Yes You Can:
Eat Well, Look Good and Save Money

A Guide for Pregnant and Parenting Teens from the National Organization on Adolescent Pregnancy, Parenting and Prevention, Inc.

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You are special! You are a teenager, and you are about to have a baby—or maybe you already have. Either way it means you have some work to do. When you are pregnant, you are growing TWO bodies—yours and your baby's—and it is really important that you do the things that will keep you healthy and feeling great. • This little booklet helps explain why you need to eat well for you and your baby, and provides tips on how you can do it on a limited budget too! Plus, you'll give your baby a boost from the very beginning. • And, believe it or not, it is fun!
Now that you are eating for two it is important that you get all the essential vitamins and minerals you need to have a healthy baby. Also, not gaining enough weight or gaining too much weight can put you at risk for complications during your pregnancy. Take a few minutes to find how much you know about nutrition and pregnancy with this quiz you score yourself.

1. If I am a teen with a normal pre-pregnancy weight, approximately how much should I gain during my pregnancy?
   a) 25 - 35 lbs.
   b) 30 - 40 lbs.
   c) 10 - 25 lbs.
   d) 45 - 50 lbs.
   e) none of the above

2. Eating folic acid, a B-vitamin, before and during my pregnancy lowers my risk of having a baby with birth defects. What foods are high in folic acid?
   a) broccoli
   b) fortified orange juice
   c) spinach
   d) liver
   e) all of the above
3. Getting enough calcium is important for all pregnant women. Why is calcium especially important for pregnant teens?
   a) their bodies are still growing
   b) many teens have bad eating habits
   c) it sounds like a good thing to say
   d) a and b
   e) none of the above

4. Many teens are lactose intolerant—in other words, unable to digest calcium contained in dairy products. If I am lactose intolerant, what are some other foods I can eat that contain calcium?
   a) greens
   b) fortified soy milk products
   c) lactose-free dairy products
   d) broccoli
   e) all of the above

5. As long as I eat well, I don’t have to exercise during pregnancy.
   True  False

6. To cut down on my sugar intake and reduce my risk for gestational diabetes, I should stop or reduce my soda consumption.
   True  False

7. It is a good idea for me to eat whole grain breads and cereals to increase my dietary fiber intake.
   True  False

8. Now that I am pregnant it is OK to eat whatever I want because this is a special time for me.
   True  False

9. As a pregnant woman I am eating for two, so I need to eat twice as much.
   True  False

10. If I take a prenatal vitamin I don’t need to worry about what I eat.
    True  False

11. Drinking eight to ten glasses of water a day can prevent constipation.
    True  False

12. If I eat less, the baby will be smaller and the birth easier.
    True  False

13. Consuming alcohol or using drugs during pregnancy will increase my risk for the following outcomes:
    a) fetal alcohol syndrome
    b) low birth weight baby
    c) delivering before due date (pre term delivery)
    d) a only
    e) a, b, and c

14. Many pregnant women have anemia, or low levels of oxygen in the blood, due to inadequate intake of this:
    a) calcium
    b) vitamin A
    c) vitamin C
    d) iron
    e) vitamin D
Nutrition Needs of Pregnant Teens

In this table are important food groups you need to include in your diet. Healthy teenage girls consume 2,200 calories a day. Remember, though, when you are pregnant, you will need to add an extra 300 calories to that. (What you see in the table below are the **minimum**—the smallest amounts—for a healthy diet each day).

<table>
<thead>
<tr>
<th>Food group</th>
<th>Servings per day</th>
<th>Examples of 1 serving</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk &amp; High Calcium Foods</strong></td>
<td>4 to 5</td>
<td>1 cup milk or yogurt</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup fortified soy milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1½ oz. cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup calcium-fortified fruit juice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1½ oz. scoop of ice cream</td>
</tr>
<tr>
<td><strong>Protein Foods</strong></td>
<td>2 to 3</td>
<td>3 oz. cooked lean meat, fish or poultry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 eggs</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup of tofu</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2½ oz. soy burger (veggie burger)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup of cooked beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 tbsp. of peanut butter</td>
</tr>
<tr>
<td><strong>Breads and Grains</strong></td>
<td>6 or more</td>
<td>1 slice of bread</td>
</tr>
<tr>
<td>(whole grains are best)</td>
<td></td>
<td>1 small tortilla</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup of cooked oatmeal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ to 1 cup of cold cereal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup of cooked pasta</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup of cooked rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ small bagel</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 to 4 small OR 2 large crackers</td>
</tr>
<tr>
<td><strong>Fruits and Vegetables</strong></td>
<td>5 or more</td>
<td>1 cup of raw fruit or vegetables</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup of cooked vegetables</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 medium piece fresh fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup of green salad</td>
</tr>
<tr>
<td></td>
<td></td>
<td>¼ cup dried fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ cup of fruit juice</td>
</tr>
<tr>
<td><strong>Fats and Oils</strong></td>
<td>2 to 3</td>
<td>1 tsp of oil (olive or canola are the best)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 tsp of mayonnaise</td>
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<tr>
<td></td>
<td></td>
<td>6 almonds, 20 peanuts</td>
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<tr>
<td></td>
<td></td>
<td>1 tbsp of sunflower seeds</td>
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<tr>
<td></td>
<td></td>
<td>½ of avocado</td>
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</tbody>
</table>
**What Does Culture Have to Do With It?**

The way you dress, the music you listen to, the words you use, what you think is important, how you feel about religion, what you think is right or wrong—all of these things are part of what you learn because of the family you belong to and the community you live in—your culture. That’s true, too, about what you eat. Unfortunately, not all families understand how food affects your health, and so children can grow up eating foods that help cause diseases like hypertension (high blood pressure), diabetes, and obesity. With the right information, you can make sure that does not happen. Here are some ways to eat that will help you look good, feel good, and live longer. (Good things to teach your baby, too)!

### Instead of...  
### Try...

<table>
<thead>
<tr>
<th>Instead of...</th>
<th>Try...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Using lard, coconut or vegetable oils</td>
<td>Olive or canola oils—they contain less of the bad fats (trans fats and saturated fats) OR Fat-free oil sprays like PAM</td>
</tr>
<tr>
<td>Frying your foods</td>
<td>Baking or grilling what you eat</td>
</tr>
<tr>
<td>Pork or red meat</td>
<td>Fish, skinless poultry (turkey bacon, ground chicken/turkey, turkey pepperoni, etc.)</td>
</tr>
<tr>
<td>Canned fruits and vegetables</td>
<td>Fresh fruits and vegetables—more vitamins and minerals</td>
</tr>
<tr>
<td>Soda or juice drinks</td>
<td>100% juice, or even better, water!</td>
</tr>
<tr>
<td>Refried beans</td>
<td>Whole beans</td>
</tr>
<tr>
<td>White bread</td>
<td>Whole grain or wheat bread</td>
</tr>
<tr>
<td>White rice</td>
<td>Brown rice</td>
</tr>
<tr>
<td>French fries</td>
<td>Baked potato</td>
</tr>
<tr>
<td>White flour tortillas</td>
<td>Whole wheat or corn tortillas</td>
</tr>
</tbody>
</table>
Staying Well, Looking Great

From the movies, television, magazines—almost everywhere—those of us who live in the United States learn that to be beautiful you need to be thin. Because of this, teenage girls sometimes feel a lot of pressure to try to make sure they lose weight. The only way they know how to do this is to eat in ways that can be very dangerous. Especially when you are pregnant, it is important to make sure you take care of yourself.

Is it OK to diet while I’m pregnant?

No. Eating disorders and dieting during pregnancy can cause unnecessary complications. When you are pregnant, your baby takes nourishment from you. You need to eat healthy foods to make sure you don’t have a miscarriage or suffer from chronic fatigue. If you eat well, you will have a much better chance of carrying your baby to full-term, having a baby who weighs a healthy amount, and delivering your baby naturally, thereby avoiding a caesarean section (c-section).

Did you know that pregnancy may intensify the feelings that go along with eating disorders—such as depression, guilt and a feeling of being out of control? Check below to see if any of the descriptions fit you. If so, it is important that you follow your health care provider’s instructions to increase your chances of a healthy pregnancy and baby. Remember weight gain of 25-35 lbs is normal during pregnancy. If you struggle with weight gain issues, you should talk to your health care provider about your concerns.

What are eating disorders?

**Binge eating** means eating lots of food in a short period of time, usually when alone. Then, because they can’t stop even when they’re full, many binge eaters feel out of control, depressed, guilty, or even disgusted with themselves.

**Anorexia nervosa** is the technical term for starving yourself. People with this disorder eat very, very little even if they are already thin. They are deeply afraid of gaining weight.

**Bulimia nervosa** is a sickness that begins with binge eating, but people who suffer from this disorder try to make sure the food they eat does not cause them to gain weight. They may force themselves to vomit, or take laxatives or water pills. Just like people with anorexia nervosa, they may be thin or of normal weight, but they fear being fat.

**Excessive exercising** is one of the ways people with anorexia or bulimia try to control their weight. They exercise for long periods of time as a way to burn calories in the food they have eaten.
Healthy Baby, Happy Baby

What your baby eats is very important. Babies who eat the right things not only stay healthier now, but also learn healthy eating habits so that when they are adults they are less likely to have diseases like diabetes, high blood pressure, anemia, and some cancers. And, they are much less likely to gain too much weight.

What to Feed Your Baby

**0-3 months**

Breast milk. It is best to nurse the baby and offer no other food for the first six months. Begin with 8-12 feedings each day.

If for some reason you cannot breast feed, use infant formula fortified with iron.

**Servings:**

- 0-2 months: 5-8 bottles (2-6 oz.)
- 3-4 months: 4-7 bottles (5-8 oz.)

**Tips:**

- Hold your baby and the bottle. If you prop the bottle, your baby may choke.
- Don’t use the microwave to heat the bottles.
- Don’t force your baby to finish the bottle.

**4-6 months**

Breast milk (4-6 feedings per day)

If you’re breastfeeding, you may now begin to add infant formula. 4-6 bottles per day (6-8 oz.)

You also can give the baby infant cereal fortified with iron. It is best to mix the cereal with breast milk, but you may also use infant formula, or water. Begin with rice cereal first.

2 servings per day (1-2 tbsp)

**Tips:**

- Feed only one new cereal per week.
- Don’t add salt or sugar to the cereal.
- Don’t put the cereal in a bottle—spoon feed.

**6-8 months**

Breast milk (3-5 feedings/day)

Infant cereal—add other varieties (oatmeal, plain, etc.)

2 servings/day (2-4 tbsp)

Water

Solid foods—jarred, strained or mashed:

- crackers (2 crackers)
- vegetables (2-3 tbsp)
- fruits (2-3 tbsp)

**Tips:**

- Give your baby vegetables before fruits.
- Try only one new fruit or vegetable each week.
- Use strained vegetables and fruit first. Add mashed or cooked vegetables and fruits later.
- Give fruit juice in a cup. The bottle is for breast milk and infant formula only.
**8-10 months**

- Breast milk *(3-4 feedings/day)*
- Infant cereal *(3-4 servings/day)*
- Soft breads *(2-3 servings, 1/2 slice per serving)*
- Vegetables—cooked and mashed *(2-3 servings, 3-4 tbsp/serving)*
- Soft fresh fruits such as bananas, pears, or peaches. Be sure to peel all fruits. Canned fruits should be in water or fruit juice, not syrup. *(2-3 servings, 3-4 tbsp/serving)*
- Cooked beans, meats/poultry/fish, eggs—bite size pieces *(3-4 tbsp, twice daily)*
- Soft cheese *(1/2 oz)*

**Tips:**
- Feed only one new meat a week.
- Wait until your baby's 1st birthday to feed him or her egg whites. Egg yolks are OK sooner, but some babies are allergic to egg whites.
- Always taste heated foods before serving them to your baby to make sure they are not too hot.

**10-12 months**

- Same as 8-10 months, plus you can add unsweetened dry cereals
- Fruits—try adding more soft fruits such as melons, pineapples, peaches, and pears
- Rice and noodles

**1 year and beyond**

- Whole cow’s milk can now be added
- Offer 3 meals a day plus snacks

**Fruit Juice, Soda and Water**

While your baby may like the taste of these, they have no nutritional value and should not be given to infants and toddlers.

**You’ve decided to breastfeed your baby - Good For You!**

Your baby does not need extra formula in addition to the milk he/she takes from your breast. Your body makes the right amount of milk for your baby. When you give your baby formula your body gets confused and thinks the baby doesn’t need as much milk. It is best not to supplement your baby’s feedings with formula for at least the first three to four weeks your baby is breast feeding.
How Breastfeeding Helps You and Your Baby

1) Healthy Baby
   Your immunity to infections is passed on to your baby through breast milk. That means breastfed babies get fewer illnesses and allergies than non-breastfed babies.

2) Emotional Bonding
   Breastfeeding helps nurture the new relationship between you and your baby, and it makes your baby feel secure and loved. At the same time, hormones released during breastfeeding relax you, and help you and your baby enjoy each other even more.

3) Saves Money
   Since you do not have to buy bottles and formula, you save money.

4) Convenience
   With no bottles to prepare or warm-up, you have more time to be with your baby and do other things you enjoy.

5) Easy to Digest
   Breast milk is human milk. Because it's natural, a baby has no trouble digesting it and is less likely to have an upset stomach. What's more, babies who consume breast milk do not have smelly diapers.

6) Weight Loss
   When you breastfeed, you burn between 200 and 500 calories a day, about what you'd burn walking briskly on a treadmill for an hour. Because of this, breastfeeding mothers tend to get back to their pre-pregnancy weight much faster than non-breastfeeding moms. Also, hormones released during breastfeeding help your uterus return to its normal size, which means your stomach gets flatter faster.

7) Introduce New Foods
   Breastfeeding is a great way to introduce your baby to new foods. Many food flavors are passed through the breast milk, so take advantage of eating a lot of fresh fruits and vegetables. This will make it easier to introduce them when your baby is ready for table foods.

* Breastfeeding is recommended for infants for the first six months. If for some reason you cannot breastfeed, you can feed your baby iron-fortified infant formula. Discuss with your health care provider what infant formula is right for your baby.

Breast milk safety

If you want to store extra breast milk...
   • Store breast milk in sterilized bottles in the refrigerator or a freezer.
   • Label each container with the name of the child, date and time milk was pumped.
   • Refrigerate promptly and use within 3 days, OR
     Freeze and use within 3-4 months.
   • Do not add warm breast milk to frozen breast milk.
   • Warm milk by holding the bottle or frozen bag of milk under cool water and then warm water for a few minutes. Never place a bottle or bag of breast milk in the microwave, or directly on the stove top.
   • Once frozen milk is thawed, it can be refrigerated for up to 24 hours, but not re-frozen.
   • If stored at room temperature (66-72 degrees F), breast milk must be used within 8 hours.
See How Right You Are
(Answers to Nutrition Quiz on page 2)

1. A  If you have a normal pre-pregnancy weight, you should gain 25-35 lbs. If you were underweight before pregnancy, you should gain 28-40 lbs. If you were overweight before pregnancy, you are better off gaining 15 to 20 lbs.

2. E  Leafy green vegetables (broccoli, spinach, greens, etc.), fortified orange juice, and liver are all good sources of folic acid. While you’re pregnant, it’s good for you to eat 600 micrograms of folic acid daily, and also eat foods that contain folate.

3. D  During your teens your bones are still growing. To make sure you get the calcium you need—and lots of teens don’t—make sure the foods and drinks you have offer at least 1,000 mg of calcium every day.

4. E  Greens, fortified soy milk products, lactose-free dairy products, and broccoli are all foods that provide calcium without lactose.

5. False  Staying active will help you have a healthy pregnancy and labor.

6. True  While you’re pregnant try to drink water or 100% fruit juice instead of soda, so you don’t have the extra sugar and caffeine.

7. True  Lots of times, constipation is a problem when you’re pregnant. Eating foods high in fiber is a great way to make sure that it doesn’t become a problem for you.

8. False  Sorry, not if it’s the kind of food that is high in sugar or salt. Lots of junk foods are especially likely to be unhealthy.

9. False  Although you do need extra nutrients when you’re pregnant, you only need to add 300 calories per day. That is why it is important to choose foods that are high in nutrients and low in calories.

10. False  Prenatal vitamins add to the nutrients you already get from your diet.

11. True  Drinking enough liquids and exercise both help prevent constipation.

12. False  Yes, the baby may be smaller, but he/she will be at an increased risk for health problems.

13. E  Consuming alcohol during pregnancy increases your risk for a low birth weight baby and delivery before the due date. This can also put your baby at risk for fetal alcohol syndrome, which can mean your baby may suffer from both physical and mental disorders if you drink during pregnancy. No amount of alcohol is safe for you during your pregnancy.

14. E  When you don’t get enough iron, you can end up without enough oxygen in your blood—or, in other words, be anemic. If you feel really tired or dizzy, have a headache or have trouble staying warm, you may be anemic. To make sure that doesn’t happen, be sure you get 30mg of iron each day.

Prenatal Vitamins—what are they and do I need to take them?

You might have heard of prenatal vitamins—pills you take that contain vitamins you might not get enough of in your normal diet (like folic acid and iron). Taking these vitamins is a good idea, but remember, too, that you want to make sure you’re not getting too much Vitamin A. You and your baby need no more than 10,000 IU of vitamin A a day. Also, prenatal vitamins won’t give you as much calcium as you need, so make sure you get that from other sources. Your health care provider can help you find which prenatal vitamins are best. Taking them is good for you and your baby, not only while you’re pregnant, but also when you breastfeed.
Here’s How to Save Money When You Buy Food

How to Shop

• Before you go to the store, **plan your meals for a whole week**. That way, you save both time and money.

• Make a game of finding **coupons** for the foods you buy. You’ll be amazed how many you can find—in the Sunday newspaper, in the mail, and online if you have a computer. And you can plan your meals to use the coupons, too.

• After you’ve finished your plan, **make a list of what you need** to buy. That’s the best way to make sure you get everything you need—and it helps you remember not to buy something just because it looks good.

• The **best time to shop is right after you eat**. When you are hungry your body craves sugar, and that could make you buy unhealthy foods and more than you need. Eat first, then shop!

• **Shop at supermarkets**, not at convenience stores, even if they’re closer to where you live. They’re called convenience stores because they’re close-by, but you pay lots more.

• When you get your grocery cart, also **pick up the newspaper your store publishes telling you which foods are on sale**. Even if those foods are not on your list, it may be a good idea to buy them. Then, when you do your menu for the next week you can find a way to include those foods in what you eat. More money saved!

• If you can, **shop by yourself**. When you shop with friends or your family members, you will be tempted to spend more money.

• **Buy things one at a time**. For example, if you eat cereal for breakfast, get just one kind, not three different ones. If you or your family like several different kinds, you can alternate, but just buy one kind at a time.

• Take a calculator with you to see how much you’re spending—and saving.

What to Buy and What to Eat

• **Eating out is fun, but it also can cost lots of money.** Try to eat out only one or two times a week. You may save enough money to buy yourself something special.

• **Buy smart!** Most of the time, the food the store sells with its own name on the label will be cheaper than the brands you see advertised on television. If it tastes the same—why pay higher prices?

• **When you look for snack foods choose fruits and veggies**—good for you and great for your pocketbook. Candy costs a lot.

• **Two times a week—more if you can—leave meat out of what you eat for dinner.** You’re pregnant and you need protein, but you can get it from beans or cheese, too. You’ll be surprised by how much money you save.
Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 1 cup (228g)</th>
<th>Servings Per Container 2</th>
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</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories 260</td>
<td>Calories from Fat 120</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat 13g</td>
<td>20%</td>
</tr>
<tr>
<td>Saturated Fat 5g</td>
<td>25%</td>
</tr>
<tr>
<td>Trans Fat 2g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium 660mg</td>
<td>28%</td>
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<tr>
<td>Total Carbohydrate 31g</td>
<td>10%</td>
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<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars 5g</td>
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<tr>
<td>Protein 5g</td>
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</table>

<table>
<thead>
<tr>
<th>Vitamin A 4%</th>
<th>Vitamin C 2%</th>
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</thead>
<tbody>
<tr>
<td>Calcium 15%</td>
<td>Iron 4%</td>
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</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

<table>
<thead>
<tr>
<th>Calories:</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
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</tr>
<tr>
<td>Total Carbohydrate</td>
<td>375g</td>
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<tr>
<td>Dietary Fiber</td>
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<td>Calories per gram:</td>
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<tr>
<td>Fat</td>
<td>9 *</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>4 *</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>4 *</td>
<td></td>
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</tbody>
</table>

1 Serving Size
Start here when you look at a nutrition label. Serving sizes are based on the amount of food people eat, such as cups or pieces, followed by the metric amount. Pay attention to how many serving sizes are in the package and how much you actually eat. The nutrient information listed on the label is based on one serving size. In this example one serving is one cup. If you eat the entire package, you will be eating two servings.

2 Calories and Calories from Fat
Calories tell you how much energy you get from one serving of this food and how many of these calories come from fat. In this example 260 calories are in one serving and 120 calories are from fat. That means if you eat the entire box, or two servings, your calorie intake doubles—to 520 calories—and 240 of those calories come from fat. (Eating too many calories is linked to being overweight and obesity.)

3 Percent Daily Value (%DV)
%DV tells you whether the nutrients in a serving of food contribute a lot or a little to your daily food intake. %DV is based on eating 2,000 calories a day. The general rule is that if %DV is 5 or less, the food is low in that nutrient, and if %DV is 20% or more, the food is high in that nutrient.

4 Limit These: Total Fat, Cholesterol, and Sodium
Most people get enough or even too much of these nutrients. Try to limit how much of these nutrients—in particular, saturated fat, trans fat, and cholesterol—you get. Also, try to stay away from foods that contain more than 140mg of sodium. Making sure you don’t get too much of these nutrients helps you steer clear of cancer, heart disease, or high blood pressure.

5 Energy and Protein
This section shows you the amount of carbohydrates—dietary fiber and sugars—and protein a food contains. Carbohydrates, found primarily in grains, fruits, and vegetables, are the body’s main source of energy. Dietary fiber helps you digest your food and keep your cholesterol levels in check. Protein is what your body uses to build lean body tissue mass. Information in this section is especially important for people with diabetes or who need to eat fewer carbohydrates.

6 Increase These: Vitamins A, B, C; Calcium, Iron, and Dietary Fiber
People do not get enough of these nutrients in their diets. Look for foods that contribute more than 30% of %DV for these vitamins and minerals. It’s a good way to improve your health and help reduce the risk of some diseases and illnesses.

Footnote

7 Recommendations
This section tells you how much of each nutrient you should eat every day based on the total calories you eat—2,000 or 2,500 daily. For example, if you eat 2,000 calories a day, it is a good idea to eat no more than 65 grams of fat. If you eat 2,500 calories a day, try to stay with fewer than 80 grams of fat.
Eating Out vs. Cooking

How much money can I save on dinner?

Eating Out...

Receipt from local pizza place:
- Large pepperoni pizza $13.99
- Pepsi 2 Liter $1.99
- Salad $5.99
- Subtotal $21.97
- Tax $2.19
- Total $24.16

Serves: 4 people

Now let’s see how much you would save if you make your own dinner...

Receipt from local supermarket:
- Pizza Crust $2.99
- Tomato sauce $0.33
- Pepperoni $2.69
- Cheese $2.49
- Pepsi 2 Liter $0.99
- Bag of Salad $2.99
- Subtotal $12.48
- Tax $0.00
- Total $12.48

Serves: 6 people

Eating Out: $24.16
Cooking: – 12.48

Total Savings: $11.64

You save almost $12 and feed 2 more people if you make your own pizza instead of ordering from a local pizza place.
Spaghetti with Turkey Meat Sauce

**Ingredients:**
- Nonstick cooking spray, as needed
- 1 lb. ground turkey
- 1 can (28 oz.) tomatoes, diced
- 1 cup of finely chopped green pepper
- 1 cup of finely chopped onion
- 2 cloves of garlic, minced
- 1 teaspoon of dried oregano, crushed
- 1 teaspoon of black pepper
- 1 lb. spaghetti, cooked

**Directions:**
1. Spray a large skillet with nonstick spray coating. Preheat over high heat.
2. Add turkey; cook, stirring occasionally, for 5 minutes. Drain and discard fat if there is any.
3. Stir in tomatoes with their juice, green pepper, onion, garlic, oregano, and black pepper. Bring to a boil; reduce heat. Simmer covered for 15 minutes, stirring occasionally. Remove cover; simmer for 15 minutes more. (To make your sauce creamier, give it a whirl in your blender or food processor.)
5. Serve sauce over spaghetti.

**Serves 6**

Spanish Omelet

**Ingredients:**
- 2 baked potatoes, diced
- 2 cups fat-free egg substitute
- 1 large tomato, seeded and diced
- 2 Tbsp. minced fresh parsley
- 2 cloves garlic, minced
- 1 tsp. olive oil
- 1 large onion, minced
- 2 tsp. margarine

**Directions:**
1. In a large non-stick frying pan over medium heat, cook the potatoes, onions, tomatoes, parsley and garlic in the oil until most of liquid has evaporated from the tomatoes.
2. Transfer to a large bowl and stir in eggs.
3. Wipe out the frying pan then place it over medium-high heat and let stand for about 2 minutes.
4. Add 1 tsp. margarine and swirl the pan to distribute.
5. Add half of the egg mixture; lift and rotate pan so that the eggs are evenly distributed.
6. As the eggs set around the edges, lift them to allow uncooked portions to flow underneath.
7. Turn the heat to low, cover the pan and cook until the top is set.
8. Invert onto a serving plate.
9. Cut into wedges.
10. Repeat with the remaining 1 tsp. margarine and egg mixture.

**Serves 4**
**Pupusas Revueltas**

**Ingredients:**
1 pound ground chicken breast  
1 tablespoon vegetable oil  
½ pound low fat mozzarella cheese, grated  
½ small onion, finely diced  
1 clove garlic, minced  
1 medium green pepper, seeded and minced  
1 small tomato, finely chopped  
½ teaspoon salt  
5 cups instant corn flour (masa harina)  
6 cups water

**Directions:**
1. In a nonstick skillet over low heat, sauté chicken in oil until chicken turns white. Constantly stir the chicken to keep it from sticking.
2. Add onion, garlic, green pepper, and tomato. Cook until chicken mixture is cooked through. Remove skillet from stove and let mixture cool in the refrigerator.
3. While the chicken mixture is cooling, place the flour in a large mixing bowl and stir in enough water to make a stiff tortilla-like dough.
4. When the chicken mixture has cooled, mix in the cheese.
5. Divide the dough into 24 portions. With your hands, roll the dough into balls and flatten each ball into a 1/2-inch thick circle. Put a spoonful of the chicken mixture in the middle of each circle of dough and bring the edges to the center. Flatten the ball of dough again until it is 1/2-inch thick.
6. In a very hot, iron skillet, cook the pupusas on each side until golden brown. Serve hot.

*Serves 12*

**Easy Chicken Nuggets**

**Ingredients:**
4 cups whole grain total or total corn flakes  
1 lb. boneless, skinless chicken breasts, cut into 1-inch pieces  
½ cup Italian dressing, honey mustard or pepper sauce

**Directions:**
2. Crush cereal and put in bowl. Dip chicken pieces into dressing; then roll in cereal until well coated.
3. Place chicken pieces in pan. Bake about 10 minutes or until no longer pink in center.

*Serves 4*
Resources:

1. **March of Dimes** [www.modimes.org](http://www.modimes.org)
   March of Dimes researchers, volunteers, educators, outreach workers and advocates work together to give all babies a fighting chance against threats to their health: prematurity, birth defects, low birth weight.

   The Special Supplemental Nutrition Program for Women, Infants, and Children—better known as the WIC Program—serves to safeguard the health of low-income women, infants, & children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

   FNS is a federal agency of the U.S. Department of Agriculture, responsible for administering the food and nutrition programs and resources at the national and regional levels.

4. **4 Girls Health** [www.4girls.gov](http://www.4girls.gov)
   A resource for girls on topics including nutrition and fitness.

5. **Centers for Disease Control and Prevention** [www.cdc.gov/nccdphp/dnpa](http://www.cdc.gov/nccdphp/dnpa)
   CDC’s Division of Nutrition and Physical Activity (DNPA) takes a public health approach to address the role of nutrition and physical activity in improving the public’s health and preventing and controlling chronic diseases. The scope of DNPA activities includes epidemiological and behavioral research, surveillance, training and education, intervention development, health promotion and leadership, policy and environmental change, communication and social marketing, and partnership development.

6. **American Dietetic Association** [www.eatright.org](http://www.eatright.org)
   With nearly 70,000 members, the American Dietetic Association is the nation’s largest organization of food and nutrition professionals. ADA serves the public by promoting optimal nutrition, health and well-being.

7. **General Mills—Bell Institute of Health and Nutrition** [www.generalmills.com](http://www.generalmills.com)
   Through the Bell Institute of Health and Nutrition, General Mills scientists contribute to food science and public health by conducting, publishing and disseminating research on current topics and issues.

8. **Storknet** [www.storknet.com](http://www.storknet.com)
   Provides a pregnancy and parenting community online.

9. **Nestle Foods** [www.verybestbaby.com](http://www.verybestbaby.com)
   This site provides information on pregnancy and infant nutrition.

10. **Ohio State University (OSU)** [http://ohioline.osu.edu](http://ohioline.osu.edu)
    OSU produces the “Teen Pregnancy and a Healthy Lifestyle” Fact Sheet.


12. **Capital Area Food Banks** [www.capitalareafoodbank.org](http://www.capitalareafoodbank.org)
    The Capital Area Food Bank is the largest public, non-profit food and nutrition education resource in the DC Metro Area. Through our network of more than 750 member feeding programs, each year we distribute millions of pounds of food to the community and educate thousands of local residents on hunger, poverty and nutrition issues.

13. **Giant Foods** [www.yourbabytoday.com](http://www.yourbabytoday.com)
    Information on healthy pregnancy and parenting.

14. **Baby Center** [www.babycenter.com/baby](http://www.babycenter.com/baby)
    Comprehensive online resource providing information for new and expectant mothers.