Michigan WIC

Nutrition Education Module for State Sharing

Healthy Eating During Pregnancy

Individual or Group Education for Pregnant Women

Pregnancy

This lesson was created by Michigan District Healthy Department #10 WIC Program and adapted for state sharing by the Michigan WIC Nutrition Education Advisory Team.

Michigan Department of Health and Human Services, WIC Program, Lansing, Michigan.

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Michigan WIC Nutrition Education Lesson Plan

I. Title: Healthy Eating During Pregnancy

II. Target Group: Pregnant women

III. Suggested MI-WIC NE Topics: Nutrition: Pregnant, Vitamins/Minerals: Folic Acid

IV. Learning Objectives:

1. Client(s) will identify at least one strategy they plan to try, change or maintain to eat a variety of healthy foods during their pregnancy.
2. Client(s) will advance in a stage of behavior change or continue if in the action or maintenance stage.

V. Learning Activities/Method: Individual or group education

VI. Materials Needed:

1. "Tips for a Healthy Pregnancy" Michigan WIC Publication No. DHHS-1323
2. "B Your Best! with Folic Acid" http://www.cdc.gov/ncbddd/orders/pdfs/B_Your_Best508.pdf Readability – Grade 4
3. Michigan WIC Food Guide", Michigan WIC Program. Publication No. DCH-0237
4. "Client Feedback Form"
5. "Client Feedback Form Key"
6. Other optional materials to include:
   - "Eating for a Healthy Baby" http://www.learningzonexpress.com/myplate-for-expecting-moms-handouts.html
   - Food models from USDA, National Dairy Council or another.
   - "Use SuperTracker Your Way" https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet17SuperTracker.pdf Readability – Grade 10

VII. Equipment and Facilities Needed:

1. Individual: Table and chair
2. Group education: Tables and chairs to accommodate attendees

VIII. Approximate Time: 30-60 minutes

IX. Outline of Content:

1. Introduction: Introduce yourself and welcome client(s) warmly. Ask client(s) to share their first name and due date. Open the conversation by inviting the client(s) to talk about healthy meals and snacks to eat during pregnancy.
2. Ask client(s) to complete the **Before** section of the "Client Feedback Form." Offer assistance as needed.
3. Food Diary Activity
   - Invite client(s) to complete a one-day Food Diary to plan healthy meals and snacks.
   - Distribute "Tips for a Healthy Pregnancy" or "Eating for a Healthy Baby" to each client. Ask them to look at the food groups graphics and serving amounts. Briefly discuss the first Factual Message (below).
   - Ask client(s) to think about everything they ate yesterday for meals and snacks.

- Demonstrate how to use the "One Serving is About…" table to ✓an example breakfast:
    - One banana – place a ✓in the "Fruits" box.
    - Two slices whole grain bread, toasted, with 2 tsp margarine - place two ✓✓s in the "Breads, Grains, Cereals" box and a ✓ in the "Fats, Oils, and Sweets" box.
    - One container of yogurt – depending on the size of the container this could be one ✓or less than a full ✓.
- Ask client(s) to use the food group page to record a ✓ for each food they ate yesterday for meals and snacks. Offer to answer questions while client(s) complete the record. This activity gives the client(s) a general idea of whether they are missing or low in any food groups. Encourage them to try to remember everything they ate and approximate amounts without being overly detailed.
- Optional: Food models can be used for this activity. Arrange the food models by food group on a table. Ask client(s) to select the foods they ate yesterday following the same activity as above.

4. Discussion about Activity
    - Ask client(s) to do the following:
        - Circle food groups on their table that do not have any ✓s.
        - Compare the number of recommended servings listed and the number of ✓s they had for each food group.
        - Star those groups on their table next to those that are too low and a square next to groups that are too high.
    - Ask client(s) to share:
        - Thoughts about what they found.
        - Their favorite foods from the food groups.
        - What foods they might enjoy if they are missing or low in a food group.
        - What changes they may try to eat healthier.
    - Discuss with client(s) their thoughts about eating healthy meals and snacks using open-ended questions, affirmations, reflections, and summaries. Listen for change talk and assist client(s) to identify goals, challenges and barriers to change.
5. Folic Acid Emphasis
    - Distribute "B Your Best! with Folic Acid" and the "Michigan WIC Food Guide" to each client.
    - Ask client(s) to look at their "One Serving is About…" table to identify missing or low numbers of serving in fruits and/or vegetables.
    - Ask client(s) to review the Cold Cereals and Hot Cereals sections of the Michigan WIC Food Guide, pointing out cereals that provide 100% of the RDA for folic acid.
6. Factual Messages
    - Eating the recommended number of servings from all the food groups is important for your health and the growth of your baby.
    - Folic acid is important before you become pregnant and in the first weeks of pregnancy.
    - Many of the WIC cereals are high in folic acid (refer to Michigan WIC Food Guide) as well as fruits and vegetables, orange juice and dried cooked beans.
    - Many health care providers recommend taking a prenatal vitamin daily to help meet vitamin and mineral needs during pregnancy.

7. Summarize Key Points of Discussion
   - Ask client(s) to identify at least one eating strategy they learned or plan to change or continue during their pregnancy. Encourage them to write this goal on the inside cover of "Tips for a Healthy Pregnancy."
   - Ask client(s) how they feel about changing their eating habits. Will this be easy or hard to do? What type of support might they need to reach their goal?
8. Optional: Inform client(s) that WICHealth.org has a lesson on healthy eating during pregnancy at www.wichealth.org. Also, "SuperTracker", available on-line, helps people track the food they eat and their physical activity. It is found at https://www.choosemyplate.gov/SuperTracker/ . Distribute the "Use SuperTracker Your Way" brochure.

X. Evaluation Methods:

1. Ask client(s) to share at least one strategy they plan to try, change or maintain to eat a variety of healthy foods during their pregnancy.
2. Ask client(s) to complete the **After** section of the "Client Feedback Form" and return it to WIC staff. WIC staff can use the "Client Feedback Form Key" to identify the stage of change intent for follow up.

XI. Staff Trained to Present: RD, CPA or another trained nutrition education staff.

XII. References:

"Tips for a Healthy Pregnancy," 2013. Brush Art. Michigan WIC Program. Publication No. DHHS-1323.

"B Your Best! with Folic Acid,"2009. Centers for Disease Control. Web. 08 Sep. 2016. http://www.cdc.gov/ncbddd/orders/pdfs/B_Your_Best508.pdf

Michigan WIC Food Guide". 11 Jul. 2016. Michigan WIC Program. Publication No. DCH-0237. Web. 09 Sep. 2016. https://www.michigan.gov/documents/mdch/Food_Guide_FINAL_English_437204_7.pdf

"Eating for a Healthy Baby". Learning ZoneXpress, 2015. Web. 08 Sep. 2016. http://www.learningzonexpress.com/myplate-for-expecting-moms-handouts.html
Food models from USDA, National Dairy Council or another.

Pregnancy. Photograph. *Fernando Sinop*, Pixabay. 1 Nov. 2014. Web. 20 Sep. 2016 https://pixabay.com/en/pregnancy-pregnant-woman-pregnant-1586471/

"Use SuperTracker Your Way". United States Department of Agriculture. Center for Nutrition Policy and Program. Dec. 2011. Web. 08 Sep. 2016. https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet17SuperTracker.pdf

Healthy Eating During Pregnancy

Client Feedback Form

Name: Family #:

This lesson offers ways to eat a variety of foods from the food groups during pregnancy.

BEFORE you start your nutrition education please check ONE statement below that best describes you:

- ❑ I *want to learn more* about eating a variety of foods for a healthy pregnancy, but I'm *not ready* to take steps yet.
- ❑ I'm *ready* to take some steps to eat a variety of foods for a healthy pregnancy.
- ❑ I *have started* to take steps to eat a variety of foods for a healthy pregnancy.
- ❑ I *have been* taking steps to eat a variety of foods for a healthy pregnancy for several months.
- ❑ I am *not interested* in taking steps to eat a variety of foods for a healthy pregnancy.
  Suggestion: Talk to your WIC staff about a topic of your interest.

AFTER you complete this lesson please check ONE statement below that best describes you:

- ❑ I'm *more aware* of ways to eat a wider variety of foods, but I'm *not sure* when I will start.
- ❑ I plan to *start* taking some new steps to eat a wider variety of foods, *soon*.
- ❑ I plan to *start* taking steps to eat a wide variety of foods, *today*.
- ❑ I plan to *continue* taking steps to eating a wider variety of foods during my pregnancy.
- ❑ I am *not interested* in eating variety of foods during my pregnancy.

Tell us one thing you learned today:

If you plan to make changes tell us what they are:

Thank you!

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Staff Use Only
MI-WIC NE Topics: Nutrition: Pregnant, Vitamins/Minerals: Folic Acid
MI-WIC Recorded by:
Staff initials:

Healthy Eating During Pregnancy

Client Feedback Form Key

Name: Family #:

This lesson offers ways to eat a variety of foods from the food groups during pregnancy.

BEFORE you start your nutrition education please check ONE statement below that describes you:

- ❑ I *want to learn more* about eating a variety of foods for a healthy pregnancy, but I'm *not ready* to take steps yet. ***Contemplation***
- ❑ I'm *ready* to take some steps to eat a variety of foods for a healthy pregnancy. ***Preparation***
- ❑ I *have started* to take steps to eat a variety of foods for a healthy pregnancy. ***Action***
- ❑ I *have been* taking steps to eat a variety of foods for a healthy pregnancy for several months. ***Maintenance***
- ❑ I am *not interested* in taking steps to eat a variety of foods for a healthy pregnancy. Suggestion: Talk to your WIC staff about a topic of your interest. ***Pre-contemplation***

AFTER you complete this lesson please check ONE statement below that best describes you:

- ❑ I'm *more aware* of ways to eat a wider variety of foods, but I'm *not sure* when I will start. ***Contemplation***
- ❑ I plan to *start* taking some new steps to eat a wider variety of foods, *soon.* ***Preparation***
- ❑ I plan to *start* taking steps to eat a wide variety of foods, *today.* ***Action***
- ❑ I plan to *continue* taking steps to eating a wider variety of foods during my pregnancy. ***Maintenance***
- ❑ I am *not interested* in eating variety of foods during my pregnancy. ***Pre-contemplation***

Tell us one thing you learned today:

If you plan to make changes tell us what they are:

Thank you!

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