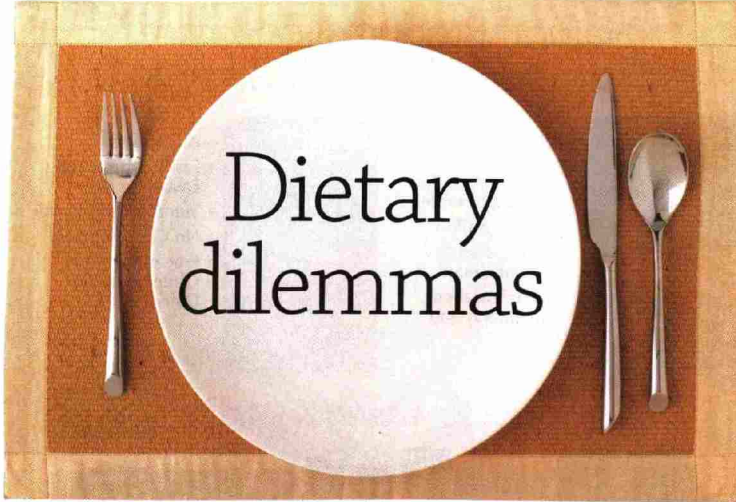


good health & eating for two



Protein power

HUDSON SHARES WHAT A DAY'S WORTH OF PROTEIN (AND EVEN A LITTLE EXTRA) CAN LOOK LIKE:

13 g	1 hard-boiled egg
19 g	½ cup low-fat cottage cheese
14 g	2 mozzarella string cheeses
7 g	½ cup kidney beans
10 g	¼ cup roasted peanuts
13 g	1 cup low-fat yogurt
76 g	total

Moms-to-be with special dietary requirements can often accommodate their prenatal nutrition needs with a few easy adjustments. **BY LAUREN BROCKMAN**

Since becoming pregnant, you've likely begun to scrutinize every bite you eat—after all, you are your little one's sole source of nourishment. Those of you with unconventional eating habits may have a heightened level of concern for and awareness of what you put in your mouth. However, expecting moms who practiced healthy habits pre-pregnancy—including vegetarians, diabetics, lactose intolerants and those with celiac disease—can often accommodate their budding babe's nutritional needs with minimal adjustment. Rose Ann Hudson, RD, LD, co-author of *Eating for Pregnancy*, suggests that expecting moms with special dietary requirements need to amend their diets "only if they weren't healthy to begin with—they need to find a way to meet their nutritional requirements, but with a little bit of planning, they can do so easily."

Vegetarianism

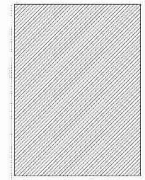
For meat-free moms-to-be, meeting daily protein requirements can be more challenging than for their carnivorous peers. Since the recommended daily allowance (RDA) of protein increases by about 30 percent during pregnancy, expecting vegetarians may need to make extra efforts to consume their advised 71 grams. Smart and deliberate meal and snack choices are imperative when it comes to reaching protein targets.

There is more than just protein to worry about, though. "With meat and possibly dairy eliminated from their diets, vegetarians and vegans will need to pay attention to their iron, B12 and zinc needs," warns Hudson, who recommends fulfilling these requirements with fortified cereals, whole grains, nuts, seeds, soy products, legumes, tofu and wheat germ. And don't forget

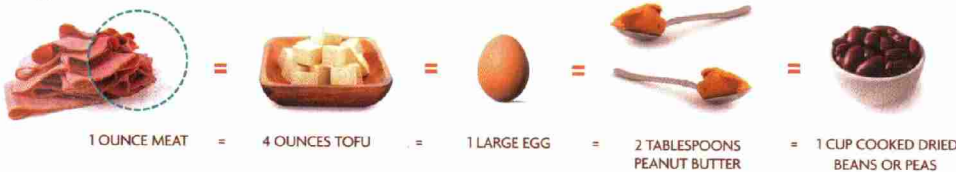
about omega-3 fatty acids—"essential brain-building nutrients," according to Hudson—which are commonly procured via meat- or fish-laden dishes. Ask your doctor to recommend a DHA omega-3 vegetarian supplement that's right for you.

Moms-to-be who practice veganism can often continue to do so if they've successfully followed the regimen for a significant period of time pre-pregnancy. Hudson recommends they be especially conscious of their iron and zinc intake and talk to their doctors about possible supplement options.

{note} The RDA of iron for vegetarians and vegans is 48.6 mg, as opposed to 27 mg for non-vegetarians.



[good to know:]



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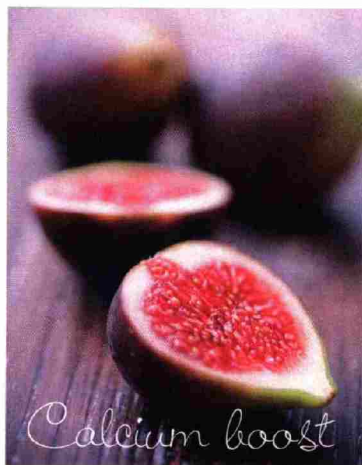
Diabetes

Women with diabetes are capable of having happy, healthy pregnancies and babies. In fact, the American Diabetes Association (ADA) suggests that with vigilant monitoring and proper medical care, a diabetic's "chances of a trouble-free pregnancy and healthy baby are almost as good as they are for a woman without diabetes." Prior to conceiving, women with diabetes should ensure their blood glucose levels are within the target range determined by their doctors; after conception, diabetic moms-to-be should continue to maintain controlled glucose levels with a proper balance of diet, exercise and insulin. Susan Burke March, MS, CDE, author of *Making Weight Control Second Nature: Living Thin Naturally*, suggests that expectant diabetics "work with their healthcare teams to create their own unique plans for meals, activity, medication

and monitoring"—all of which are essential for healthy pregnancies and deliveries.

Just because you didn't have diabetes pre-pregnancy doesn't mean you won't develop it during your baby-bearing months. Gestational diabetes, a form of diabetes that develops specifically during pregnancy, affects about 4 percent of women. A woman with gestational diabetes should work closely with her doctor and a registered dietician to create a plan for keeping her glucose levels in check. Generally speaking, it's wise for gestational diabetics to consume a variety of healthy foods in several small meals and snacks throughout the day, eat high-fiber foods that are digested slowly and are less likely to cause a spike in blood sugar, and limit their consumption of sugary fares such as soft drinks, fruit juice and sweet treats.

{note} Since the symptoms and causes of gestational diabetes are different for every individual, most healthcare providers perform a glucose screening test between weeks 24 and 28 of pregnancy.

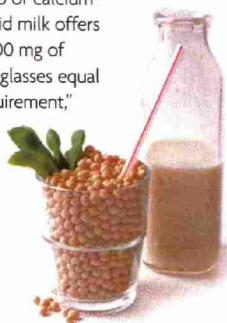


HUDSON OFFERS THREE EASY WAYS TO INCORPORATE MORE CALCIUM INTO YOUR DIET:

- 1 Substitute **MOLASSES** for syrup.
- 2 Munch on **ALMONDS** or **FIGS**.
- 3 Eat lots of **BEANS** (in salads, hummus, stews and more).

Lactose intolerance

Lactose intolerance is a fairly common condition in which it's difficult for one's body to fully digest lactose, the milk sugar found in dairy products. Lactose intolerant moms-to-be should read food labels carefully, since lactose is often found in unexpected places (such as pancake mixes and lunch meats). It's important to note that going dairy-free doesn't mean an expecting mom must miss out on her daily calcium consumption. March recommends choosing "calcium-rich products such as orange juice, cereals, breads and calcium-fortified soy products such as tofu and soy milk" to meet the 1,000 mg RDA. Hudson adds, "One cup of calcium-fortified Lactaid milk offers a whopping 500 mg of calcium—two glasses equal your daily requirement," so you can dial down your daily calcium allotment in just a few swallows.



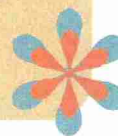
ARE YOU AT RISK?

According to the ADA, these factors may put you at risk for gestational diabetes:

- Obesity prior to pregnancy
- Family history of diabetes
- Personal history of gestational diabetes

These symptoms may be indicative of gestational diabetes:

- Excessive thirst
- Frequent urination
- Blurry vision
- Exhaustion
- Extreme hunger
- Weight loss

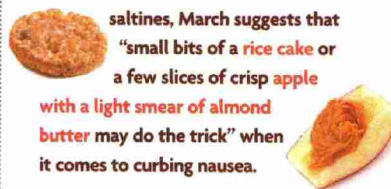


Celiac disease

It's entirely possible for women with celiac disease to successfully bake gluten-free buns in their ovens. Since many women are aware of the condition prior to conception, they've typically made the necessary diet and lifestyle adaptations and are therefore able to go forward with their pregnancies with few, if any, adjustments. March explains, "A mom-to-be may certainly look forward to a healthy pregnancy and delivery—the goal is to avoid complications and discomfort associated with intolerances." Gleaning a few extra calories from their regular healthy diet is often all they need to do.

[good to know:]

Since expecting moms with celiac disease aren't able to reach for a box of saltines, March suggests that "small bits of a rice cake or a few slices of crisp apple with a light smear of almond butter may do the trick" when it comes to curbing nausea.



For some women, pregnancy triggers the previously dormant (and often undiscovered) disease. With the help of their doctors and nutritionists, they can switch to a complete and balanced gluten-free diet. By making their own gluten-free recipes (or by shopping the extensive gluten-free fare at a local gourmet grocer like Whole Foods), pregnant women with celiac disease can modify their diets to accommodate their own nutritional needs as well as their developing babies'. **P&N**

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