



The Nutri-STARS of Pregnancy: Setting the Stage for a Healthy Life for You and Your Baby

Goals:

- *Students will learn the importance of consuming “star” nutrients in food such as omega-3 fatty acids and antioxidants*
- *Students will be able to identify the best food sources of these nutrients*

Audience:

- *Prenatal*

Suggested Nurture Recipes:

Muesli: Rice Cooker

Quinoa with Broccoli, Swiss Chard and Leeks: Slow Cooker

Berry Smoothie: Hand Blender

Today we are going to talk about the importance of some of the star nutrients in pregnancy and how to get these nutrients from your diet.

<p>Omega-3 fatty Acids: a healthy fat</p>	<ul style="list-style-type: none"> • Supports optimal brain and eye development of the baby • Helps prevent asthma and allergies in the baby • Babies who get adequate levels show increased scores on verbal, visual, intelligence & attention span tests and were less likely to get sick as infants • Can help prevent post-partum depression in mothers 	<ul style="list-style-type: none"> • FISH: choose only low Mercury fish: Wild Atlantic salmon, canned light tuna (<i>note: avoid albacore tuna as it is high in a harmful Mercury</i>). • EGGS: Omega-3 fortified eggs • MEAT/CHICKEN: Grass fed beef and poultry • NUTS/SEEDS: walnuts (try soaking them in water to make them taste less bitter) and flax seed oil • SUPPLEMENTS: Omega-3 fish oil & Algae 	<ul style="list-style-type: none"> • Two to Three, 3 ounce servings of salmon or light tuna per week • 600 mg of DHA per day (a particular kind of omega-3) from supplements <i>Ask your doctor about your prenatal supplement</i>
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Antioxidants	<ul style="list-style-type: none"> • Antioxidants found in cruciferous vegetables may help prevent cancer by destroying harmful substances in the body before they can cause harm to you. <ul style="list-style-type: none"> ○ Studies have shown that when pregnant mice eat cruciferous vegetables like broccoli and cabbage, this protection against cancer causing substances may be passed on to their babies and protect them from developing cancer in the future • Antioxidants found in blueberries have been shown to protect against heart disease, cancer, diabetes and mental decline • Beta-carotene is an antioxidant found in orange vegetables that helps with cell development and brain growth in the baby 	<ul style="list-style-type: none"> • CRUCIFEROUS VEGETABLES: Kale, cabbage, broccoli, collard greens, mustard greens, radish, cauliflower, cabbage, brussels sprouts, horseradish and arugula • Blueberries are often cheaper if you buy them frozen and are just as nutritious as fresh blueberries. Try adding blueberries to smoothies, oatmeal or cold cereal. • BETA-CAROTENE VEGETABLES: squash, carrots, sweet potatoes, pumpkin 	<ul style="list-style-type: none"> • Aim for at least 5 servings of each of these foods per week. A serving is ½ cup.
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This chart may be overwhelming at first. It's meant to be a guideline for some of the nutrients and foods that are most important for you and your baby. Remember, it's never too early to give your baby a head start on a healthy life.

Resources:

<http://www.eatright.org/Public/content.aspx?id=3546&terms=cruciferous+vegetables>

<http://lpi.oregonstate.edu/infocenter/foods/cruciferous/>, <http://www.time.com/time/health/article/0,8599,2020815-4,00.html>

Child Development by John Colombo, PhD, *Nutrition Through the Lifecycle* by Judith E. Brown

<http://www.sciencedaily.com/releases/2011/04/110412153813.htm>