# Prendtal Nutrition

#### JACQUELINE BADINE, RDN

# Jacqueline Badine



DENE WOMAN, SHE/HER MOM, WIFE, DAUGHTER, AUNTY, NIECE AND COUSIN TO MANY

Registered Dietitian Nutritionist Indigenous Full Spectrum Doula Indigenous Breastfeeding Counselor Birth Assistant



# **On the Trail**

#### **KEY PRESENTATION POINTS**

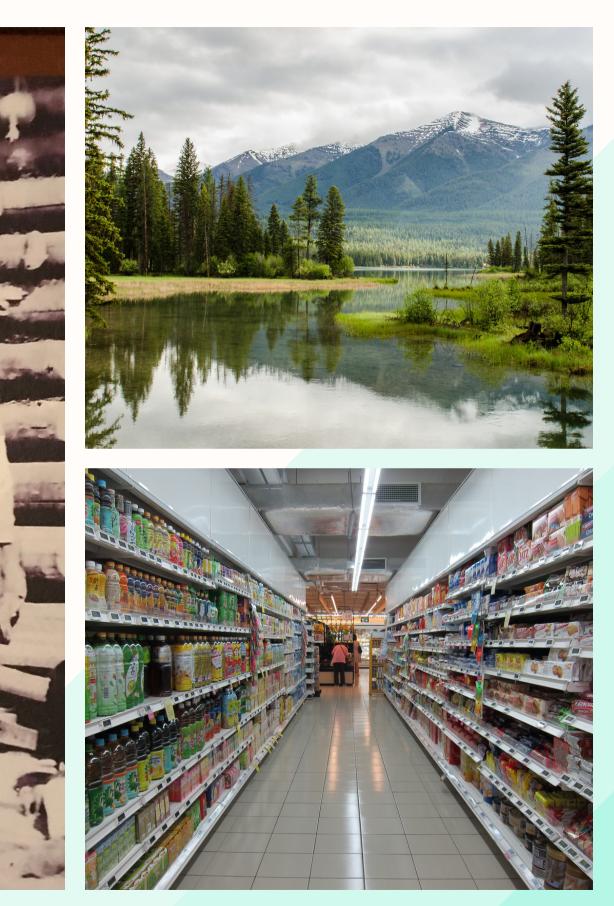
Food Science Special Circumstances Tips and Tricks

- **Overview of Nutrition in Pregnancy**
- Food Safety in Pregnancy

#### HISTORICAL VS CONTEMPORARY

Then and now, changes to way of life, family structures, harvesting, eating patterns, health impacts





# OPTIMAL NUTRITION



HOMES

COMMUNITY

WHEN WE GATHER, CULTURAL FOODS



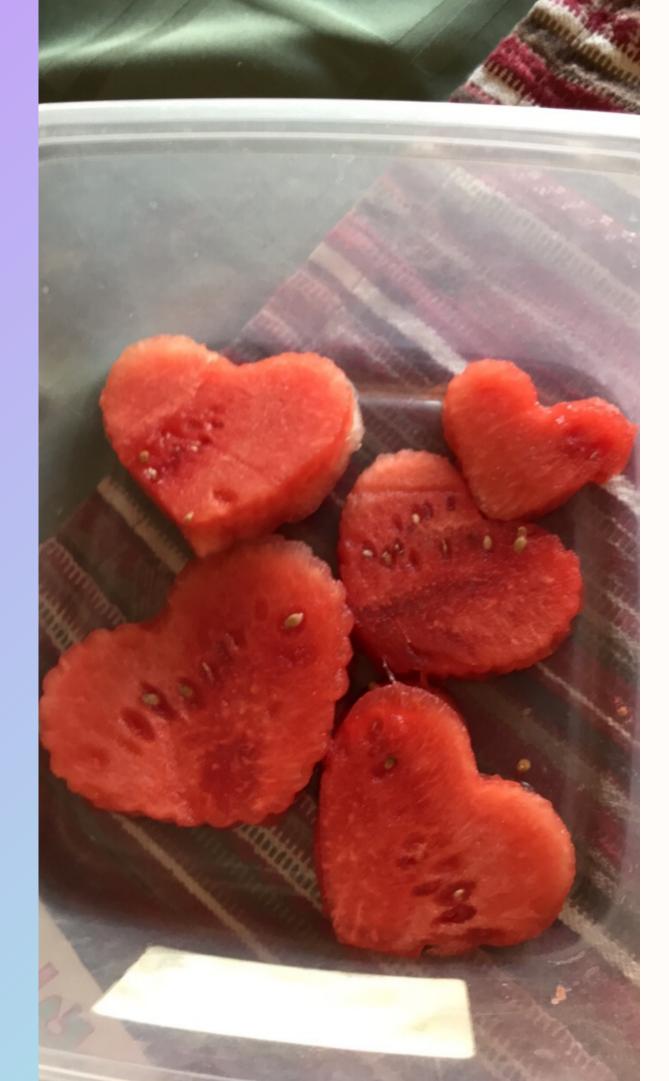
FOOD SYSTEMS LOOK LIKE

#### FERTILITY, IN PREGNANCY

#### STYLE OF EATING, HOW WE PREPARE OUR MEALS

Where are we starting the terms of te





#### HAES

- BMI WEIGHT GAIN IN PREGNANCY
  - <18.5 kg/m2 (underweight) –</li>
    28 to 40 lbs.
  - 18.5 to 24.9 kg/m2 (normal weight) 25 to 35 lbs.
  - 25.0 to 29.9 kg/m2 (overweight) - 15 to 25 lbs.
  - ≥30.0 kg/m2 (obese) –
    Weight gain 11 to 20 lbs.

Where does is all go

- Baby = 7.5 pounds
- Amniotic fluid = 2 pounds.
- Blood = 4 pounds
- Body fluids = 3 pounds
- Breasts = 2 pounds
- Fat, protein and other nutrients = 6 to 8 pounds
- Placenta = 1.5 pounds.
- Uterus = 2 pounds.



# How are we fueling our bodies in Pregnancy





Water

Food





#### Prenatal vitamins

#### WATER SOLUBLE VITAMINS

B 1, 2, 3, 6, I2 - Thiamin, Riboflavin, Niacin, Pyridoxine, C, Folic Acid

Energy metabolization, heart, nervous system and Brain development, Bone and Blood cell growth, Nueral tube health

#### FAT SOLUBLE VITAMINS

A,D E, K

Eye, development, Immune support, Healthy Skin, Bone development, Blood cell strengthening, Clotting factors, Protein synthesis

#### OTHER NUTRIENTS

Calcium and Iron - Bone and teeth formation, red blood cells

### Macronutrients

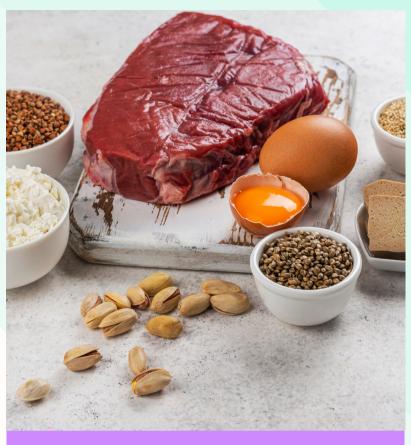


#### CARBS

FATS

#### Glucose





#### PROTEINS

#### Amino Acids

#### Lipids

## Food Safety +

#### AVOID OR LIMIT

Raw or unpasteurized meats, juice and milk, soft cheeses, deli meats, raw sprouts, harmful seafood

LIMIT

Alcohol, Caffeine, Smoking, Legal, Street or Pharmaceutical Drugs

#### WASH AND COOK

Fruits and Vegetables, cook meats to safe internal temps, deli meats

#### OTHER THINGS TO AVOID OR

## How are we taking care of ourselves

#### MOVEMENT

Exercise Hauling wood Gardening

MEDICAL CARE

Getting regular medical attention

MANAGE CHRONIC ILLNESS

HTN T2D / GDM Thyroid Seizures



#### AVOID NEGATIVE INFLUENCES

Stress Physical Emotional Mental

#### MORNING SICKNESS

Small frequent meals Eat before getting out of bed

#### VOMITING/HG

Ginger Small meals HG - see your provider

#### CONSTIPATION

lots of water Fiber rich foods Movement CRAVINGS

Hydrate Eat protein first PICA - see your provider

#### HEART BURN

Small meals Digestive Enzymes Limit problem foods

UNIQUE SITUATIONS

Multiples, Teens, Disordered Eating, Lactating, Chronic Illness

#### WHEN YOU Shop



Eat before you go to store Plan meals and Make a list Read labels Look for what's on sale - seasonal Shop the perimeter of the grocery store, and freezer section Buying store brands WHE EAT

Have c meals Use a s Try to d time Go bad My Pla Eat mo

#### WHEN YOU



- Have a big glass of water with
- Use a smaller plate Try to avoid electronics at meal
- Go back for seconds My Plate method Eat more protein

# Healthy

EAT LOCAL

Food sovereignty, grow a garden, harvest your traditional meats, wild game and plants

HEALTHY CHOICES Eat whole foods, versus food like products, fruits, vegetables, whole grains, protein foods, and low-fat or fat-free dairy, Water!

REDUCE

foods high in salt, sugar, saturated fat

# Questions...?





# Walsh L. (2001). Midwifery Community-Based Care During the Childbearing Year Davis E. (2019). Heart and Hands A Midwife's Guide to Pregnancy and Birth

Whitney ET AL. (2012). Understanding Nutrition.

