

Educator's Guide

Pregnancy: Developing Lifelong Habits

Review each topic.

- **What to eat:** Explain nutrient-rich food choices and foods that pose safety concerns. Discuss the importance of safe food handling.
- **Healthy weight:** Introduce clients to healthy weight guidelines. Answer questions about healthy weight gain. Discuss steps to making healthy changes if needed.
- **Balanced eating:** Discuss how to make healthy choices from all food groups and meet recommended servings from each food group. Use hand symbols to teach serving sizes.
- **Managing symptoms:** Discuss possible symptoms such as nausea or heartburn and how they can affect nutrition intake. Review tips for managing each issue.
- **Physical activity:** Discuss physical activity guidelines and benefits. Explore ways to be more physically active.
- **Postpartum and breast-feeding:** Highlight nutritional needs during breast-feeding. Discuss healthy weight loss after pregnancy.
- **Healthier choices:** Review healthy snack and meal options. Set small, attainable goals.

Review the resources on HealthyEating.org/SchoolHealth.

In addition to the booklet the Web page contains:

- Healthy Eating Guidelines
- Free Downloadable Tip Sheets
- Free Interactive Tools
- Healthy Eating Planner and Recipes

Follow-up with goals.

Discuss small changes that will make healthy eating easier. Use the discussion points in the booklet to foster skill building in food and physical activity decisions. Reinforce the importance of healthy eating patterns for optimal health of mom and baby.

For more information on Dairy Council of California programs,
call 877.324.7901 or visit HealthyEating.org.

