eat a wide variety of foods daily: choose foods from all food groups and different foods within each food group.
- Choose high fiber foods, such as whole grains, fruits, vegetables and dried fruits.
- Choose a diet low in saturated fat and cholesterol and moderate in total fat.
- Choose lean meats and low fat dairy products more often.
- Avoid calorie-rich, nutrition-poor foods, such as candy and soft drinks. For a sweet craving, eat dried fruits.
- Drink plenty of liquids such as milk, fruit juice and water (at least eight cups of liquid daily).
- Eat with a purpose. Talk to your doctor about your baby's development. Knowing how your baby is growing at each stage will give you incentive to eat healthfully. Our 'Key Nutrients' chart shows how what you eat helps your baby.

*Note: Each person is different and it's important to discuss your suggested calorie intake and weight gain during pregnancy with your physician or healthcare provider.*



## Key Nutrients

Although the need for vitamins and minerals is increased during pregnancy, a well-balanced diet based on the Daily Food Guide for Pregnancy can provide all the nutrients needed for you and your baby's development, except iron and possibly folic acid.

Your physician or healthcare provider may prescribe prenatal vitamins with iron and folic acid during your pregnancy. Calcium supplements may be recommended for women who are unable or unwilling to take in sufficient calcium from milk products or other nondairy calcium-rich foods. Don't take any vitamins, minerals or herbal supplements without first discussing this with your physician or healthcare provider.

What You Need	Key Nutrient Function	Where to Get It
Protein	Necessary for the development of your baby's cells and organs; helps build and repair your body tissue.	meat, poultry, fish, eggs, dairy products, dry beans, peas, nuts
Iron	Enriches your blood supply. Needed for your baby to store for the first 4-6 months of life since breast milk provides little iron.	dried fruits, prune juice, animal protein (except dairy), lentils, dry beans, spinach, liver, dark greens, enriched/fortified grains and cereals
Calcium	Necessary for you and your baby's bones and teeth during the second half of pregnancy.	dairy products, dried beans, tofu, canned fish with bones, calcium fortified cereals and juices
Folic Acid	Necessary for the development of your baby's spine and brain, and helps prevent neural tube defects. Also important to build baby's tissue, produce amino acids and manufacture genetic material in cells.	dark green leafy vegetables, whole grains, liver, dried beans and peas, enriched grains and cereals
Vitamin A	For healthy skin and vision for you and your baby. Helps you fight infection.	dark green or deep yellow vegetables or fruit, milk, some fortified breakfast cereals
Vitamin C	For healthy skin, teeth, bones and blood vessels for both you and your baby. Helps you fight infection.	citrus fruits, dark green leafy vegetables, broccoli, cabbage, bell pepper
Zinc	Helps form protein necessary for your baby's growth and development. Helps you repair tissue and heal wounds.	beef, dried beans and peas, whole grains, egg yolk, milk

## Feeling Better

They call them "minor" discomforts of pregnancy.

But if you're experiencing them, they may not seem so minor! Try these solutions.

Discuss discomforts with your physician or healthcare provider.

Discomfort	Solution
Morning Sickness	Before rising, eat a few dry crackers, dry toast or dry cereal kept at bedside. Eat mini-meals. Avoid fatty, greasy, spicy foods. Drink liquids between meals. Sleep with fresh air.
Constipation	Get enough exercise and fiber in your diet. Eat more fresh fruits, vegetables and dried fruits, such as dried plums. Eat whole grain cereals and breads. Drink more liquids, including prune juice.
Varicose Veins	Wear support hose. Elevate legs when lying down.
Hemorrhoids	Varicose veins of the rectum are exerted during passage of hard stools. Prevent hard stools (see constipation). Treat with local soothing cream and soak in tub filled with a few inches of hot water.
Heartburn	Eat mini-meals. Drink milk in between. Limit fatty and spicy foods. Don't wear tight clothes. Don't lie down after eating.
Swollen Ankles	Raise legs on pillows, level with hips, once or twice daily for an hour. Maintain high fluid intake, up to 8 glasses a day, especially plain water.
Sleeplessness	Don't fight it. Read or watch TV until sleepy. Find a more comfortable position. Drink warm milk or Hot and Spicy Cider (see recipe).

## Things To Do Before the Baby Comes

When will my baby come? How much will it hurt? Will I be in control?

Fear of pain and the unknown is a real and natural part of pregnancy. While it's hard to anticipate actual labor and delivery, you can control some related aspects to feel more confident and prepared.

- Whether you plan on using pain relief methods, or not, take a childbirth preparation class. Being informed helps to dispel fear.
- Take a hospital tour to view labor and delivery rooms, locate the admittance desk and parking areas. Don't leave anything to chance.
- Pre-register at the hospital. Otherwise, your partner and you may be separated while you go into labor and your partner signs forms.
- Keep the car fueled and ready. Have contingency plans for getting to the hospital. Keep a list of emergency numbers.
- Don't take your best clothing—vaginal discharge after labor can stain.
- Set aside the tiniest nightgown, undershirt and blanket for your baby's homecoming.
- Pack your "goodie" bag according to your physician or healthcare provider's recommendations. Don't forget the camera!
- Practice your childbirth exercises so they'll come naturally to you during labor.
- Once labor starts, don't consume anything more than clear liquids or gelatin without your physician or healthcare provider's permission. If you do need anesthesia, complications could arise on a full stomach.
- Pre-cook and freeze some meals for after the baby arrives. If possible, arrange help for household chores for at least a week after childbirth.
- Learn about breastfeeding by reading and taking a breastfeeding class if available. Lactation specialists are trained experts who can help with your breastfeeding success. The American Academy of Pediatrics recommends breast milk as the best nutrition source for your baby. You've done all you can. Now relax. Your baby will be here before you know it!



