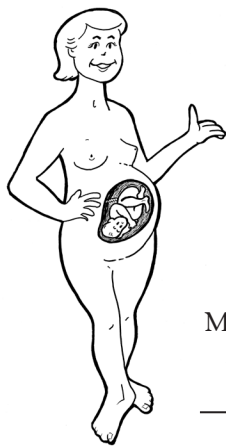


Healthy Eating Quiz

True or False

- ___ 1. Many researchers believe that good nutrition is one of the most important factors which can contribute to the development of a healthy baby during pregnancy.
- ___ 2. Even if the pregnant woman has a lot of nausea and vomiting in early pregnancy, most babies receive adequate nutrition from their mothers and are of normal weight at birth.
- ___ 3. According to the American College of Obstetricians and Gynecologists, women who were of average weight before becoming pregnant should gain 25 to 35 pounds.
- ___ 4. Pregnant women need about 60 grams of protein daily.
- ___ 5. An especially important vitamin for early pregnancy is folate (or folic acid), which is found in leafy dark-green vegetables, citrus fruits, beans, and fortified grains.
- ___ 6. The American College of Obstetricians and Gynecologists recommends that pregnant and breastfeeding women eat 8 to 12 ounces of fish and seafood per week to ensure their babies' optimal brain development.
- ___ 7. Pregnant women should not consume unpasteurized milk or soft cheeses; cold meats; or undercooked or raw animal foods such as meat, fish, shellfish, or eggs.
- ___ 8. Skim milk has all the nutrients, but only half the calories of whole milk.
- ___ 9. If you are eating foods especially high in iron or taking an iron supplement, it is helpful to drink orange juice at the same meal.
- ___ 10. Because B vitamins, including folic acid, and vitamin C are not stored in the body, it is important to get enough of these vitamins in your diet every day.
- ___ 11. Breastmilk, but not all infant formula, contains DHA, a fatty acid thought to be essential for optimum brain and visual development.
- ___ 12. A study from Finland found that women who regularly consumed chocolate during pregnancy had happier babies.

Where Does the Weight Go?



Baby	- 7 ½ pounds
Amniotic fluid	- 2 pounds
Placenta	- 1½ pounds
Uterus	- 2 pounds
Breasts	- 2 pounds
Body fluids	- 4 pounds
Blood	- 4 pounds
Maternal stores of fat, protein, and other nutrients	- 7 pounds
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TOTAL	= 30 pounds

Recommended weight gain for most women = 25 to 35 lbs

Source of information: *Your Pregnancy and childbirth: Month by month* by the American College of Obstetricians & Gynecologists (ACOG), news releases on ACOG website, and other sources.

Helpful Hints

- Try to eat several colors at every meal. If you are eating only brown and white foods, you are probably getting plenty of protein and carbohydrates, but missing out on the necessary vitamins and minerals in green, red, orange, and yellow vegetables and fruits.
- When possible, eat the whole fruit or vegetable. An orange or an apple has more nutrients and fiber than a glass of juice.
- Plan healthy snacks that you can take with you as you travel to work or run errands. Keep a water bottle with you.

All true-false questions are true.