



Nutrition During Pregnancy Resource List July 2008

This publication is a collection of resources on the topic of nutrition during pregnancy. Resources include books, pamphlets and audiovisuals and are limited to those published in 2004 or later. Many of the pamphlets are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are provided for materials available online). The books and audiovisuals can be either borrowed from your local library or purchased from your local book store.

Materials may also be available to borrow from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. Materials cannot be purchased from NAL. Contact information is provided for the publisher/producer if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/bibs/topics/pregnancy/pregcon.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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I. Books - General Pregnancy

Better Food for Pregnancy: Nutrition Guide Plus Over 125 Recipes for Healthy Pregnancy and Breastfeeding

Daina Kalnins, MSc, RD and Joanne Saab, RD

Toronto, Ontario, Canada: Robert Rose, Inc., 2006. 288 pp.

Description: Begins with frequently asked questions on nutrition and pregnancy; highlights MyPyramid and Canada's Food Guide with sample meals. Includes vegetarian recipes.

Managing Morning Sickness: A Survival Guide for Pregnant Women

Miriam Erick, MS, RD

Boulder, CO: Bull Publishing Company, 2004. 412 pp.

Description: Presents foods categorized by textures, flavors, and scents; menus; and sick day meal plans. Shares what to expect if hospitalized and describes complications that can arise.

What to Eat Before, During, and After Pregnancy

Judith E. Brown, RD, MPH, PhD

McGraw-Hill Companies, 2006. 244 pp.

Description: Dispenses information on nutrition and fertility, a list of herbs to avoid, suggestions for common problems of pregnancy, and ways to recognize fictitious information about nutrition.

Your 9-Month Breakfast, Lunch and Dinner Date! A Guide to Healthful Eating During Pregnancy

Maggie Barone McHugh, MS, RD, CDN and Ellen Barone Burggraf, MS

Pittsford, NY: Eating for You (and baby too), Inc., 2007. 131 pp.

Description: Shows nutrition information for pregnant women with summaries ending each chapter. Equips the reader with checklists, recipes, and a glossary.

II. Pamphlets/Booklets/Brochures/Facts Sheets/Web sites

A. Folic Acid

Before You Know You're Pregnant

Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

Full text: http://www.cdc.gov/ncbddd/folicacid/documents/BYKI%20brochure_English.pdf

(English) and <http://www.cdc.gov/ncbddd/Spanish/spfolnow.htm> (Spanish)

Description: Explains why folic acid is needed every day. Notes birth defects related to inadequate intake and spells out key sources of folic acid. Also available in Spanish.

Ordering Information:

Centers for Disease Control and Prevention

U.S. Department of Health and Human Services

4470 Buford Highway, NE, MS F-45

Atlanta, GA 30341-3724

Phone: 888-232-6789; 770-488-7160

Email: FLO@cdc.gov

Online ordering: <http://www2.cdc.gov/ncbddd/faorder/orderform.htm>



Folic Acid is Good For Me

March of Dimes Birth Defects Foundation

Description: Addresses three questions about taking folic acid: when, why, and how much? Uses greeting card format with drawings to reach all young women of childbearing age. Also available in Spanish.

Ordering Information:

March of Dimes

P.O. Box 932852

Atlanta, GA 31193-2852

Phone: 800-367-6630 Fax: 770-280-4116

Email: mod@pbd.com

Online ordering: <http://www.marchofdimes.com/professionals/2222.asp>

Frequently Asked Questions: The Basics About Folic Acid

Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

Full text: <http://www.cdc.gov/ncbddd/folicacid/faqs.htm>

Description: Answers questions for women of childbearing age concerning reasons to take folic acid and how much to take to reduce the risk of spina bifida by 50-70%.

Healthy Mothers Have Healthier Babies with Folic Acid: Emma's Story

Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

Description: Tells the story of a mother's decision to take folic acid before, during, and after pregnancy. Also available in Spanish.

Ordering Information:

Centers for Disease Control and Prevention

U.S. Department of Health and Human Services

4470 Buford Highway, NE, MS F-45

Atlanta, GA 30341-3724

Phone: 888-232-6789; 770-488-7160

Email: FLO@cdc.gov

Online ordering: <http://www2.cdc.gov/ncbddd/faorder/orderform.htm>

Which of These Women Need Folic Acid?

Delaware Valley Folic Acid Partnership

Description: Conveys that every woman needs folic acid to prevent birth defects, and reduce the risk of stroke, heart disease, breast cancer, colon cancer, and cervical cancer. Identifies food sources and ways to add folic acid to the diet. Also available in Spanish.

Ordering Information:

Division of Maternal, Child and Family Health

Philadelphia Department of Public Health

1101 Market Street, 9th Floor

Philadelphia, PA 19107

Phone: 215-685-5225 Fax: 215-685-5257

Online ordering: <http://www.phila.gov/health/units/mcfh/pdf/MCFH%20Catalog.pdf>



B. Food Safety

Food Safety During Pregnancy

Colorado State University Cooperative Extension

Full text: <http://www.ext.colostate.edu/PUBS/FOODNUT/09372.html>

Description: Explains the increased risk of foodborne illness during pregnancy and how to prevent it. Discusses specific illnesses including Toxoplasmosis and Salmonellosis.

Food Safety for Moms-To-Be

U.S. Food and Drug Administration

Full text: <http://www.cfsan.fda.gov/~pregnant/pregnant.html>

Description: Describes the risks of foodborne illness in pregnancy and how to prevent it. Specifies which foods and situations are most dangerous. Offers tips for good food-handling habits for pregnancy and beyond. Also available in Spanish.

Listeriosis and Pregnancy: What is Your Risk?

International Food Information Council Foundation

Full text: <http://www.ific.org/publications/brochures/listeriosisbroch.cfm>

Description: Points out the increased risk of infection by foodborne pathogens during pregnancy. Supplies information regarding the symptoms, treatment, and prevention of Listeriosis. Also available in Spanish.

Ordering Information:

IFIC Foundation

1100 Connecticut Ave. NW Suite 430

Washington, DC 20036

Phone: 202-296-6540

Email: foodinfo@ific.org

Online ordering: <http://www.ificpubs.org/servlet/Detail?no=26>

Protect Your Baby and Yourself from Listeriosis

Food Safety and Inspection Service, U.S. Department of Agriculture

Full text: http://www.fsis.usda.gov/PDF/Protect_Your_Baby.pdf

Description: Enumerates the symptoms, treatment, and prevention of Listeriosis. Also available in Spanish.

What You Need to Know About Mercury in Fish and Shellfish: Advice for Women Who Might Become Pregnant, Nursing Mothers and Young Children

National Service Center for Environmental Publications

Full text: <http://www.epa.gov/waterscience/fish/MethylmercuryBrochure.pdf>

Description: Reviews how mercury in fish and shellfish can harm a fetus, an infant, or a young child. Also available in Spanish.

Ordering Information

U.S. EPA/NSCEP

P.O. Box 42419

Cincinnati, OH 45242-0419

Phone: 800-490-9198 Fax: 301-604-3408

Online ordering: <http://www.epa.gov/ncepihom/ordering.htm#order>



C. General Pregnancy

About Nutrition and Pregnancy

Channing Bete Company, Inc.

Description: Establishes the connection between a mother's diet and her baby's health, guidelines for a minimum food plan, and the need to avoid harmful substances.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: custsvcs@channing-bete.com

Online ordering: <http://www.channing-bete.com/>

Advice for a Healthy Pregnancy

Susan J. Auger and Melida Colindres

Description: Imparts prenatal nutrition advice. Notes how USDA's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) can assist with a healthy pregnancy. Also available in Spanish.

Ordering Information:

Phone: 919-361-1857

Email: aprendopress@mindspring.com

Online ordering: <http://www.aprendopress.com/>

Are You Ready for a Baby?

March of Dimes Birth Defects Foundation

Description: Emphasizes communicating with one's partner, starting healthy habits, and having a preconception checkup before becoming pregnant. Includes nutrition information. Also available in Spanish.

Ordering Information:

March of Dimes

P.O. Box 932852

Atlanta, GA 31193-2852

Phone: 800-367-6630 Fax: 770-280-4116

Email: mod@pbd.com

Online ordering: <http://www.marchofdimes.com/professionals/2222.asp>

Common Complaints of Pregnancy

New Jersey WIC Services

Full text: http://www.nal.usda.gov/wicworks/Sharing_Center/NJ/complaints_pregnancy.pdf

Description: Summarizes nausea, heartburn, and constipation in pregnancy and provides tips for resolving and preventing these challenges. Lists fiber-rich foods.

Fit for Two: Tips for Pregnancy

National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health

Full text: <http://win.niddk.nih.gov/publications/two.htm>

Description: Communicates information about healthy eating and exercise during pregnancy.



Healthy Foods, Healthy Baby

Philadelphia Department of Maternal, Child and Family Health

Description: Story of two teens, one African-American and one Latina, learning to eat well during pregnancy. Considers fast foods, prenatal discomfort, and breastfeeding. Also available in Spanish.

Ordering Information:

Division of Maternal, Child and Family Health

Philadelphia Department of Public Health

1101 Market Street, 9th Floor

Philadelphia, PA 19107

Phone: 215-685-5225 Fax: 215-685-5257

Online ordering: <http://www.phila.gov/health/units/mcfh/pdf/MCFH%20Catalog.pdf>

Healthy Pregnancy Calendar: Tips for Your Pregnancy

Channing Bete Company, Inc., 2005. 32 pp.

Description: Details the stages of pregnancy, with additional information on risk factors such as substance abuse, smoking, and poor nutrition. Pocket-sized with space for writing notes. Also available in Spanish.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: custsvcs@channing-bete.com

Online ordering: <http://www.channing-bete.com/>

A Healthy Start: Begin Before Baby's Born

Maternal and Child Health Bureau, Health Resources and Services Administration, U.S.

Department of Health and Human Services

Full text: <http://mchb.hrsa.gov/programs/womeninfants/prenatal.htm>

Description: Highlights basic guidelines for a healthy pregnancy and reminds mothers about the need for prenatal care.

How to Have a Healthy Pregnancy

Channing Bete Company, Inc.

Description: Examines how to minimize mothers' discomfort and babies' risks. Offers advice on nutrition, exercise, medical care, and hazards. Also available in Spanish.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: custsvcs@channing-bete.com

Online ordering: <http://www.channing-bete.com/>



I'm Not Pregnant...But I Want My 9 Months...Someday

March of Dimes Birth Defects Foundation

Description: Encourages women to consider nine questions before pregnancy and to visit a health care provider for a preconception check up. Goes over nutrition-related questions. Also available in Spanish.

Ordering Information:

March of Dimes

P.O. Box 932852

Atlanta, GA 31193-2852

Phone: 800-367-6630 Fax: 770-280-4116

Email: mod@pbd.com

Online ordering: <http://www.marchofdimes.com/professionals/2222.asp>

An Inside Look at: You, Your Developing Baby and a Healthy Pregnancy

Channing Bete Company, Inc.

Description: Gives a trimester-by-trimester view of baby's development. Covers key information about changes in mothers' bodies. Includes guidance from MyPyramid.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: custsvcs@channing-bete.com

Online ordering: <http://www.channing-bete.com/>

MyPyramid for Pregnancy and Breastfeeding

Center for Nutrition Policy and Promotion, U.S. Department of Agriculture

Full text: <http://www.mypyramid.gov/mypyramidmoms/index.html>

Description: Personalizes the amount of food needed for each stage of pregnancy using the mother's age, height, and pre-pregnancy weight. Offers advice on pregnancy weight gain, dietary supplements, and food safety. Furnishes information on eating for breastfeeding and losing weight during breastfeeding.

Planning a Healthy Pregnancy

Channing Bete Company, Inc.

Description: Addresses each trimester, role of diet and exercise, potential risk factors and warning signs, and what to expect during labor. Charts and space for notes help women track their appointments, questions, diet, emotions, and memories. Also available in Spanish.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: custsvcs@channing-bete.com

Online ordering: <http://www.channing-bete.com/>



Relief for Common Pregnancy Discomforts

Tennessee Department of Health

Full text:

http://health.state.tn.us/wic/PDFs/Women/Relief_For_Common_Pregnancy_Discomforts.pdf (English) and

http://health.state.tn.us/wic/PDFs/Women/Alivio_Para_Los_Malestares_Comunes_Durante_El_Embarazo.pdf (Spanish)

Description: Gives suggestions for alleviating morning sickness, heartburn, and constipation associated with pregnancy. Also available in Spanish.

D. Gestational Diabetes/Preexisting Diabetes

Diabetes and Pregnancy

The American College of Obstetricians and Gynecologists

Full text: http://www.acog.org/publications/patient_education/bp051.cfm (English) and http://www.acog.org/publications/patient_education/sp051.cfm (Spanish)

Description: Portrays how diabetes may affect pregnancy; how to control it; and the importance of care before, during, and after pregnancy. Also available in Spanish.

Ordering Information:

ACOG Distribution Center

P.O. Box 933104

Atlanta, GA 31193-3104

Phone: 800-762-2264

Online ordering: <http://www.acog.org/bookstore/>

Gestational Diabetes

American Diabetes Association

Full text: <http://www.diabetes.org/gestational-diabetes.jsp>

Description: Delivers general information such as how gestational diabetes affects the baby, treatment, and risks for diabetes later in life.

Gestational Diabetes and Low-Calorie Sweeteners: Answers to Common Questions

International Food Information Council Foundation

Full text: <http://ific.org/publications/brochures/gestdiabetes.cfm>

Description: Identifies common questions about low-calorie sweeteners and their use during pregnancy, especially pregnancy with gestational diabetes.



Gestational Diabetes: Caring for Yourself and Your Baby

International Diabetes Center

Description: Supplies information about balancing food and activity, nutrition, treatment options, blood glucose testing, targets, record keeping, and healthy weight gain.

Ordering Information:

Park Nicollet Health Innovations

Customer Service

3800 Park Nicollet Blvd.

Minneapolis, MN 55416-2699

Phone: 888-637-2675

Online ordering: <http://www.parknicollet.com/healthinnovations/>

Pregnancy Planning and Care

International Diabetes Center

Description: Guides women with preexisting diabetes who are planning a pregnancy or are pregnant. Imparts healthy pregnancy tips including strategies to maintain normal blood sugar levels.

Ordering Information:

Park Nicollet Health Innovations

Customer Service

3800 Park Nicollet Blvd.

Minneapolis, MN 55416-2699

Phone: 888-637-2675

Online ordering: <http://www.parknicollet.com/healthinnovations/>

Taking Care of Gestational Diabetes

International Diabetes Center

Description: Covers meal planning, blood and urine testing, blood glucose targets, medications, low blood sugar, and physical activity. Outlines a daily schedule to complete for food, activity, and testing. Equips the reader with several tips for after delivery to help prevent diabetes later in life. Also available in Spanish.

Ordering Information:

Park Nicollet Health Innovations

Customer Service

3800 Park Nicollet Blvd.

Minneapolis, MN 55416-2699

Phone: 888-637-2675

Online ordering: <http://www.parknicollet.com/healthinnovations/>



E. Iron

Anemia

March of Dimes, Pregnancy and Newborn Health Education Center

Full text: http://www.marchofdimes.com/pnhec/188_1049.asp

Description: Gives facts about iron deficiency anemia, notes its implications in pregnancy, advises on steps to prevent anemia, and furnishes tips to reduce the challenges of taking iron supplements.

Anemia During Pregnancy

Reproductive Health Program, Utah Department of Health

Full text:

http://health.utah.gov/rhp/pregnancy/preged/duringpreg/Anemia_during_pregnancy.htm

Description: Answers these questions: What is iron deficiency anemia? How will I know if I am anemic? How is anemia treated? What can I do to prevent anemia?

Choose Foods with Iron

Janie Burney

University of Tennessee Extension

Full text: <http://www.utextension.utk.edu/publications/spfiles/SP505-B.pdf>

Description: Defines iron needs in pregnancy and the childbearing years, food sources of iron, iron supplements, and food label reading for iron in packaged food.

Facts About Iron

Jennifer Hilan and Linda B. Bobroff

University of Florida Cooperative Extension, Institute of Food and Agricultural Sciences

Full text: <http://edis.ifas.ufl.edu/pdffiles/FY/FY21700.pdf>

Description: Contains information for all life stages, including pregnancy; indicates the importance of iron; specifies appropriate iron intakes; lists iron sources; and conveys information about supplementation.

Having a Baby? (You Need More Iron)

Philadelphia Department of Public Health

Description: Responds to “What is iron?” and “How can you get more iron?” Discusses iron supplements and iron-rich foods. Also available in Chinese, Khmer, Laotian, Spanish, and Vietnamese.

Ordering Information:

Division of Early Childhood, Youth and Women’s Health

Philadelphia Department of Public Health

1101 Market Street, 9th Floor

Philadelphia, PA 19107

Phone: 215-685-5225 Fax: 215-685-5257

Online ordering: <http://www.phila.gov/health/units/mcfh/pdf/MCFH%20Catalog.pdf>



III. Audiovisuals

Diabetes During Pregnancy

Kaiser Permanente, 2006. DVD (40 minutes)

Online Viewing: <http://www.permanente.net/homepage/kaiser/pages/f51226.html>

Description: Online, video of 10 segments, each less than 8 minutes, with a cast of health professionals and mothers discussing meal plans, portions, food labels, eating out, and exercise for gestational diabetes. Also available in Spanish.

Healthy Journey: Your Contemporary Guide to Pregnancy

InJoy Videos, 2007. DVD (62 minutes)

Description: Guides viewers through 10 pregnancy topics including nutrition. Women at various stages of pregnancy share much of the information. Includes health tips to talk about with others, and messages for fathers and others significant in the mothers' lives.

Ordering Information:

InJoy Videos

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082

Online ordering: <http://www.injoyvideos.com>

New Nutrition for Pregnancy

Liz Weiss, RD, Lemon-Aid Films, 2007. DVD (13 minutes)

Description: Using MyPyramid, offers tips for a nutritious diet during pregnancy. Provides advice on food safety and weight gain.

Ordering Information:

Lemon-Aid Films, Inc.

85 Rangeway Road

Building One

North Billerica, MA 01862

Phone: 978-667-3335

Online ordering: <http://www.lemonaidfilms.com/products/Products.php?ProductType=Pregnancy>

Your Healthy Pregnancy: Discomforts

InJoy Videos, 2007.

Volume 1: Prenatal Nutrition and Exercise DVD (20 minutes)

Volume 2: Prenatal Emotions DVD (14 minutes)

Volume 3: Prenatal Discomforts DVD (15 minutes)

Description: Communicates fundamentals of a healthy diet using MyPyramid; discusses the importance of regular exercise; covers the changing body and its effect on emotions; and presents ways to relieve prenatal discomforts and suggests how partners can give support.

Ordering Information:

InJoy Videos

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082

Online ordering: <http://www.injoyvideos.com>



IV. National Contacts

American Diabetes Association

1701 Beauregard Street
Alexandria, VA 22311
Phone: 800-DIABETES (800-342-2383)
Web site: <http://www.diabetes.org/home.jsp>

American Dietetic Association

120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
Phone: 800-877-1600
Web site: <http://www.eatright.org>

Centers for Disease Control and Prevention (CDC)

National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)
4770 Buford Hwy., NE, MS K-40
Atlanta, GA 30341-3717
Phone: 800-311-3435; 404-639-3534
Web site: <http://www.cdc.gov/nccdphp/>

Food and Drug Administration (FDA)

Center for Food Safety and Applied Nutrition
5600 Fisher Lane
Rockville, MD 20857
Phone: 888-INFO-FDA (888-463-6332)
Web site: <http://www.cfsan.fda.gov/~lrd/advice.html>

Health Resources and Services Administration Information Center

U.S. Dept of Health and Human Services
PO Box 2910
Merrifield, VA 22116
Phone: 888-ASK-HRSA (888-275-4772)
Email: ask@hrsa.gov
Web site: <http://www.ask.hrsa.gov/>

March of Dimes

1275 Mamaroneck Ave
White Plains, NY 10605
Phone: 914-997-4488
Web site: <http://www.marchofdimes.com/>



National Healthy Mothers, Healthy Babies Coalition

2000 N. Beauregard Street, 6th Floor

Alexandria, VA 22311

Phone: 703-837-4792

Email: info@hmhb.org

Web site: <http://www.hmhb.org/>

National Women's Health Information Center

U.S. Department of Health and Human Services

Office of Women's Health

8270 Willow Oaks Corporate Drive

Fairfax, VA 22031

Phone: 800-994-9662

Web site: <http://www.womenshealth.gov/>

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Food and Nutrition Service

U.S. Department of Agriculture

3101 Park Center Drive

Alexandria, VA 22302

Phone: 703-305-2286

Web site: <http://www.fns.usda.gov/wic/>

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Acknowledgment is given to the following FNIC reviewers:

Kathleen M. Pellechia, RD, Nutrition Information Specialist

Janice K. Schneider, MS, RD, Nutrition Information Specialist

Shirley King Evans, MEd, RD, Budget Analyst/Mission Support

This publication was developed in part through a Cooperative Agreement with the Department of Nutrition and Food Science in the College of Agriculture and Natural Resources at the University of Maryland.

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Fax: 301-504-6409
TTY: 301-504-6856
Contact: <http://fnic.nal.usda.gov/contact>
Web site: <http://fnic.nal.usda.gov>

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