



**Trainee Edition**

Arizona WIC Training

# **Prenatal Nutrition Guidebook**



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

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## What Will You Learn?

This course will help you understand the importance of a healthy diet during pregnancy, and be able to provide recommendations to pregnant WIC participants.

After completing the Prenatal Nutrition LMS course, you will be able to:

- Describe recommendations for physical activity during pregnancy
- Provide recommendations for smoking, drinking alcohol, and consuming illegal drugs during pregnancy
- Describe how folate, iron, and water can impact a woman's health during pregnancy
- Understand how to prevent potential nutrition-related concerns during pregnancy, including listeriosis, mercury poisoning and supplement toxicity
- Provide recommendations for potential medical risks during pregnancy, such as diabetes, pica, preeclampsia, gum disease, toxoplasmosis, lead poisoning, and depression
- Describe procedures for handling domestic violence situations

## Items Needed for This Course

- Pen or pencil
- Access to the Prenatal Nutrition LMS course

## Recommended Time

- Approximate time it takes to complete the Prenatal Nutrition LMS course: 2-3 hours
- Approximate time it takes to complete this Prenatal Nutrition Guidebook and discussion with your trainer: 1-2 hours

## Things to Remember

- This guidebook is yours to keep.
- You are encouraged to take notes, highlight, and write in this guidebook.
- As your trainer chooses, you may work in a group or as an individual.
- You are encouraged to ask your trainer(s) for help, ask questions about the information in the course, or ask any questions about additional topics related to Prenatal Nutrition training.

## Prenatal Nutrition Course Instructions

- Log onto <https://www.train.org/arizona/welcome>
- Open and complete the Prenatal Nutrition LMS course module and the corresponding Prenatal Nutrition Activities in this guidebook.
- At your trainer's discretion, complete the Prenatal Nutrition LMS course and guidebook, either individually, with other trainees, or with your trainer.
- Complete the Prenatal Nutrition Post-Test.
- Meet with your trainer at their discretion to discuss each module of the Prenatal Nutrition LMS course and the associated activities in this guidebook, either after each module, or after all modules have been completed.



## Module 2: Healthy Eating and Supplements

### MODULE 2 COMPETENCIES:

1. Trainees will be able to provide recommendations regarding the safe consumption of prenatal vitamins.
2. Trainees will understand the importance of consuming folic acid before and during pregnancy.
3. Trainees will be familiar with recommendations to prevent/treat iron-deficiency anemia.
4. Trainees will be familiar with the increased nutrient requirements for pregnant teenagers.

### Module 2: Activity

1. A pregnant WIC participant tells you that in addition to her regular prenatal vitamin, she has been taking 3000 micrograms of vitamin A and 100 micrograms of vitamin D each day. She asks for your recommendation on her supplement intake. How would you respond?
  
  
  
  
  
  
  
  
  
  
2. Why is it important for women to take a folic acid-containing supplement both before and during pregnancy?
  
  
  
  
  
  
  
  
  
  
3. What are the key recommendations to preventing / treating iron deficiency anemia?

4. What are the 4 nutrients that pregnant teenagers require higher amounts of compared to pregnant women?

Nutrient 1:

Nutrient 2:

Nutrient 3:

Nutrient 4:

## **Module 3: Weight Gain, Food Safety, and Fluid Needs**

### MODULE 3 COMPETENCIES:

1. Trainees will be familiar with the health risks associated with pregnancies with multiple babies.
2. Trainees will be familiar with weight gain recommendations for women during pregnancy, including women expecting more than one child.
3. Trainees will be familiar with food safety precautions that women should take to prevent listeriosis.
4. Trainees will be familiar with types of fish that are high in mercury in order to provide recommendations to pregnant women to avoid mercury poisoning.

### **Module 3: Activity**

1. List some of the increased health risks for women expecting multiples?
  
  
  
  
  
  
  
  
  
  
2. A pregnant WIC participant who is expecting triplets asks you for your recommendation on how much weight she should gain during her pregnancy. How would you respond?
  
  
  
  
  
  
  
  
  
  
3. A pregnant WIC participant tells you that she heard that there are some foods that she's not supposed to eat during her pregnancy so that she doesn't get listeriosis and asks you for your recommendation. How would you respond?



4. Label each type of fish as a best choice, good choice, or choice to avoid based on their mercury content.

|  |  |
|--|--|
| <input type="checkbox"/> Tilefish      | <input type="checkbox"/> Albacore Tuna |
| <input type="checkbox"/> Catfish       | <input type="checkbox"/> Shark         |
| <input type="checkbox"/> Mahi Mahi     | <input type="checkbox"/> Sardines      |
| <input type="checkbox"/> Cod           | <input type="checkbox"/> Halibut       |
| <input type="checkbox"/> King Mackerel | <input type="checkbox"/> Shrimp        |
| <input type="checkbox"/> Salmon        | <input type="checkbox"/> Swordfish     |

- A. Best Choice  
B. Good Choice  
C. Choice to Avoid

## Module 4: Harmful Substances

### MODULE 4 COMPETENCIES:

1. Trainees will be familiar with caffeine recommendations for pregnancy.
2. Trainees will be familiar with making recommendations to smoking cessation resources.
3. Trainees will be familiar with making recommendations for illegal drug cessation resources.
4. Trainees will be familiar with making recommendations to participants that discuss the intake of medications and herbal supplements.

## Module 4: Activity

1. Look at the following examples of caffeine intake of 2 different pregnant women and determine if each woman is exceeding the 200 milligrams (mg)/day recommendation? If consuming more than 200 mg, what recommendation(s) would you offer to reduce caffeine consumption.

### Woman #1

1 cup of coffee (95 mg)  
2 cups of tea (26 mg each)  
1 can of cola soda (39 mg)

### Woman #2

2 cups of coffee (95 mg each)  
1 can of orange soda (19 mg)

Woman 1:

Woman 2:

2. A pregnant WIC participant tells you that she's smoking while pregnant, and would like to quit but isn't sure what the best method is. How would you respond?

3. A pregnant WIC participant tells you that she's been using an illegal drug during pregnancy and would like to quit, but isn't sure what the best method is. How would you respond?

4. A pregnant WIC participant tells you that she's been taking a few herbal supplements, including juniper and sage, during her pregnancy but hasn't mentioned that to her health care provider. She asks if you think it's important that she mention the herbal supplements she takes to her health care provider. How would you respond?

## Module 5: Common Pregnancy Discomforts

### MODULE 5 COMPETENCIES:

1. Trainees will be familiar with recommendations to reduce nausea during pregnancy.
2. Trainees will be familiar with recommendations to reduce constipation during pregnancy.
3. Trainees will be familiar with recommendations to reduce edema during pregnancy.

### Module 5: Activity

1. A WIC participant in the 10<sup>th</sup> week of her pregnancy tells you that she's been having some nausea lately, but it gets especially bad when her family is cooking chorizo and menudo. She tells you that she has stopped eating those foods, and will even leave the house to avoid the smell. She asks you how long you think her nausea will last and when she'll be able to resume eating those foods. How would you respond?
  
2. A pregnant WIC participant tells you that she's been having some constipation during her pregnancy. She asks if you have any recommendations. How would you respond?
  
3. A pregnant WIC participant tells you that she's been having some edema (swelling due to fluid) during her pregnancy. She asks if you have any recommendations. How would you respond?

## **Module 6: Common Pregnancy Medical Problems**

### MODULE 6 COMPETENCIES:

1. Trainees will be familiar with the difference between gestational diabetes and other types of diabetes.
2. Trainees will be familiar with recommendations regarding pica.
3. Trainees will be familiar with recommendations to handle domestic violence.

### **Module 6: Activity**

1. A pregnant WIC participant tells you that she is nervous to get her oral glucose tolerance test (OGTT). She says that even though she's never had diabetes, she's worried about living with diabetes for the rest of her life if the test comes back positive. How would you respond?
  
  
  
  
  
  
  
  
  
  
2. A pregnant WIC participant tells you that she has been eating chalk during her pregnancy. She says she just recently started getting the cravings, and isn't sure how to stop. What condition might this participant have and what might be causing it?

3. What are the two questions that all WIC participants are asked word for word during Certification appointments in order to help determine their risk of depression?

Question 1:

Question 2:

4. A pregnant WIC participant tells you that her boyfriend (who just stepped out to use the restroom) has been hitting her. She tells you that it's been happening for a while, but now that she's pregnant, she's afraid of what may happen to her baby. She asks you for your advice. How would you respond?