The Learn Together Approach
Facilitated Group Discussion Plan

Qualified Staff: RD, RN, CPA, Nutrition Educator, and Nutrition Education Assistant.

Topic: Pregnancy and Weight Gain **Module Code:** 210

Target Group: Pregnant women

Objective for the session: Session participants will be able to state one reason that weight gain during pregnancy is important.

Icebreaker: Ask each participant her first name and expected date of delivery.

Discussion Questions (3):

- Why should you gain weight during pregnancy?
- How much weight should you gain?
- What should you eat to gain adequate weight?

Factual Messages (3):

- Significantly underweight and overweight women are at greater risk of pregnancy complications.
- For most women a weight gain of 25-35 pounds total with a slow steady weight gain is a good rule of thumb.
- You will need approximately 10-12 extra grams of protein (milk and meat) per day and approximately 300 extra calories per day in the second and third trimester.

Summarize Key Discussion Points/Suggestions:
Ask participants what they have learned from today's discussion.

Evaluation Question:
What will you do to ensure that you gain the appropriate amount of weight during your pregnancy?

Materials Needed: Handout: U.S. Department of Agriculture, Human Nutrition Information Service. *Food Guide Pyramid*. August 1992, Leaflet No. 572.

References: Duyff, R L. *The American Dietetics Association's Complete Food and Nutrition Guide*. Chronimied Publishing; Minneapolis, MN; 1996.
Institute of Medicine. *Nutrition During Pregnancy: Weight Gain and Nutrient Supplements*. Washington, DC: National Academy Press; 1990.

(Adapted from nutrition education sources provided by Kalamazoo Family Health Center)