



Nutrition During Pregnancy Resource List September 2010

This publication is a collection of resources on the topic of nutrition during pregnancy. Resources include books (published in 2008 or later), pamphlets and audiovisuals. 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 local book stores.

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. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. 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

Baby Basics: Your Month by Month Guide to a Healthy Pregnancy and Baby Basics Planner

The What to Expect Foundation

New York: NY: The What to Expect Foundation, 2008. 295 pp and 28 pp.

Description: Provides prenatal education and tracking tools for mothers, fathers, and their prenatal care providers. Also available in Spanish, Chinese, Arabic, Bengali, French, Haitian Creole, Hindi, Korean, Panjabi, Polish, Portuguese, Russian, and Urdu.

Eating for Pregnancy, Second Edition

Catherine Jones and Rose Ann Hudson, RD, LD

Cambridge, MA: Da Capo Press, 2009. 472 pp.

Description: Offers recipes with nutritional information and provides meal plan guidance, food safety and cooking tips, and resources for women with gestational diabetes.

Expect the Best: Your Guide to Healthy Eating Before, During, and After Pregnancy

American Dietetic Association and Elizabeth M. Ward, MS, RD

Hoboken, NJ: John Wiley & Sons, Inc., 2009. 225 pp.

Description: Discusses nutrients and food sources needed during pregnancy. Includes MyPyramid information, recipes, food safety guidance, and tips for common concerns.

Feed the Belly: The Pregnant Mom's Healthy Eating Guide

Frances Largeman-Roth RD

Naperville, IL: Sourcebooks, Inc., 2009. 298 pp.

Description: Gives tips for smart and safe eating while pregnant. Contains suggestions for fitness, dining out, and getting through morning sickness. Also includes 65 recipes.

Your Pregnancy and Childbirth: Month to Month, Fifth Edition

American College of Obstetricians and Gynecologists

Washington, DC: American College of Obstetricians and Gynecologists, 2010. 488 pp.

Description: Highlights what to expect on a monthly basis during pregnancy and postpartum periods. Includes guidance on nutrition, physical activity, delivery, and baby's development.

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

A. Folic Acid

Folic Acid for Healthy Babies

University of Tennessee Extension

Web site: <http://www.utextension.utk.edu/publications/spfiles/SP505-A.pdf>

Description: Discusses label reading and provides recipes for incorporating folic acid into the diet. Explains the importance of folic acid in the diet during the child bearing years.



Folic Acid: Questions and Answers

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

Web site: http://www.cdc.gov/ncbddd/folicacid/documents/QandA_English.pdf

Description: Addresses women of childbearing age about reasons to take folic acid and how much to take to reduce the risk of spina bifida.

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

Web site: http://www.cdc.gov/ncbddd/orders/pdfs/Healthy_Mothers_English.f508.pdf

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

1600 Clifton Road, NE, MS E-86

Atlanta, GA 30333

Phone: 404-498-3831 Fax: 404-498-3550 Email: FLO@cdc.gov

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

B. Food Safety

Food Safety for Moms-To-Be

U.S. Food and Drug Administration

Web site: <http://www.fda.gov/Food/ResourcesForYou/HealthEducators/ucm081785.htm>

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

Food-borne Risks in Pregnancy

March of Dimes

Web site: http://www.marchofdimes.com/professionals/14332_1152.asp

Description: Presents answers to common questions regarding food safety risks and pregnancy. Topics include dangers of raw or undercooked foods and safe food handling.

For Good Health: Go Fish

International Food Information Council

Web site: <http://www.foodinsight.org/Content/6/FINAL%20Seafood%20and%20Pregnancy.pdf>

Description: Highlights the benefits and safety concerns for eating fish in pregnancy.



C. General Pregnancy

14 Tips for a Healthy Pregnancy

Channing Bete Company, Inc.

Description: Contains a list of dos and don'ts to keep both mother and baby healthy during pregnancy. Tips include visiting a health-care provider regularly; refraining from alcohol, tobacco, and other drugs; eating a healthy diet; taking a prenatal vitamin; and exercising regularly.

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/> Item #23382 (Eng.) #23546 (Sp.)

Anemia During Pregnancy

March of Dimes

Web site: http://www.marchofdimes.com/pnhec/188_1049.asp

Description: Gives facts about iron deficiency anemia, notes its implications in pregnancy, and advises on steps to prevent anemia.

Blue Ribbon Babies: Fueling a Healthy Pregnancy

American Dietetic Association

Description: Offers dietary recommendations on how to have a healthy pregnancy and avoid complications.

Ordering Information:

American Dietetic Association

Attn: Accounting Department

120 South Riverside Plaza, Suite 2000

Chicago, IL 60606-6995

Phone: 800-877-1600 Ext. 5000 Fax: 312-899-4873

Online ordering: <http://www.eatright.org/Shop/Product.aspx?id=4873>

Eating Healthy

March of Dimes

Description: Discusses proper nutrition during pregnancy, including tips for healthy eating and weight gain. 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/catalog/product.aspx?productid=4932&categoryid=176&productcode=09-2304-08>



Fit for Two: Tips for Pregnancy

Weight Control Information Network, National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health

Web site: <http://win.niddk.nih.gov/publications/two.htm>

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

Ordering Information:

Weight Control Information Network

1 WIN Way

Bethesda, MD 20892-3665

Phone: 877-946-4627 Email: win@info.niddk.nih.gov

Healthy Pregnancy: Keeping Tabs On Your Health and Your Baby's

Channing Bete Company, Inc.

Description: Offers expectant mothers support for a healthy pregnancy. Tabbed sections enable women to find information about such topics as changes to their body; their baby's development; and healthy eating. Available in English or Spanish.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776 Fax: 800-499-6464 Email: custsvcs@channing-bete.com

Online ordering: <http://www.channing-bete.com/> Item #83304 (Eng.) #83312 (Sp.)

Help Me Be Healthy Mother Series

Help Me Be Healthy

Description: Offers a comprehensive overview of important prenatal and post-partum nutrition and health issues. The mother series includes two pamphlets: Tips for a Healthy Pregnancy and Health Tips for New Moms. Also available in Spanish.

Ordering Information:

Help Me Be Healthy

Crabtree + Company

200 Park Avenue

Falls Church, VA 22046

Phone: 888-531-9001 x102 Fax: 703-241-9060 Email: info@helpmebehealthy.net

Online ordering: <http://www.helpmebehealthy.net/html/pamphlets.html>



My 9 Months/Mis 9 Meses

March of Dimes

Description: Explains what to expect during each month of pregnancy and also includes a glossary of common terms. Bilingual in English and 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/catalog/product.aspx?productid=4998&categoryid=&productcode=09-2315-08>

MyPyramid for Expecting Moms Tablet

Learning ZoneXpress

Description: Shows the different nutritional needs for different trimesters. The backside has information on weight gain, food safety, and special nutritional needs during pregnancy.

Ordering Information:

Learning ZoneXpress

667 E. Vine St., P.O. Box 1022

Owatonna, MN 55060

Phone: 888-455-7003 Fax: 507-455-3380

Email: customersupport@learningzonexpress.com

Online ordering: <http://www.learningzonexpress.com/mypyramid-for-expecting-mothers-tablet>

MyPyramid for Pregnancy and Breastfeeding

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

Web site: <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. Also provides information on eating for breastfeeding and losing weight during breastfeeding.

Pregnancy Baby Book

March of Dimes

Description: Describes pregnancy month by month, with areas for the expectant mother to write her thoughts and concerns. 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/catalog/product.aspx?productid=5048&categoryid=157&productcode=09-2317-08>



Taking Care of Mom: Nurturing Self as Well as Baby

Health Resources and Services Administration, U.S. Department of Health and Human Services

Web site:

http://www.hrsa.gov/womenshealth/maternal_wellness_website/pdfs/tcm.pdf?download=Download

Description: Guides women in what to expect during pregnancy and after the baby is born. Encourages women to seek information and support from their community, family, friends, healthcare providers, and other mothers.

Ordering information:

HRSA Information Center

Phone: 888-ASK-HRSA

Online ordering: http://ask.hrsa.gov/detail_materials.cfm?ProdID=4291

Text4Baby

National Healthy Mothers, Healthy Babies Coalition.

Web site: <http://www.text4baby.org/index.html>

Description: Offers a free mobile information service designed to promote maternal and child health. Provides pregnant women and new moms with information they need to take care of their health and their baby's. Women who sign up for the service by texting BABY (or BEBE for Spanish) to 511411 will receive free SMS text messages each week, timed to their due date or baby's date of birth.

D. Gestational Diabetes/Preexisting Diabetes

Diabetes and Pregnancy

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

Web site:

http://www.cdc.gov/ncbddd/pregnancy_gateway/documents/Diabetes_and_Pregnancy508.pdf

Description: Aims to guide women who have been diagnosed with diabetes during pregnancy on managing care and promoting a healthy lifestyle during pregnancy and after baby arrives.

Ordering Information:

Centers for Disease Control and Prevention

U.S. Department of Health and Human Services

1600 Clifton Road, NE, MS E-86

Atlanta, GA 30333

Phone: 404-498-3831 Fax: 404-498-3550 Email: FLO@cdc.gov

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



Gestational Diabetes and You

NCES

Description: Contains a sample blood sugar/insulin/exercise record, a food diary and meal plan sheet, and a pregnancy weight gain curve. Also has information about blood sugar levels and how to keep them normal with a healthy diet.

Ordering Information:

NCES

1904 East 123rd Street

Olathe, KS 66091-5886

Phone: 877-623-7266 Fax: 800-251-9349 Email: Info@ncescatalog.com

Online ordering: <http://www.ncescatalog.com/shopexd.asp?id=232>

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:

IDC Publishing

3800 Park Nicollet Blvd.

Minneapolis, MN 55416-2699

Phone: 888-637-2675 Fax: 952-993-0501 Email: idcustsvc@parknicollet.com

Online ordering:

<http://www.parknicollet.com/healthinnovations/shopping/ProductDetail.cfm?productid=2058-807>

Got Diabetes

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

Web site: http://www.cdc.gov/ncbddd/pregnancy_gateway/documents/Got_diabetes_508.pdf

Description: Alerts women who have diabetes and are thinking of getting pregnant about the importance of keeping diabetes symptoms under control.

Ordering Information:

Centers for Disease Control and Prevention

U.S. Department of Health and Human Services

1600 Clifton Road, NE, MS E-86

Atlanta, GA 30333

Phone: 404-498-3831 Fax: 404-498-3550 Email: FLO@cdc.gov

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



III. Audiovisuals

Healthy Pregnancy, Healthy Baby Video Series DVD

March of Dimes

Description: Presents various 3- to 5-minute video vignettes covering topics such as eating healthy during pregnancy, prenatal care, labor and delivery, and postpartum issues.

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/catalog/product.aspx?productid=5192&categoryid=&productcode=09-2407-08>

Help for A Healthy Pregnancy: A Launch & Learn® DVD

Channing Bete Company, Inc.

Description: Shares facts about stages of babies' development throughout pregnancy; the need for early prenatal care to help ensure a healthy birth and baby; personal health habits that promote healthy fetal development, including eating right, taking supplements, avoiding harmful substances, and exercising; coping with common discomforts during pregnancy; birthing options; and preparing for labor and baby's arrival. Available as English/Spanish version. Also available on CD-ROM.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776 Fax: 800-499-6464 Email: custsvcs@channing-bete.com

Online ordering: <http://www.channing-bete.com/> Item #84040

Multiples: More of Everything: Postpartum & Breastfeeding DVD

InJoy Videos

Description: Educates parents on what to expect once their twins or triplets are born using real-life examples. Teaches what may happen from birth until the first birthday and has a section on breastfeeding multiples.

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/>

American Dietetic Association

120 South Riverside Plaza, Suite 2000

Chicago, IL 60606-6995

Phone: 800-877-1600 **Web site:** <http://www.eatright.org>

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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