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## *Parents-in-Waiting*

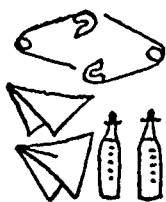
THIS CHAPTER is written for a special group of readers — the men and women who are going to be fathers and mothers. It is the woman who supplies the materials for the baby's growth, but the father, too, wants to know what makes a healthy mother and child. His understanding of their food needs is an important step toward taking a share of the responsibilities of parenthood and becoming a good father. Nothing can help the expectant mother more!

Normal as is the process of having a baby, it does make extra nutritional demands on the mother's body. Research studies have shown repeatedly the relation between the quality of a mother's diet and her health during pregnancy, the condition of her baby at birth and for weeks and months after birth, and her ability to breast-feed him. A good diet protects her health and helps to make a healthy happy baby. It also helps to prepare the mother's body for the important work of producing milk for the baby.

So much for generalities.— now let's talk about *you*. "You" means the mother, because it is her food needs that interest us, and "us" includes the fathers.

Now your food will become the baby, too. The blood stream is the only connection between you and your baby, and through this must pass all the materials that become the baby. From the food you eat you can supply enough for his growth and development without having to use any of your own body materials or stores of nutrients and energy. There is no nerve connection between you and your baby, so your ideas, impressions, and emotions are not transferred to the baby. He is, however, affected by your fatigue or worry when they interfere with your food supply or its availability to him.

Your food needs are not the same during all nine months of pregnancy. As the baby grows and becomes more active and as your body prepares for the work of producing milk for him, your food needs increase gradually. The nine months can be divided midway, and dietary needs can be discussed for the first half and the second half of pregnancy.



## THE FIRST HALF

You can chart your food course through a healthy expectancy by the Daily Food Guide which has been given with a basic menu pattern in the previous chapter. If you were following the Guide carefully before you became pregnant, then you will not need to make any changes during the first three or four months.

If, however, your usual food choices did not include the recommended amounts from the different food groups, such as milk, or fruits rich in vitamin C, or vegetables rich in vitamin A, then it is urgent that you begin immediately to eat these regularly. Also, it would be wise to use some extra servings of any of the important foods which you have been slighting.

Are you still a teen-ager? One-fourth of the mothers having their first babies are in this age group. Then use the Basic Menu Pattern given on page 152 for teenagers in order to help provide the nutrients you need to complete your own growth and development.

As important as anything during the first few months is for the parents-in-waiting to check up on their food habits. Ask yourselves if you are eating the kinds and amounts of foods that science has proven are essential for good health and fitness at every age. Are your ideas about food and the importance of good nutrition correct and up-to-date, or do you let food fads and prejudices keep you from eating wisely? Will your food habits set a good example for your child so he can be guided toward a lifetime of wise eating for good health? How do you rate on "willingness to eat" as described in Chapter 2? You may find that you need to work

on improving some of your food habits. Parents can be counted on to be heroes in an emergency, but many parents are cowards when faced with eating foods they don't like, or think they don't like, or aren't used to. Their poor example often is responsible for a child's becoming a feeding problem.

During pregnancy some women develop cravings for certain foods, but these are not an indication of nutritional need. These cravings can be humored unless they become unreasonable or interfere with good food habits. Then they would be a health hazard.

Some women have trouble with nausea or morning sickness early in pregnancy. Usually, eating several snacks during the day is helpful in preventing and overcoming this. The best snacks are small ones which include some solid food such as crackers or bread or fruit and a small amount of milk or fruit juice. The snacks must count nutritionally because, if you need two or three snacks a day for a few weeks, you will need to eat less at mealtime or you will gain unwanted weight.

#### GAINING WEIGHT

Your doctor will tell you how much or how little you may gain during the nine months. Most doctors allow a total gain of 18 to 25 pounds, depending on your body build. Only if you are underweight will you want to gain weight during the first three months of your pregnancy. (If you are overweight, it is safe for you to lose a few pounds, if you do it by leaving out of your diet only the lone-wolf calories.) An average gain of one-half pound a week is usually permitted

during the fourth, fifth, and sixth months. Then during the last three months it may be all right for you to have an average gain of a pound or a pound and a quarter a week.

If you are a small, inactive person you may have a hard time keeping your weight gain down to what your doctor considers desirable. As you follow the Daily Food Guide you will have to skip second servings of the foods listed in the Basic Menu Pattern. You will need to: use skim milk rather than whole milk (1 glass skim milk supplies 90 Calories; 1 glass whole milk supplies 165 Calories), use very small amounts of fats, and omit sweets and other lone-wolf calories. Of course, you will already have many of these habits if you are a small, inactive person who has learned to avoid being overweight!

#### THE LAST HALF

About the fourth month of pregnancy your food needs begin to increase. From the fifth to the ninth months you require more of most of the chief nutrients and more food energy. During the seventh, eighth, and ninth months your baby triples his weight and in every way gets more and more ready to be born and to live an independent life. This is the time also when you want to get ready nutritionally to nurse your baby because this can give him the best possible start in life.

You do not need to "eat for two" as the old saying would have you believe, but your nutritional needs will increase. You need almost twice as much calcium, half again as much vitamin C, a third more protein and riboflavin, and about a fourth more vitamin A,



thiamine, and iron than you did before pregnancy. You will also need much more vitamin D.

Your calorie need increases less than any of these nutrients—only 10 or at the very most 20 per cent! You surely have to choose your calories by the company they keep—adding foods that supply lots of different nutrients without adding many calories. The Basic Menu Pattern, like your clothes, needs to be expanded for the months ahead to supply larger amounts of the important foods for growth and fitness.

Milk is the surest way to add the extra calcium and riboflavin you need, and it will also provide the extra protein. The Guide specifies a quart of milk for you now—just double the minimum amount recommended for other adults. However, if you are an expectant teenager a quart is not enough. You need a quart a day just to finish your own body building and maturation. Adding another pint of milk will supply the needs of your baby-to-be. Of course, some of the milk may be included as cheese and ice cream.

For your increased vitamin C need, add another serving of a good source of this vitamin or two extra servings of a fair source.

For added vitamin A, thiamine, and iron, choose dark-green leafy vegetables. The Daily Food Guide recommends a serving of these or deep-yellow vegetables at least every other day. Now you will need to choose a serving almost every day, and favor the green leafy ones.

If you like liver, or can learn to like it, use it once a week. It is packed with many nutrients but especially iron, vitamin A, and riboflavin as well as protein.

# BASIC MENU FOR THE LAST HALF OF PREGNANCY

This pattern is not a complete daily menu. It is an assortment of foods that will supply the major part of your needs for good nutrition. To this you can add other foods to round out your meals or snacks and to satisfy your calorie need.

<i>Food Group</i>	<i>Number of Servings*</i>	<i>Example of the Kind of Food</i>
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## BREAKFAST

Vegetable-Fruit	1	Grapefruit
A good source of vitamin C		
Bread-Cereal	2	Oatmeal
		Toast
Milk	1	Milk—one cup

## SNACK—MORNING OR AFTERNOON

Bread-Cereal	1	Crackers
Milk	1	Milk—one cup

## LUNCH OR SUPPER

Meat	1	Tuna fish
Vegetable-Fruit	1	Raw vegetable salad
Bread-Cereal	1	Bread
Milk	1	Milk—one cup

## DINNER

Meat	1	Roast pork
Vegetable-Fruit		
A good source of vitamin A		
almost every day	1	Broccoli
Other	1	Browned potato
Milk	1	Milk—one cup
Bread-Cereal	1	Hot roll

## BEDTIME SNACK

Vegetable-Fruit		
A good source of vitamin C	1	Orange juice
Bread-Cereal	1	Plain cookie or cracker

Also include some butter or margarine and other fat (see Chapter 10, Fats in Food).

The servings that are listed will supply between 1,900 and 2,200 Calories, depending upon the kind of foods you choose from each food group. Using skim milk in place of whole milk will reduce the calories by about 320 Calories.

\*The size of servings is given in the Daily Food Guide, pages 93-97.



You may not get enough vitamin D from food alone unless you regularly use whole milk which has been fortified with this vitamin (400 I.U. per quart). The vitamin D you get from sunshine varies with the season and with how much your skin is exposed to direct sunlight. Your doctor may give you a prescription for a vitamin D concentrate.

Good food for the mother during pregnancy has far-reaching benefits. It safeguards her health for the present and for the future. This in turn increases the joys of motherhood and the possibility of her nursing her baby. The right food for the mother gives the baby the best possible start toward a healthy happy life. Also, if it has not been present before, the habit of eating well becomes established in the family and everyone benefits.

Your next interest is in supplying the baby with the food that becomes him best after he is born — mother's milk. The chapter ahead tells you how you can build on the foundation of good nutrition during pregnancy and be successful in nursing your baby.

