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# Why Not?

Stay Healthy While You're Pregnant

Another group of foods in the daily food guide is the **fruits and vegetables group.** As you might expect, foods in this group are mainly _____ and _____ .

FRUITS AND VEGETABLES

Fruits and vegetables in this group have loads of:

- ***vitamins**
- ***minerals**
- ***carbohydrates**

These are things that your body must have in order to work right. They are k___ n_____ .

KEY NUTRIENTS

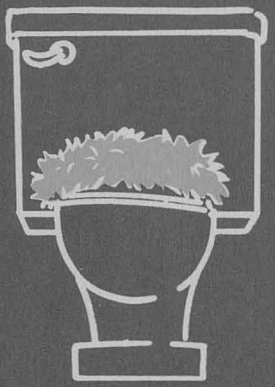
Foods in the fruits and vegetables group have lots of vitamins, minerals, and carbohydrates. Fruits and vegetables will give you:

v_____ to make your body work together
m_____ to build the hard parts of your body
c_____ for energy to save proteins for building and repairing cells.

VITAMINS
MINERALS
CARBOHYDRATES

The body uses carbohydrates for energy. When your body has plenty of carbohydrates to use for energy, it can save the proteins for building cells and for making enzymes and hormones. Foods in the f_____ and v_____ group are good sources of carbohydrates.

FRUITS AND VEGETABLES



FRUITS AND VEGETABLES

Some of the carbohydrates in **fresh** fruits and vegetables also help soften bowel movements to make them easier. During pregnancy, some women are constipated (difficult bowel movement). If you are constipated, eating fresh f_____ and v_____ can help.

CALCIUM AND IRON

Some fruits and vegetables have **minerals** in them, too. **Calcium** and **iron** are both important during pregnancy. C_____ helps build strong bones in your baby, and i____ helps make red blood cells to carry nutrients and oxygen to its cells.

MILK

You can get **some** of the calcium you need from leafy green vegetables in the fruits and vegetables group. However, foods in the _____k group have lots more.

YOU ANSWERED WHICH OF THOSE FOODS YOU EAT

These fruits and vegetables contain some iron, the mineral that makes healthy blood:

| | |
|---|---|
| leafy green vegetables | peaches |
| apricots | berries |
| raisins | figs |
| prunes | |

Which of these foods do you eat sometimes?

_____ _____ _____ _____

It would be very hard to get **all** the iron you and your baby's body need from foods in the fruits and vegetables group. These foods can add to the iron you get in the _____t group foods, which are the best sources.

MEAT

Foods in the fruits and vegetables group are excellent sources of vitamins. Vitamins help control how your body works. They are k____ n_____.

KEY NUTRIENTS

Different vitamins do different jobs. Three kinds of vitamins in the fruits and vegetables group are:

_____ A for smooth skin and healthy eyes.
B _____ to help the body use food and for healthy nerves.
_____ C for healthy teeth and gums, healing cuts, holding cells together, and working with calcium for strong bones.

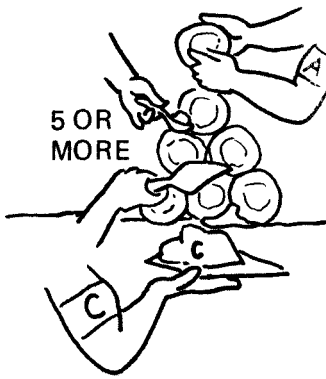
VITAMIN
VITAMINS
VITAMIN

A pregnant teen needs:

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

How many servings from the fruits and vegetables group do you need each day?

5 OR MORE



How often do you need to eat 5 or more servings from the fruits and vegetables group to get plenty of vitamins, minerals, and carbohydrates.

EVERY DAY

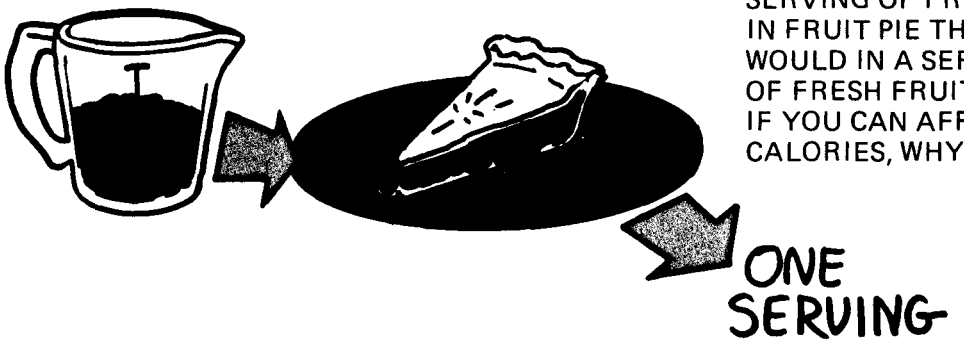
One piece or ½ cup of fruits and vegetables has enough nutrients to be 1 serving. How much would count as 1 serving of these foods:

| | | | |
|---|---|---|---|
| cantaloupe | 1 slice | tomato | ½ cup or 1 tomato |
| orange | _____ | green beans | _____ |
| strawberries | _____ | apple | _____ |
| carrot | _____ | peas | _____ |
| broccoli | _____ | squash | _____ |
| potato | _____ | watermelon | _____ |

1 ORANGE
½ C. STRAWBERRIES
1 CARROT
½ C. BROCCOLI
1 POTATO OR
½ C. MASHED
½ C. GREEN BEANS
1 APPLE
½ C. PEAS
½ C. SQUASH
1 SLICE
WATERMELON

Some fruit desserts and fruit pies have ½ cup fruit in them. Should you count a piece of fruit pie as a serving from the fruits and vegetables group?

SURE, WHY NOT? YOU GET MORE CALORIES FROM A SERVING OF FRUIT IN FRUIT PIE THAN YOU WOULD IN A SERVING OF FRESH FRUIT, BUT IF YOU CAN AFFORD THE CALORIES, WHY NOT??



One small glass of fruit juice or tomato juice has about the same nutrients as 1 serving from the fruits and vegetables group. You could count a large glass of orange juice as _____ (how many) servings from the fruits and vegetables group. 2

Some people like to put fruits and vegetables in jello. If there's ½ cup of fruit or vegetables in the portion you eat, it would be _____ (how many) serving from the fruits and vegetables group. 1

Some foods in the fruits and vegetables group contain vitamin C. Vitamin C is the letter name for ascorbic acid. When you see the words "ascorbic acid," you'll know it means _____. VITAMIN C

**Vitamin C** is important. It:
helps form connective tissue to hold cells together,
helps cuts and wounds heal,
works with calcium for strong bones and healthy gums, and helps the body use iron.

Would vitamin C be important while your baby is building new cells for tissues and bones? YES!

Lots of vitamin C is found in:

- citrus fruits and juices
- lemons
- grapefruits
- oranges
- cantaloupes and melons
- tomatoes and tomato juice
- dark leafy green vegetables such as spinach, kale, and collards
- broccoli
- green pepper
- raw cabbage
- brussels sprouts
- fresh strawberries

What are two vitamin C sources you'd enjoy eating tomorrow to get enough vitamin C?

YOUR CHOICE

Eating two sources of vitamin C a day will give you and your developing baby enough vitamin C for that day. If you had a green vegetable for supper, which other vitamin C food could you eat to get enough for that day? (Check the list of vitamin C foods, if you want.)

YOUR CHOICE AS LONG AS IT'S ONE OF THE FOODS IN THE LIST ABOVE

If you drank a glass of tomato juice at breakfast and had cole slaw (made from raw cabbage) with your supper, would your body be getting enough vitamin C for that day?

MOST LIKELY THAT'S 2 SERVINGS

How often do you need to eat foods that contain vitamin C?

TWICE A DAY

Can you recognize which of these foods contain vitamin C?

- orange ____
- broccoli ____
- grapefruit ____
- leafy green vegetables ____
- green pepper ____
- raw cabbage ____
- tomato ____
- watermelon ____

THEY ALL DO

How many servings should you eat each day of a vitamin C food?

AT LEAST TWO A DAY

Did you eat fruits and vegetables that contained vitamin C yesterday?

WHICH ONES?

Which foods sound good for tomorrow's vitamin C?

YOUR CHOICE

Vitamin A is another vitamin found in foods from the fruits and vegetables group. Fruits and vegetables that are y_____-o_____ or dark leafy g_____ in color have vitamin A in them.

YELLOW-ORANGE GREEN

**Vitamin A** does these things:
helps keep skin smooth,
helps resist infection,
regulates growth, and
makes chemicals in your eyes to help you see in the dark and see colors.

Two of vitamin A's jobs that are very important for your growing baby are: helping resist _____ and regulating _____.

INFECTION GROWTH

Vitamin A helps to keep your skin smooth and your eyes healthy. Fruits and vegetables with vitamin A are easy to recognize. They are usually deep yellow-orange or dark, leafy green. Look for y_____-o_____ or dark g_____ fruits and vegetables to get vitamin A.

YELLOW-ORANGE GREEN

Some foods with lots of vitamin A are:

| | |
|---|---|
| carrots | broccoli |
| sweet potatoes | spinach |
| cantaloupe | peaches |
| apricots | greens such as kale |
| tomatoes | and collards |

What are three yellow-orange foods you like?

_____ _____ _____

IT'S YOUR CHOICE FROM THE LIST ABOVE

One dark leafy green vegetable?

_____

Put an X by the foods in this list that contain vitamin A:

| | |
|---|---|
| apricots ___ | broccoli ___ |
| cantaloupe ___ | carrots ___ |
| sweet potato___ | pumpkin pie ___ |
| squash ___ | greens such as kale and collard ___ |

IF YOU CHECKED THEM ALL, YOU'RE ABSOLUTELY RIGHT

Yellow-orange and dark leafy green foods in the fruits and vegetables group will help to keep your skin smooth and your eyes healthy. They also help you resist infection and help your baby grow. The key nutrient that these foods contain is _____ .

VITAMIN A

While you are pregnant, you need to eat one vitamin A food every day to get enough vitamin A for both you and your baby. How often should you eat a yellow-orange or a dark leafy green food while you're pregnant?

EVERY DAY

Name one you might eat tomorrow.

YOUR CHOICE

Which vitamin A foods have you eaten recently?

_____ _____ _____

Have you had one each day?

Minerals, vitamins, and carbohydrates are three groups of key nutrients provided by foods in the _____ and _____ group.

FRUITS AND VEGETABLES

A pregnant teen needs___or more servings from the fruits and vegetables group every day.

5

___ of these servings should be a food with lots of vitamin A.

1

___ to ___ servings should be foods with lots of vitamin C.

2 TO 3

SUMMARY

Foods in the fruits and vegetables group contain:

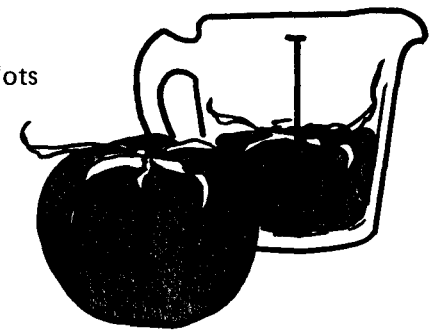
| | | |
|---|---|---|
| **carbohydrates** | to | provide energy<br>prevent constipation |
| **minerals** | to | regulate body fluids<br>form the hard parts of the body |
| **vitamins** | to | help the body use food<br>help parts of the body work together |

You need 5 or more servings of fruits and vegetables every day.

A serving can be: ½ cup or 1 medium fruit or vegetable

You need **vitamin A** for: growth,
good eyesight, and
smooth, clear skin.

Yellow-orange and dark leafy green fruits or vegetables have lots of vitamin A. You need 1 vitamin A food every day.



You need **vitamin C** to: help use iron,
help cuts and wounds heal,
make healthy bones and gums, and
make connective tissue to hold cells together.

These are good sources of vitamin C. Two to three servings every day will give you and your baby the vitamin C you need.

- lemons and lemon juice
- grapefruit and grapefruit juice
- oranges and orange juice
- tomatoes and tomato juice
- cantaloupe and melons
- broccoli
- green pepper
- raw cabbage
- brussels sprouts and fresh strawberries.

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# WHY NOT? STAY HEALTHY WHILE YOU'RE PREGNANT

Part 5

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