

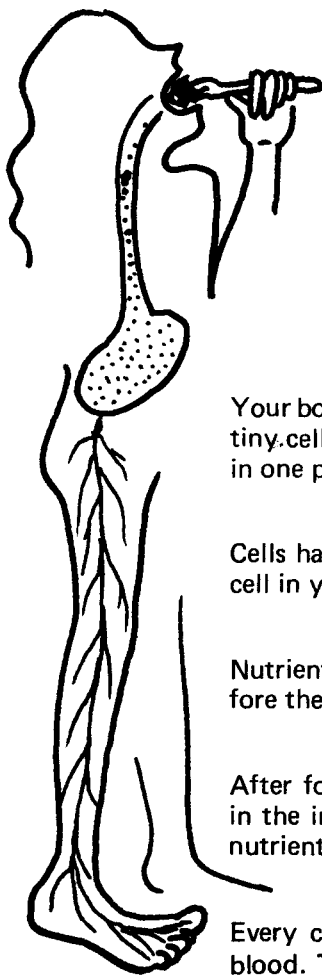
mN 2000 EF 271

Minnesota Extension Service

Ext. Folder 271 pt. 1

# Why Not?

Stay Healthy While You're Pregnant



Your body, my body, and everybody's body are made of millions of tiny cells. Scientists say there are probably about 100 trillion c\_\_\_\_s in one person's body.

**CELLS**

Cells have to have oxygen and food to live. In order to live, each cell in your body needs o\_\_\_\_\_ and f\_\_\_\_\_.

**OXYGEN  
FOOD**

Nutrients are the tiny pieces that digestion breaks food into. Before the cells can use food, it has to be digested into \_\_\_\_\_.

**NUTRIENTS**

After food is broken down into nutrients by digestion, tiny spaces in the intestines pass the nutrients to the blood. The blood carries nutrients and oxygen to every c\_\_\_\_\_ in your body.

**CELL**

Every cell in your body takes in oxygen and nutrients from the blood. The cell uses what it needs and then gets rid of the waste. B\_\_\_\_\_ carries the waste back to your lungs and kidneys. Your body gets rid of the waste when you breathe, perspire, or urinate.

**BLOOD**

Different cells do different things. Cells in the muscles contract to help muscles work. Cells in your eyes see the colors on this page. Brain cells help you understand what the words mean. All these cells need n\_\_\_\_\_ and o\_\_\_\_\_ to do their jobs.

NUTRIENTS  
OXYGEN

Some cells act as storehouses, too. Fat cells store extra energy in the form of f\_\_\_\_\_.

FAT

If all the cells get enough nutrients, small amounts of EXTRA n\_\_\_\_\_ can be stored in some of your body cells.

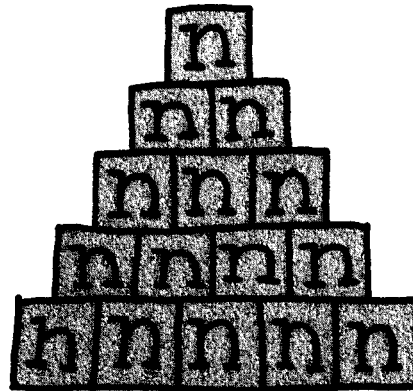
NUTRIENTS

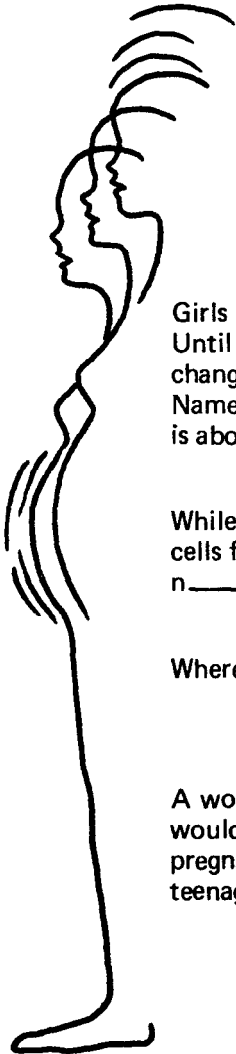
Extra nutrients are stored in your body **only** if your cells have had all the nutrients they needed over a period of time. Could your body store up any nutrients if your cells weren't getting enough?

NO. THERE  
HAVE TO BE  
EXTRA  
NUTRIENTS  
FOR THE  
BODY TO  
STORE ANY.

Extra nutrients that are stored in the body are called **emergency nutrient stores**. Your body can get the nutrients that the cells need from: eating food and e\_\_\_\_\_ n\_\_\_\_\_ s\_\_\_\_\_.

EMERGENCY  
NUTRIENT  
STORES





Girls usually don't stop developing until they are 18 years old. Until then, their bones are still growing, their muscles are still changing in shape, and their sex features are still developing. Name three parts of a girl's body that are still developing until she is about 18 years old.

\_\_\_\_\_

\_\_\_\_\_

BONES  
MUSCLES  
SEX  
FEATURES

While your body is growing, what does it use to make the new cells for larger breasts or longer bones?  
n\_\_\_\_\_ from food.

NUTRIENTS

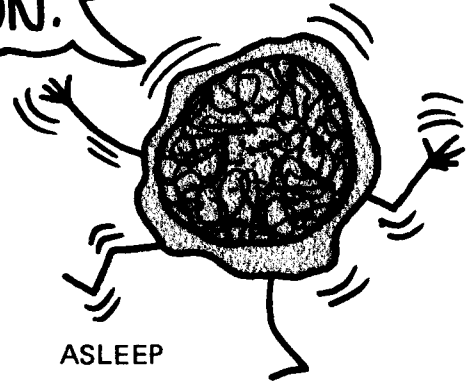
Where does your blood get the nutrients to carry to your cells?

MOSTLY  
FROM FOOD  
YOU EAT

A woman in her 20's or 30's whose body is completely developed would not have the added stress of her own body growth during pregnancy. Pregnancy puts \_\_\_\_\_ (more/less) stress on a teenager's body because her body is still developing.

MORE

I'VE GOT TO  
HAVE NUTRIENTS  
TO GET IT ON.



Every cell must work to keep you alive. Your cells work harder when you are awake than when you are as\_\_\_\_p.

ASLEEP

Cells in your body must work harder when you are very active than when you are sitting still. Cells need nutrients in order to work. When cells have to do more work, they need m\_\_\_\_\_ nutrients.

MORE

When cells have to work very hard for the body it is called **stress**.

GROWTH  
ACTIVITY

ILLNESS are three types of s\_\_\_\_\_ that happen to teenagers' bodies. The cells in YOUR body have to do more work when you are growing or active or sick.

STRESS

Growth, activity, and illness are types of stress your body might be under. When you are under stress, the cells in your body must work harder. So the cells need m\_\_\_\_\_ nutrients.

MORE

Making a baby includes growing. As the baby gets larger, your body has to work harder to carry the baby's weight. Two types of extra stress your body will be under while you are pregnant are:

g\_\_\_\_\_th

a\_\_\_\_\_ty

GROWTH  
ACTIVITY

Since pregnancy puts more stress on your body, you need \_\_\_\_\_  
(more/fewer) nutrients for the cells to do the extra work.

MORE

CHILDBIRTH is a s\_\_\_\_\_ on your body, too, because your body has to do lots of extra work.

STRESS

If you nurse your baby, your body must produce the milk. You need extra n\_\_\_\_\_ to do this.

NUTRIENTS

Your body's cells need extra nutrients to do the added work for:

ch\_\_\_\_\_th

n\_\_\_\_\_ing

CHILDBIRTH  
NURSING

Getting your strength back after childbirth will be easier for you if your body has enough n\_\_\_\_\_ for each cell to do its entire job.

NUTRIENTS

If your body has the nutrients that it needs from good food, it usually can react to s\_\_\_\_\_ without any problems.

STRESS

Will you have problems with the stresses of pregnancy if your body doesn't have enough nutrients?

IT'S QUITE POSSIBLE

Some problems in pregnancy happen because the body doesn't have enough nutrients to respond to the stress. Doctors have found that girls who eat foods with enough nutrients have fewer problems during pregnancy. What can you do to make your pregnancy easier?

EAT FOODS WITH ENOUGH NUTRIENTS

Doctors also found that girls who get enough nutrients all during their pregnancies had fewer problems in childbirth. What can you do to make childbirth easier for you?

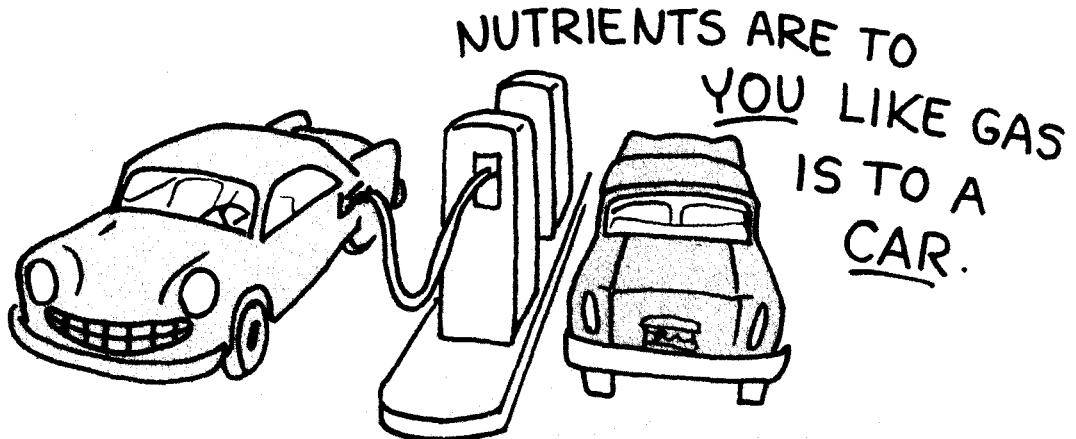
EAT FOODS WITH ENOUGH NUTRIENTS

Doctors also found that girls whose bodies had enough nutrients have better chances of producing enough milk to nurse their babies. If you want to nurse your baby, you should be sure to

EAT FOODS WITH ENOUGH NUTRIENTS

Name four advantages you will have during and after your pregnancy if your body gets enough nutrients: fewer problems during preg\_\_\_\_\_, easier ch\_\_\_\_\_, faster rec\_\_\_\_\_ from childbirth, and enough milk to n\_\_\_\_\_ your baby.

PREGNANCY  
CHILDBIRTH  
RECOVERY  
NURSE



Will eating foods with enough nutrients help you to make a healthier baby?

YES

By studying animals, scientists have found that the number of brain cells is related to intelligence. Animal mothers who got enough nutrients gave birth to babies with more brain cells. If you want your baby to have its best brain potential, you should be sure to get enough \_\_\_\_\_.

NUTRIENTS

If you eat foods with enough nutrients for all your body's cells to do their extra work, you will probably:

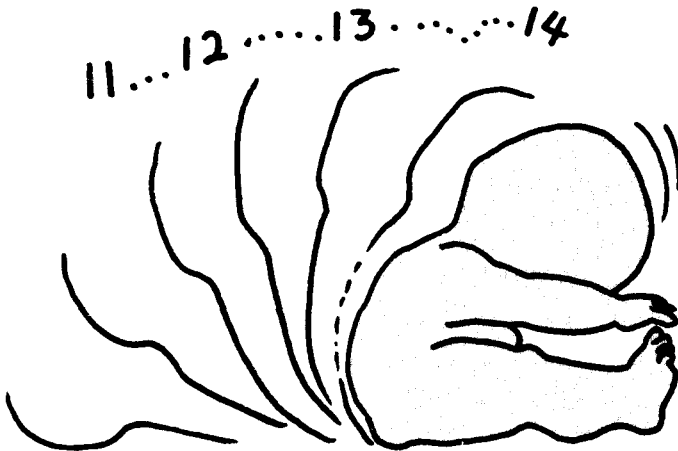
- have fewer problems during pregnancy
- have an easier childbirth and recover faster
- have a healthier baby
- have enough milk to nurse your baby

Would you say that eating foods with enough nutrients is worth it?

YOU DECIDE  
BUT MOST  
WOULD SAY  
IT IS  
WORTH IT

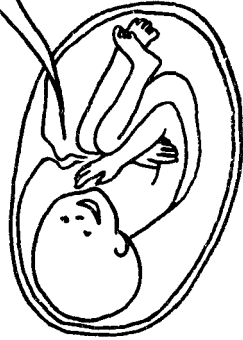
Doctors can tell if you might have problems during your pregnancy. They can help to prevent those problems. The \_\_\_\_\_ (sooner/later) you see a doctor the more help he can give you.

SOONER





WE BOTH HAVE  
TO LIVE OFF THE  
NUTRIENTS  
YOU EAT.



Sometimes infections you have when you get pregnant can cause brain damages or birth defects to your baby. If you see a doctor \_\_\_\_\_ (early/late) in your pregnancy, he can help cure these infections before they hurt your baby.

EARLY

When is the best time to start seeing a doctor about a pregnancy?

AS SOON AS  
YOU THINK  
YOU'RE  
PREGNANT

While a baby is still developing inside the mother, it is called a fetus. Until your baby is born it will be called a f\_\_\_\_\_.

FETUS

What is a fetus?

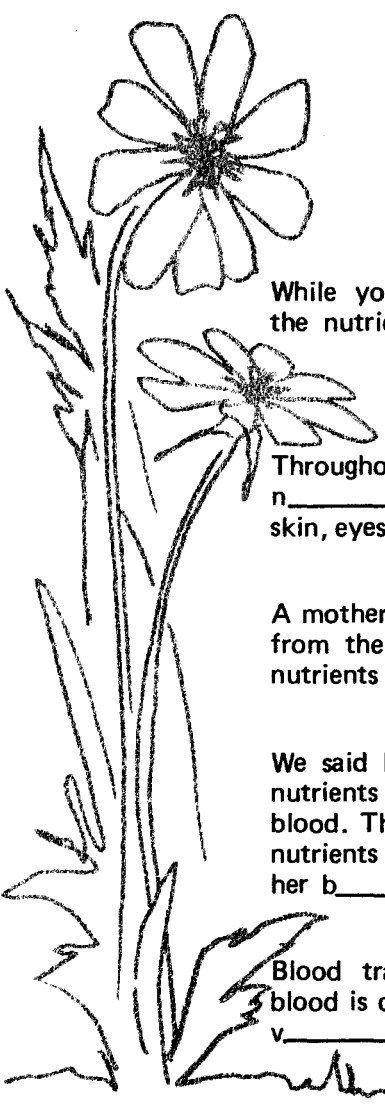
A BABY THAT  
IS STILL  
DEVELOPING

The cells in your baby are living even though it is still growing inside you. What two things does your baby need to live and grow?

OXYGEN  
NUTRIENTS

Two places a pregnant woman can get nutrients for herself are from her emergency nutrient stores and from the food she eats. What are two places a pregnant woman can get nutrients for her baby? Her e\_\_\_\_\_ n\_\_\_\_\_ s\_\_\_\_\_ and the food she e\_\_\_\_\_ s\_\_\_\_\_.

EMERGENCY  
NUTRIENT  
STORES  
EATS



While you are pregnant, where will your developing baby get the nutrients it needs?

YOUR  
EMERGENCY  
NUTRIENT STORES  
AND THE FOOD  
YOU EAT

Throughout the 9 months of development, your baby is using n\_\_\_\_\_ from the food you eat to build new cells for bones, skin, eyes, arms, legs, and all the other parts of its body.

NUTRIENTS

A mother and her developing baby get a small amount of nutrients from the mother's emergency nutrient stores. But most of the nutrients for your baby come from the f\_\_\_\_\_ you e\_\_\_\_\_.

FOOD  
YOU  
EAT

We said before that once food is digested into nutrients, these nutrients pass through tiny spaces from the intestines to the blood. The blood carries the nutrients to the cells. Blood carries nutrients to all the mother's cells. It also carries nutrients to her b\_\_\_\_\_s cells.

BABY'S

Blood travels through tiny tubes called blood vessels. When blood is carrying nutrients and oxygen, it travels through b\_\_\_\_\_ v\_\_\_\_\_.

BLOOD  
VESSELS

LIVING THINGS NEED NUTRIENTS & OXYGEN

The mother's blood is not the same as the baby's blood. The baby has a blood supply of its own. The mother's blood does not go into the b\_\_\_\_\_ and the baby's blood does not go into the m\_\_\_\_\_.

BABY  
MOTHER

The mother's blood vessels meet the baby's blood vessels. Tiny spaces in the sides of the blood vessels let n\_\_\_\_\_ and o\_\_\_\_\_ and other chemicals pass through. The spaces are too small to let blood cells pass through.

NUTRIENTS  
OXYGEN

This group of blood vessels where nutrients and oxygen pass between the mother and developing baby is called the **placenta**. The name of the group of blood vessels that transfers nutrients from the mother to the baby is the p\_\_\_\_\_.

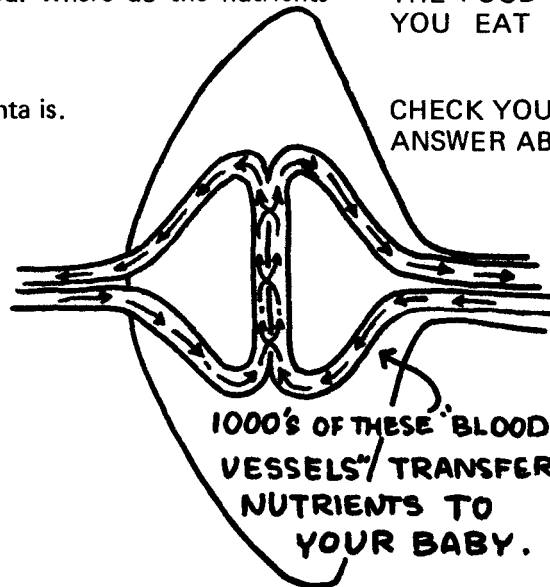
PLACENTA

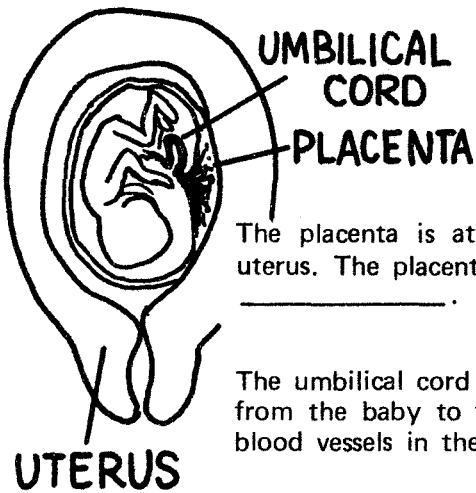
The placenta does not produce nutrients. It only transfers them from your blood to your fetus' blood. Where do the nutrients come from?

THE FOOD  
YOU EAT

In your own words, tell what the placenta is.

CHECK YOUR  
ANSWER ABOVE





The placenta is attached to the mother on the inside of the uterus. The placenta is attached to the developing baby by the \_\_\_\_\_.

UMBILICAL  
CORD

The umbilical cord is made of hundreds of blood vessels that go from the baby to the placenta. The baby's blood is carried by blood vessels in the \_\_\_\_\_ to the placenta.

UMBILICAL  
CORD

The umbilical cord connects the b\_\_\_\_\_ to the p\_\_\_\_\_. After the baby is born, it is cut off and becomes the baby's belly button.

BABY  
PLACENTA

In your own words, what does the umbilical cord do?

CHECK YOUR  
ANSWER  
ABOVE

It takes about 9 months for an egg that has been fertilized by a male sperm to grow into a baby ready to be born. How long does it take for a baby to develop enough to live on its own?

ABOUT  
9 MONTHS

Your baby is growing and developing all the time it is inside you. We know that it takes nutrients to develop. During which months of the 9 months of pregnancy does the baby depend on you for these nutrients?

ALL THE  
TIME

During the first 3 months of development, important organs like the heart, lungs, brain, eyes, etc. are formed. These organs are all made of cells. It takes lots of n\_\_\_\_\_ to form all these new cells.

NUTRIENTS

During the other months, the baby grows and looks more like a baby. The organs that were formed in the first 3 months develop so they can keep the baby alive after it is born. Can your baby make new cells for growing and developing without nutrients?

NO. CELLS CAN'T  
EVEN LIVE WITH-  
OUT OXYGEN  
AND NUTRIENTS

Only from you can your baby get the nutrients to build its new body. If the food you eat does not have enough n\_\_\_\_\_, your baby may not grow right. And after it is born, it may get sick more often.

NUTRIENTS

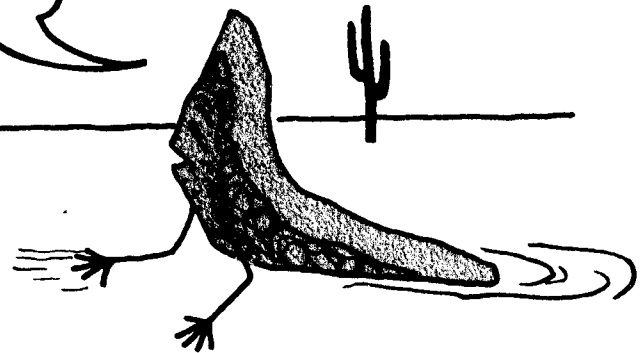
We said before that when your cells have enough nutrients to live, some extra nutrients can be stored up as e\_\_\_\_\_ n\_\_\_\_\_ s\_\_\_\_\_.

EMERGENCY  
NUTRIENT  
STORES

Your baby needs to build up body stores to help it through the first weeks of life while it learns to eat. Could your baby build up its own body stores if you did not eat foods with enough nutrients?

NO

AHHH! I CAN'T  
STAY ALIVE WITHOUT  
NUTRIENTS.



What can you do to help your baby build up the body stores it will need to make it through the big changes of living on its own?

**EAT FOODS  
WITH ENOUGH  
NUTRIENTS TO  
BUILD EMERGENCY  
NUTRIENT STORES**

If your baby has had all the nutrients it needs, it will develop into about a 6 to 8 pound healthy baby. An average healthy baby weighs from \_\_\_\_\_ to \_\_\_\_\_ pounds when it is born.

6 to 8

Babies that are smaller than 6 to 8 pounds may get sick more often and not be as healthy. How much will an average healthy baby usually weigh? About \_\_\_\_\_ to \_\_\_\_\_ pounds.

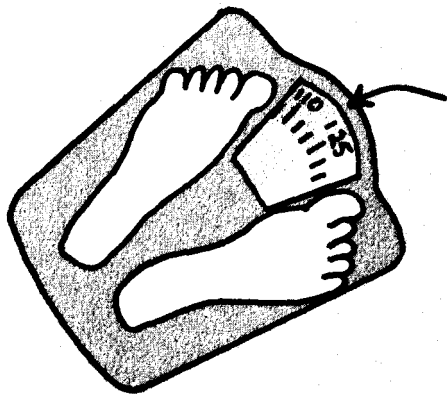
6 to 8

Your baby is inside you while it is growing to about 6 to 8 pounds. These 6 to 8 pounds are part of the weight you will gain while you are pregnant. This is called **temporary pregnancy gain**. The baby's 6 to 8 pounds are part of your t \_\_\_\_\_ p \_\_\_\_\_ g \_\_\_\_\_.

**TEMPORARY  
PREGNANCY  
GAIN**

Many changes happen in your body during pregnancy. Parts of your body grow and expand to make room for your developing baby. All the growing and expanding adds about 25 pounds to your weight. This is called t \_\_\_\_\_ p \_\_\_\_\_ g \_\_\_\_\_.

**TEMPORARY  
PREGNANCY  
GAIN**



**TEMPORARY  
PREGNANCY  
GAIN**

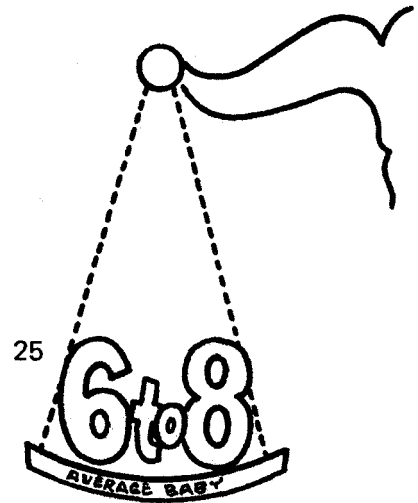
The weight you gain during pregnancy is usually lost soon after your baby is born. The average pregnancy gain is \_\_\_\_\_ pounds.

Some girls think that 25 pounds sounds like a lot, but for your health and your baby's health, it all has to be there. Your baby alone, if it is like average healthy babies, will weigh about \_\_\_\_\_ to \_\_\_\_\_ pounds.

The baby is attached to a group of blood vessels called the placenta. This group of blood vessels which transfers nutrients and oxygen to the fetus' blood weighs about 1½ pounds. An average healthy placenta weighs about \_\_\_\_\_ pounds.

If you do not gain enough weight during pregnancy to allow your placenta to grow to 1½ pounds, there may not be enough blood vessels to transfer the nutrients and oxygen your baby needs to grow healthy. To make a healthy baby your placenta should weigh about \_\_\_\_\_ pounds.

How much does an average placenta weigh?



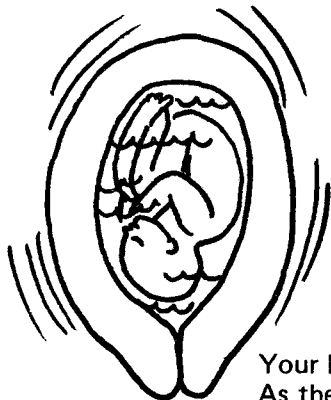
25

6 to 8

1½

1½

1½ POUNDS



Your baby grows inside your uterus (womb is another name for it). As the fetus grows, your uterus must grow to make room for it. In 9 months, your uterus will grow about 2 pounds. About \_\_\_\_\_ of your pregnancy gain is from your uterus.

2 POUNDS

Your uterus has to expand to make room for your baby as it grows. Your uterus will grow about \_\_\_\_ pounds.

2 POUNDS

As your baby grows inside your uterus, it is surrounded by a **bag of waters** which weighs about 2 pounds. This bag of waters protects the fetus from bumps or jolts. About \_\_\_\_ pounds of your pregnancy gain is from the bag of waters which protects the baby.

2 POUNDS

So far we've talked about some of the weight you need to gain during pregnancy—

|               |               |
|---------------|---------------|
| baby          | 6 to 8 pounds |
| uterus        | 2 pounds      |
| placenta      | 1½ pounds     |
| bag of waters | 2 pounds      |

TEMPORARY  
PREGNANCY  
GAIN

This is part of your t\_\_\_\_\_ p\_\_\_\_\_ g\_\_\_\_\_.

See if you can match these parts of your pregnancy gain with the parts that should weigh that much . . . baby \_\_\_\_\_ placenta \_\_\_\_\_ uterus \_\_\_\_\_ bag of waters \_\_\_\_\_.

1½, 2, 2, 6 to 8

6 to 8  
1½  
2  
2



Blood carries nutrients and oxygen from your body to the placenta where they are transferred to your baby's blood. The extra blood that is needed to carry these nutrients and oxygen weighs about 3 pounds. Your body has to make about \_\_\_\_\_ of extra blood to carry nutrients and oxygen.

3 POUNDS

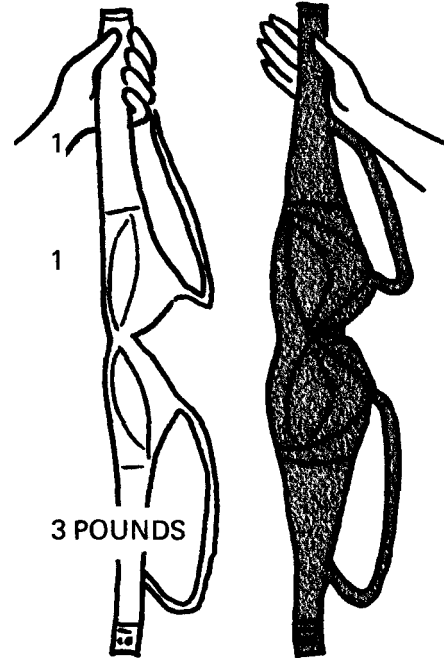
About how many pounds of extra blood does your body have to make to carry enough oxygen and nutrients to your baby so that it can grow right?

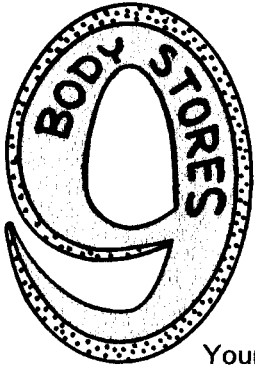
3 POUNDS

During pregnancy, your breasts will each get about  $\frac{1}{2}$  pound heavier. That's a total of 1 pound extra breast tissue. Whether you plan to nurse or not, your body naturally gets ready to make milk in case you do nurse. Your breasts will increase in size. They will also increase in weight about \_\_\_\_\_ pound total.

About \_\_\_\_\_ pound of your pregnancy gain is due to your breasts getting ready to make milk.

All of the cells in your body and your baby's body are filled with water and surrounded by water. If cells did not have water, they would dry up and not be able to do their jobs. Because your body is doing most of the work for your baby, your body's cells need about 3 pounds extra water to work in. About \_\_\_\_\_ pounds of extra fluids are needed by your body's cells to do the work for making a baby.





Your body needs about \_\_\_\_ pounds extra fluids to do the extra work of making a baby. These pounds are part of your total pregnancy gain.

3 POUNDS  
TEMPORARY  
PREGNANCY  
GAIN

We talked about emergency nutrient stores before and how they store extra nutrients that can be used during stress. During pregnancy, your body will need to make about 9 pounds of body stores to see you through the stress of pregnancy, childbirth, and recovery. About \_\_\_\_ pounds of your pregnancy gain are emergency nutrient stores.

9 POUNDS

Pregnancy, childbirth, and recovery are all stresses your body will have to go through. Your body needs about \_\_\_\_ pounds of emergency nutrient stores to help you make it through pregnancy and childbirth without problems.

9 POUNDS

Part of the body stores you build up will go to your baby. After your baby is born, the emergency nutrient stores will help provide some nutrients while it gets used to living on its own.

NUTRIENTS

A baby born with good emergency nutrient stores will probably be healthier and get sick less. Some of the \_\_\_\_ pounds of body stores which you build up during pregnancy will help your baby be healthier.

9 POUNDS

How much of your pregnancy gain is from body stores?

9 POUNDS

Choose the numbers which go with these different parts of the pregnancy gain:

|  |   |
|--|---|
| About ____ lbs. in emergency nutrient stores | 9 |
| About ____ lbs. in extra fluids              | 3 |
| About ____ lb. in your breasts               | 1 |
| About ____ lbs. in extra blood               | 3 |

1, 3, 3, 9.

Your body has to make these things in order for you to give birth to a healthy baby and be healthy yourself.

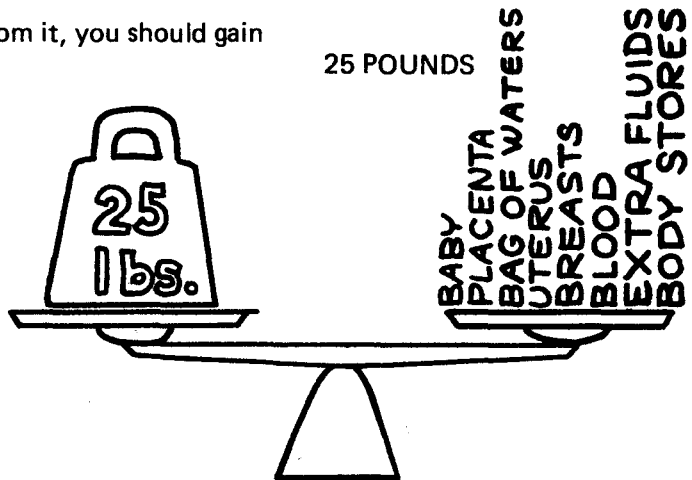
|                              |                                  |
|------------------------------|----------------------------------|
| a 6 to 8 lb. baby            | 1 lb. extra breast tissue        |
| a 1½ lb. placenta            | 3 lbs. extra blood               |
| 2 lbs. of water around fetus | 3 lbs. extra fluids in body      |
| 2 lbs. uterus                | 9 lbs. emergency nutrient stores |

The total you need to gain to make all these things for a healthy pregnancy is about \_\_\_\_ pounds.

25 POUNDS

To make a healthy baby and recover fast from it, you should gain about \_\_\_\_ pounds during your pregnancy.

25 POUNDS



UNIVERSITY OF MINNESOTA



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Extension Folder 271

**WHY NOT? STAY HEALTHY WHILE YOU'RE PREGNANT**

Part 1

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1972

AGRICULTURAL EXTENSION SERVICE

UNIVERSITY OF MINNESOTA

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