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Why Not?

Stay Healthy While You're Pregnant



Another group in the daily food guide is the **meat** group. Foods in this group are _____.

MEATS

All of these foods are meats:

venison	lunchmeat
hamburger	corned beef
pork chops	ham
roast beef	steak
sausage	liver
lamb	veal
any pork	any beef

They are all in the _____ group of foods.

MEAT

The other foods besides meat in the meat group are:

eggs	dried beans and peas
fish sticks	kidney beans
fresh and frozen fish	lima beans
seafood (scallops, shrimp, etc.)	home baked beans
chicken	pork and beans
turkey	pea beans
duck	black eyed peas
nuts	lentils
peanut butter	green peas
	chick peas
	frijoles beans

YOU ANSWERED
THE ONES YOU
EAT SOMETIMES

Which ones of these do you eat sometimes?

_____	_____
_____	_____
_____	_____

Foods are grouped together because they have the same kinds of nutrients. Take another look at the list of foods in the meat group. Do peanuts, eggs, and beef have the same kinds of nutrients in them?

YES, THAT'S
WHY THEY'RE
IN THE SAME
FOOD GROUP

Foods in the meat group contain lots of **proteins**, the key nutrients which build and repair cells and make enzymes and hormones. You can get lots of proteins to make your baby's new cells by eating foods in the milk group and the _____ group.

MEAT

Foods in the meat group contain lots of proteins. They also contain **B vitamins** to help your body use food and help keep nerves steady. Proteins and B vitamins are found in foods in the _____t group.

MEAT

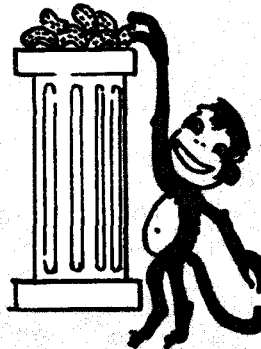
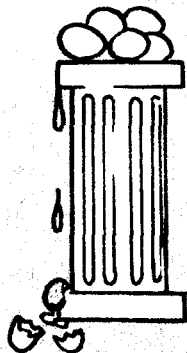
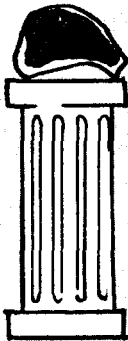
There are several **B vitamins**. They:

help break food into nutrients and build it up into parts of your body.

help keep nerves steady and morale high.

The group of vitamins that helps your body use food and also helps keep nerves steady are found in the _____ group.

MEAT



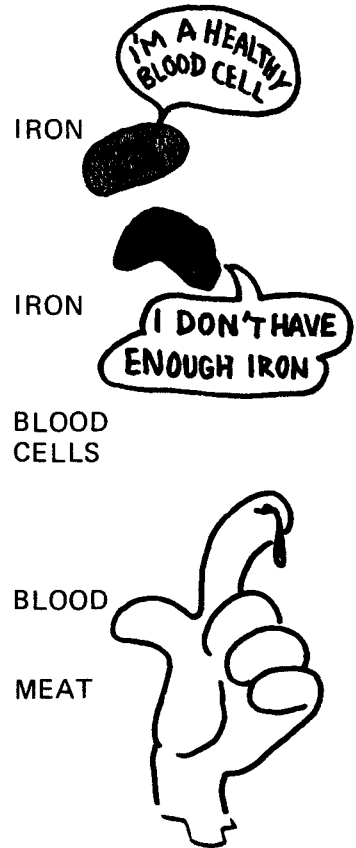
A third and very important key nutrient in the foods from the meat group is the mineral iron. Foods in the meat group help the body make enough red blood cells to carry nutrients and oxygen to every cell. They do this by providing _____.

Anemia is a sickness caused by not having enough red blood cells to supply all the body's cells with oxygen and nutrients. Eating foods with i_____ lets your body make enough red blood cells to prevent anemia.

A person who has anemia feels tired and depressed because red b_____ c_____ in the blood can't carry enough oxygen and nutrients to the body cells.

Only a doctor can tell if you have anemia. He does this by doing laboratory tests on the number of red blood cells in a sample of your b_____.

Proteins, B vitamins, and iron are found in foods from the _____ group.



Remember that proteins in the milk group have enough of all the essential amino acids, so they are **high quality** proteins. Most of the proteins in the meat group are _____ proteins.

HIGH
QUALITY

These are foods in the meat group which have lots of high quality proteins:



ground beef
pork
ham
other cuts of beef
other red meats
chicken
turkey

fish
seafood (shrimp, scallops, etc.)
sausage
lunchmeat
liver and other organ meats
soybeans

Which high quality protein foods in the meat group have you eaten recently?

_____	_____
_____	_____
_____	_____
_____	_____

YOU
ANSWERED THE
ONES YOU'VE
EATEN RECENTLY

Which five high quality protein foods in the meat group do you like to eat?

_____	_____
_____	_____
_____	_____

YOU
ANSWERED THE
ONES YOU LIKE
TO EAT

The proteins in meats, eggs, fish, and chicken are all about the same quality. All these foods have enough of all the essential amino acids. They're all _____ .

Since eggs, ground beef, chicken, fish, and steak all have plenty of the essential amino acids, they are all _____ proteins. The proteins in eggs do the same for your body as the proteins in steak.

Other foods in the meat group contain small amounts of some of the essential amino acids: dried peas, dried beans, nuts, peanut butter. Because they don't have as many of the essential amino acids to supply your body with all the proteins it needs, they are _____ quality proteins.

Your body needs lots of proteins. It digests the proteins you eat and builds them into proteins your body uses. Low quality proteins are useful to your body. You can help your body get the most use from them by eating them with some _____ quality proteins to fill in for their missing amino acids.

Name some high quality proteins you could eat with the low quality proteins in dried beans, dried peas, and nuts.

HIGH
QUALITY
PROTEINS



HIGH

ANY OF THE HIGH
QUALITY PROTEINS
IN THE MILK GROUP
OR THE MEAT GROUP
WOULD COMPLEMENT
THEM NICELY

Here are some combinations of foods that you could eat:
 split pea soup and a cheese sandwich
 peanut butter sandwich and milk
 baked beans and hot dog
 cooked lentils with ham bone
 baked bean casserole with cottage cheese salad
 chili with beans topped with cheese

These are all examples of eating a _____ quality protein food with a _____ quality protein food.

LOW
HIGH

Foods from the meat group have lots of p_____ for building and repairing cells, i_____ for making healthy blood, and _ v_____ for healthy nerves and morale. They also contain fats which provide lots of energy.

PROTEINS
IRON
B VITAMINS

Not all the foods in the meat group have the same amount of fats:

higher in fats

ham
pork
beef steaks
nuts
seafood

FATS

lower in fats

fish
chicken
turkey
dried beans & peas

FATS

If you want to cut down on fats to watch your weight, which foods should you eat?

FOODS THAT
ARE LOWER
IN FATS

While you're pregnant, you need this much food to give you the nutrients for yourself and your baby.

- 3 servings from the meat group
- 5 to 6 servings from the milk group
- 4 to 5 servings from the fruits & vegetables group
- 4 servings from the breads and cereals group

How many servings from the meat group will give you the nutrients you need?

3 EACH
DAY

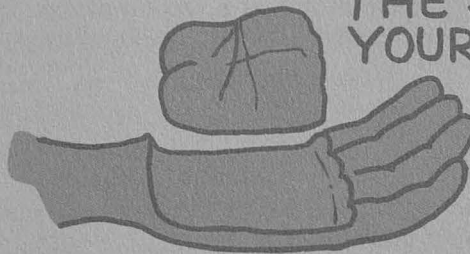
While you are pregnant, you need 3 servings of food from the meat group every day. To give your body and your baby's body the proteins, B vitamins, and iron they need, you should eat at least ____ servings of foods from the meat group every day.

3

A serving of food from the meat group is any of these:

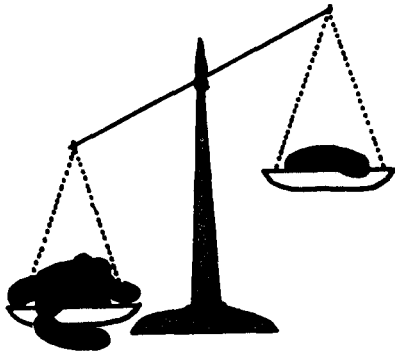
- 2 eggs
- 1 piece of chicken
- 1 slice of turkey
- 1 slice of red meat
- 1 chop
- 1 hamburger patty
- 2 hot dogs
- 2 to 3 slices lunchmeat
- 4 tablespoons peanut butter
- 1 cup cooked beans

ONE SERVING OF
MEAT IS ABOUT $\frac{1}{2}$
THE SIZE OF
YOUR PALM.



If you wanted to eat peanut butter for 1 serving from the meat group, how much should you eat?

4 TABLESPOONS



Check the list above for how much meat makes a serving. Suppose you ate 2 hamburgers for supper, how many servings from the meat group would you have eaten?

2, BECAUSE 1 HAMBURGER IS 1 SERVING

Larger amounts of food have larger amounts of nutrients in them. Smaller amounts have _____ amounts of nutrients.

SMALLER

Sometimes people eat more than 1 serving of meat at a time. If you ate 2 slices of ham for dinner, you would have eaten _____ servings from the meat group.

2

Different amounts of food have different amounts of nutrients in them. Would you expect a large serving of scrambled eggs to have a larger amount of nutrients than a small serving?

THE QUESTION ASKED WHAT YOU THINK. ACTUALLY THERE'D BE MORE NUTRIENTS IN THE LARGER SERVING.

On the other hand, if you ate 2 hot dogs for lunch, how many servings would you have eaten?

—if you ate 2 eggs for breakfast

—or if you ate 2 slices of lunchmeat in a sandwich?

(check the list on the preceding page if you want to)

1 SERVING
1 SERVING
1 SERVING

How many servings from the meat group does each of these foods give you?

2 pieces of chicken	_____	2
2 hamburgers	_____	2
1 peanut butter sandwich	_____	ABOUT 1
1 cup baked beans	_____	1
2 fried eggs	_____	1
2 hot dogs	_____	1
1 lunchmeat sandwich	_____	ABOUT 1

Your body must make extra blood to carry the extra nutrients and oxygen to your baby's body. You must have iron to do this. You can get iron from foods in the _____ group.

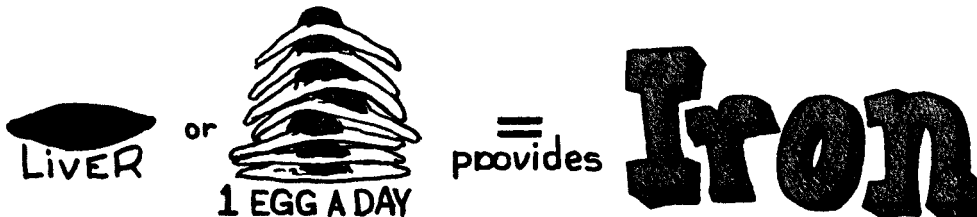
MEAT

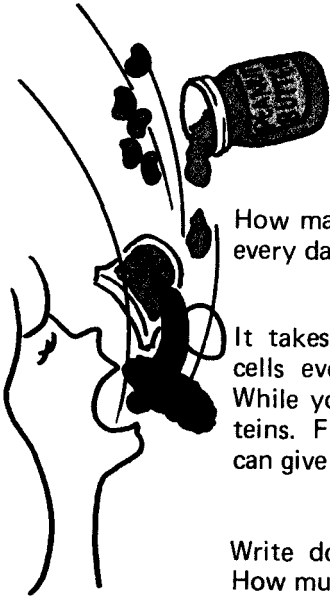
Iron is very important during pregnancy. You remember that iron helps make red blood cells to carry oxygen. Eating at least one egg a day or eating liver once a week will give you some iron. Two foods from the meat group you can eat to give your body iron are e_____ and l_____.

EGGS
LIVER

Getting enough iron during pregnancy can keep you from getting anemia. You can get the iron you need from eating liver or from eating at least one e_____ each day.

EGG





How many servings of foods from the meat group should you eat every day to get enough proteins, B vitamins, and iron?

AT LEAST 3

It takes proteins to make new cells. It takes thousands of new cells every day over a period of 9 months to make a baby. While you are pregnant, both you and your baby need lots of proteins. Foods in the milk group and foods in the _____ group can give them to you.

MEAT

Write down the foods from the meat group you ate yesterday. How much of those foods did you eat?

**YOU ANSWERED
THE FOODS YOU
ATE YESTERDAY**

Food	Amount
_____	_____
_____	_____
_____	_____
_____	_____

How many servings from the meat group did you eat yesterday? (Check the list of how much makes a serving on page 9, if you want.)

**YOUR ANSWER
IS THE NUMBER
OF SERVINGS YOU
ATE YESTERDAY**

How many servings from the meat group should you eat a day?

3

Did you eat enough yesterday?

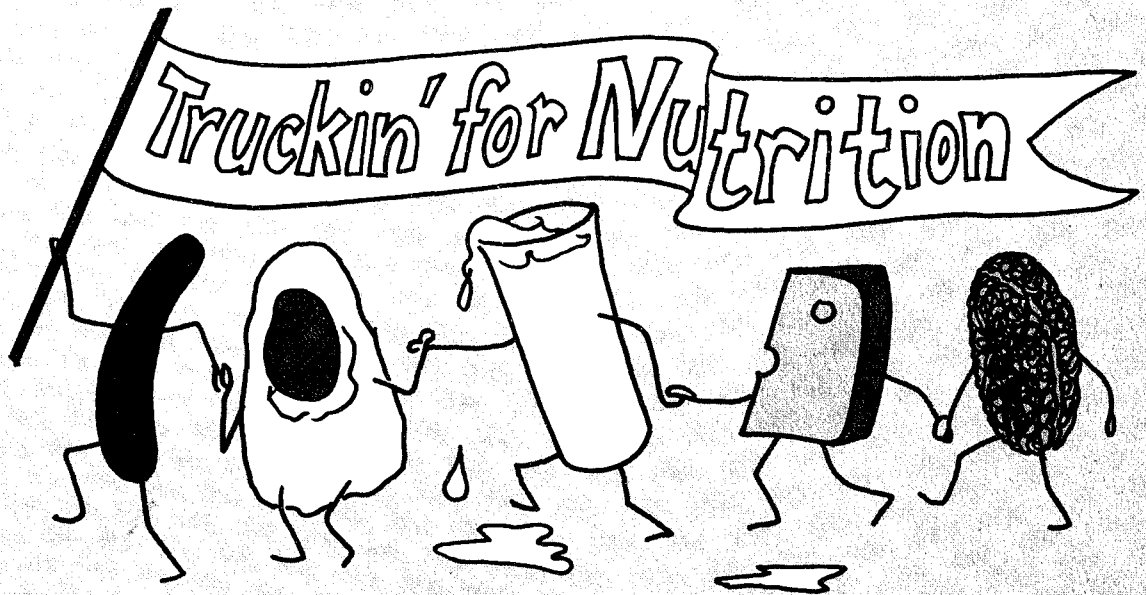
CHECK ABOVE

Name three foods from the meat group you would like to eat tomorrow. Check the list on page 3 if you want to.

YOUR CHOICE
THEY ARE ALL
GOOD FOR YOU

The two groups in the daily food guide that we've talked about are ____k and ____t.

MILK
MEAT



The meat group is made of foods that have the same nutrients as meats.

- all kinds of meats—beef, veal, pork, ham, lamb
- eggs
- fish and seafood
- chicken and turkey
- soybeans
- lunchmeat and sausages
- liver and other organ meats
- *nuts
- *dried beans and peas

These foods contain:

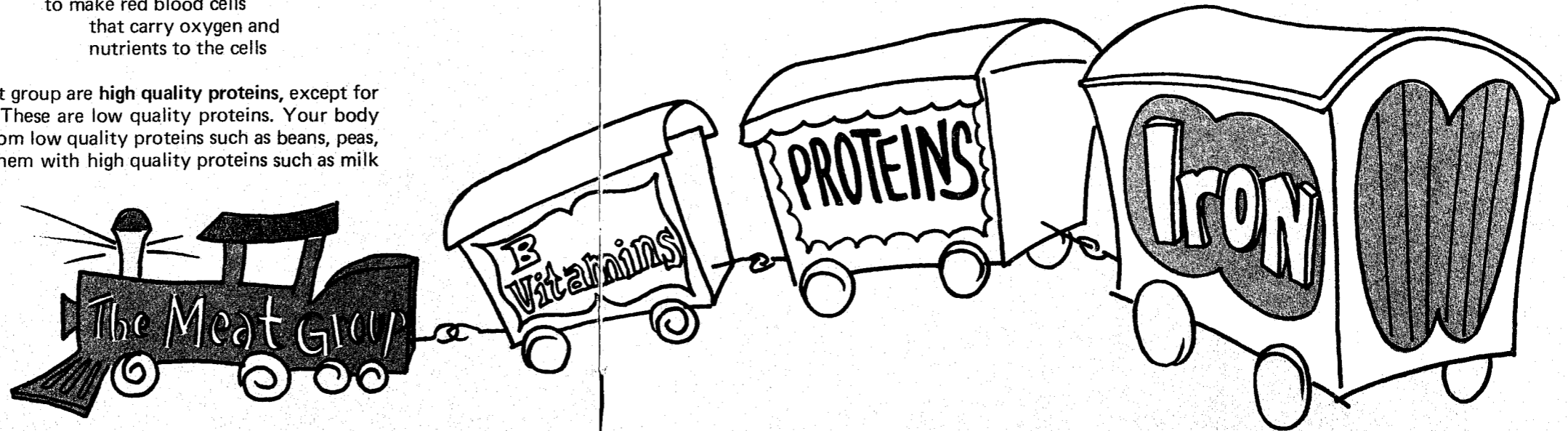
- | | |
|------------|--|
| proteins | to build and repair cells
make enzymes and hormones
provide energy |
| B vitamins | to help your body use food
keep nerves healthy |
| iron | to make red blood cells
that carry oxygen and
nutrients to the cells |

*The foods in the meat group are **high quality proteins**, except for beans, peas, and nuts. These are low quality proteins. Your body can get the most use from low quality proteins such as beans, peas, nuts, etc., if you eat them with high quality proteins such as milk or meat.

You need 3 or more servings from the meat group each day. A serving can be:

- 1 slice of meat (beef, ham, pork, lamb)
- 2 eggs
- 1 hamburger patty
- 1 piece of chicken
- 1 piece of fish
- 2 hot dogs
- 2 or 3 slices of lunchmeat
- 1 cup cooked beans or peas
- 4 tablespoons peanut butter

To get enough iron, you need to eat liver once a week or eat one egg every day.





Extension Folder 274

WHY NOT? STAY HEALTHY WHILE YOU'RE PREGNANT

Part 4

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1972

AGRICULTURAL EXTENSION SERVICE
UNIVERSITY OF MINNESOTA

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