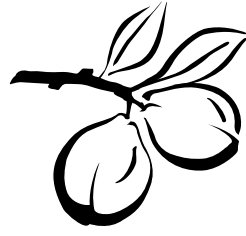


# The New Mom's Survival Guide



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:

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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.

- 1 Whether you plan on using pain relief methods, or not, take a childbirth preparation class. Being informed helps to dispel fear.
- 2 Take a hospital tour to view labor and delivery rooms, locate the admittance desk and parking areas. Don't leave anything to chance.
- 3 Pre-register at the hospital. Otherwise, your partner and you may be separated while you go into labor and your partner signs forms.
- 4 Keep the car fueled and ready. Have contingency plans for getting to the hospital. Keep a list of emergency numbers.
- 5 Don't take your best clothing—vaginal discharge after labor can stain.
- 6 Set aside the tiniest nightgown, undershirt and blanket for your baby's homecoming.
- 7 Pack your "goodie" bag according to your physician or healthcare provider's recommendations. Don't forget the camera!
- 8 Practice your childbirth exercises so they'll come naturally to you during labor.
- 9 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.
- 10 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.
- 11 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!

# Recipes

## Dried Plum Oatmeal Muffins

Make a double batch and freeze some!

1/2 cup rolled oats plus 2 Tablespoons  
3/4 cup prune juice  
1/4 cup milk  
4 Tablespoons brown sugar plus  
1 Tablespoon  
2 eggs, lightly beaten  
1 1/2 cups flour  
2 teaspoons baking powder  
1 teaspoon nutmeg  
1/2 teaspoon salt  
1/4 cup melted butter or margarine  
1 cup (about 6 ounces) pitted dried plums, coarsely chopped  
1/2 cup chopped nuts

In large bowl mix 1/2 cup of the oats, prune juice, milk and 4 tablespoons of the sugar; set aside 10 minutes. Stir in the eggs. Add flour, baking powder, nutmeg and salt and blend thoroughly. Stir in butter, then the dried plums and nuts. Spoon, equally divided, into twelve 1 3/4 inch greased or paper-lined muffin tin cups. Sprinkle evenly with the remaining sugar and oats. Bake in lower third of 425°F oven 15 to 20 minutes until lightly browned and springy to the touch. Cool on rack. Cooled muffins may be securely

wrapped and frozen, if desired. Bring to room temperature before serving, or cover lightly with foil and place in 325°F oven until heated through, about 10 minutes. Makes 12 muffins.

### Nutrition Information Per Serving:

425 calories; 8g fat; 46mg cholesterol; 258 mg sodium; 86g carbohydrate; 2g fiber; 5g protein

## Hot and Spicy Cider

Have a mugful in the morning or in the evening.

2/3 cup prune juice  
1/3 cup cranberry or apple juice  
2-inch length cinnamon stick  
4 cloves

1 orange slice, halved  
Brown sugar, to taste (optional)

In small saucepan combine prune juice with cranberry or apple juice, cinnamon stick and cloves. Bring to a boil, reduce heat and simmer 1 minute. Pour into mug, add orange slice halves and stir in brown sugar, if desired. Makes 1 drink (1 cup).

### Nutrition Information Per Serving:

182 calories; 0g fat; 0mg cholesterol; 9 mg sodium; 46g carbohydrate; 2g fiber; 1g protein

## Healthy Turkey Salad Pocket

An alternative to the ordinary turkey sandwich.

2 cups (about 12 ounces) diced cooked turkey or chicken  
3/4 cup pitted dried plums, quartered  
1/2 cup sliced celery  
1/4 cup sliced green onions  
1/2 cup plain nonfat yogurt  
1 Tablespoon sweet-hot mustard  
Salt and pepper, to taste  
Lettuce leaves

3 whole-wheat pita breads, halved

In bowl, thoroughly mix ingredients except salt, pepper, lettuce, and bread. Season with salt and pepper. Cover and refrigerate up to 3 days. Toss again before serving. Fill pita pockets with turkey mixture and lettuce leaves. Makes 6 pita pocket sandwiches (3 cups turkey salad)

### Nutrition Information Per Serving:

249 calories; 2g fat; 56mg cholesterol; 261mg sodium; 36g carbohydrate; 4g fiber; 22g protein

## Moroccan Couscous Salad

A simple-to-make one-dish dinner!

1 1/2 cups chicken broth  
1 cup (6 ounces) coarsely chopped dried plums  
1 teaspoon curry powder  
1 cup (6 ounces) dry couscous  
1/2 cup chopped green onions  
1/4 cup olive oil  
1/4 cup white wine vinegar  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 1/2 cups (8 ounces) cubed cooked chicken  
2/3 cup chopped tomato  
1/2 cup sliced almonds, toasted (optional)  
In medium saucepan, combine chicken broth, dried plums and curry powder; bring to a boil. Remove from heat; stir in couscous and green onions. Let stand, covered, 5 minutes. Fluff with fork; allow to cool. Meanwhile, in small bowl, whisk together olive oil, vinegar, salt and pepper; add to couscous, tossing to coat. Stir in chicken and tomato. Just before serving, stir in almonds, if desired. Makes 6 servings.

**Note:** To toast almonds, arrange in even layer on baking sheet. Bake in 350°F oven 5 to 7 minutes or until golden brown.

### Nutrition Information Per Serving:

(not including almonds): 340 calories; 11g fat; 30mg cholesterol; 380mg sodium; 43g carbohydrate; 4g fiber; 17g protein

## Your New Lifestyle

Going back to work or staying at home? It's a decision that only you can make. Each has its rewards and frustrations. Whether you stay at home or work outside, the main requisites for parenting remain the same: give all the love, attention and companionship you can. Relax and enjoy the pleasures of motherhood.

### You're Staying Home



Just because you aren't working outside of the home doesn't mean you're not working! Being with your baby is a challenging, full-time job. Your rewards are the closeness you develop with your child and the chance to watch her/him grow. But being alone with a baby all day can be exhausting. You need to take a break sometimes, too!

- Join a parenting or postpartum (after childbirth) support group. (Check with your physician, healthcare provider, childbirth educator, hospital or community service organizations or start one yourself.) Getting together with other new mothers will help you to develop a network of new friends. You'll learn a lot, too.
- Join a mother/baby exercise class. Both of you can get a healthful workout.
- The cost of a babysitter may be high, but the psychological lift is well worth the price. To save money, start a babysitting co-op.
- Arrange with your partner to have time to yourself regularly—even a half hour. Your partner can watch the baby while you relax, pursue a hobby, etc.
- If you've always worked, you may feel a tinge of envy to see other women trotting off to work while you wheel the baby carriage. Remember, the working mom may be feeling as envious of you!
- If you crave mental stimulation, join a volunteer group. It can help to enhance your resume later. Or try part-time work.

### You're Going to Work

It takes a lot of juggling to work out babysitting, household chores, and working. But going back to work can be rewarding. Do you have mixed feelings? Many women do, even the most career-oriented. What seemed like a wonderful plan in theory seems so different once your baby is born.

Give yourself a chance. While it may be difficult to leave your precious baby with a sitter that first day, once you get to work the exhilaration of returning may make your dual role the best of both worlds.

- Look for the best sitter you can find and afford. Check references thoroughly. Always interview a sitter with the baby present to see how they interact together.
- If both you and your spouse or partner work, the logical answer to homemaking and childcare responsibilities is to share those equally, too. Sharing childcare responsibilities will help to further enrich your baby's environment.
- Every woman who works vows to provide quality time with her child. It's an important goal. Yet after an exhausting day at work, your homemaking and mothering duties have just begun. You may be too busy or too tired to make each minute with your child count. Don't feel guilty. We all have limited energies. Remember that your income from working helps in the general welfare of your child.

## *A Word About Prune Juice*



Many women are re-introduced to prune juice during pregnancy and nursing. There are a lot of good reasons why this is true.

**1** Fluids are important. Pregnant women need fluids to carry nutrients through the body and to wash away waste products. Nursing mothers also need fluids to aid in producing milk. Water and milk are the primary liquids, and juices, especially nutritious juices, are important fluids, too. Nutrient-rich prune juice is all natural—there's nothing artificial and no added sugar.

**2** Iron is important to enrich a mother's blood supply. Your baby must store extra iron for the first four to six months when her/his diet consists of breast milk, which has little iron. Eight ounces of prune juice is considered a good source of iron and potassium.

**3** Constipation is common during pregnancy. After pregnancy, a woman who has had an episiotomy may be fearful of a bowel movement because of her stitches. Many women find that prune juice prevents constipation, which may also prevent formation of painful hemorrhoids.

## *Thank You For Helping Us To Do It Right*

Our thanks go to the many childbirth professionals and new mothers who shared their time and thoughts so generously. A special thanks is extended to the health professionals that reviewed this latest edition.

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