

Jeannine Skinner

Pregnancy Project: Part I

1. Short description of yourself (ie: lifestyle- student, affluent lawyer's wife, busy, bored, etc.)
Mekele- stay at home mom; husband works full time and goes to school part time.

2. Health History

- Age: 24
- Pre-pregnancy Weight and Height: 220 lbs; 5' 7 ¾"
- Current week of pregnancy and current weight: 12 weeks; 225 lbs
- # of pregnancies and outcomes: 3 parity, 1 child, 1 miscarriage, currently pregnant
- Interconceptual period: *Didn't give*
- Birth weights of previous infants: 8 lbs 2 oz
- Children's ages: 19 months (Orrin)
- Lactation Experience: *Heavy lactation—"I'm what is commonly referred to as a 'milk cow'! I think I had more milk than Orrin needed"*
- Estimated delivery date: August 11, 2012
- Lab data: *Couldn't find- N/A*
- Any illnesses/sicknesses/chronic conditions: *Nausea, but no vomiting*
- Cigarette/drug/alcohol use: *None*
- Previous nutritional deficiencies: *None*
- Use of oral contraceptive, other medications:
 - *Yaz (for 4 m.in 2009)*
 - *Marina IUD birth control (July 2010- July 2011)*
- Exercise/activity: *Lightly active, but hates exercise, so doesn't really stick to workout routines for very long*
- Allergies, other food intolerances: *None*

3. Nutritional Assessment

Attached: Charts on 24-hour recall

In this section, I will discuss her macronutrient distributions for the 24-hour recall. Realizing it is only one day, it can't be judged on a strict scale. Her carbohydrate intake was slightly inadequate, at 43% of total daily calories. Protein intake was at 19%, and was adequate. Fat intake for the day was 39%, and was slightly high.

Many people in the United States usually consume enough grains and protein, but I find that they lack in their fruit and vegetable intake. She did get a piece of fruit and some pieces of vegetables in her Subway sandwich, but it would be great if she could increase her intakes in both of these food groups. The dairy group was also lacking in her diet, as shown by the 24-hour recall. Depending on if this day was a "regular" day, it might be necessary to suggest eating more foods from the dairy group, like yogurt or milk. I would not suggest eating more cheese, because that tends to have considerable more sodium in it than other dairy products. Specifically, she is under in Fiber, Calcium, Potassium, Magnesium, Phosphorus, Vitamin A, C, D, E, K, and folate. She almost had enough folate, but she was under. This could be a concern during pregnancy, so if she's not taking folate supplements, it would be beneficial to look into that or to watch her current intake.

- What is your use of supplemental foods, WIC, SNAP, food bank, church resources, etc?
 - *None*
- Past/current use of prenatal or vitamin/mineral supplements?
 - *Used prenats on 1st pregnancy, and is using them now, but not in-between pregnancies*
- What is your estimated percentage of income spent on food? *17.5%*
- Cooking, eating habits: *She usually cooks things from scratch, but with the pregnancy, she and her husband have been buying more processed foods and they go out to eat more often. She does okay with food, but cooking it makes her really sick.*

4. Weight graphed

Pre-pregnancy weight, height, and BMI: *220 lbs; 5'7 ¾"; BMI = 33.4 (obese)*
Actual weight gain is slightly higher than suggested. Track weight to get back into a safer area.

5. Nutritional Care Plan

The main nutritional risk factors present in this case are the following: slightly high weight gain for this time in the pregnancy, low intakes of fruit and vegetables and folate, slightly higher than average sodium intake, and low activity. Of course the only nutritional data I received from her was a 24 hour recall, and one day can vary greatly from the next. To reduce sodium, I could suggest for her to make her own sandwiches- instead of purchasing them. Potato chips are fine, if that's all she can eat, but if she can tolerate more fruits and vegetables, I would recommend adding more of those to her diet.

Basically, I'm glad that she is still eating, even though she is nauseous at times. Concerning the weight gain chart, I would show the area of safe weight gain, and where she is in comparison to it. I would reassure her that she is on the better side of the line, because it is more dangerous to the fetus if it is undernourished than the other way around. On the other hand, I would also warn her that there are consequences from gaining too much weight. It is also good that she is taking a prenatal supplement, because she is probably not getting much of the desired nutrients when she is having a hard time eating a lot.

After hearing about her diet, I can suggest a few things to improve it. She is at home, so it should be easy to grab a snack of fruits or vegetables from the fridge. I will give her ideas on easy and convenient ways to incorporate more fruits and vegetables in her diet. All she has to do is buy and prepare the snacks. Also, she could use these as snacks, to eat more often, which should help decrease her feelings of nausea. Since nutrients that the mother consumes will go to the baby as well, it would be beneficial if she would consume more milk or milk products. Increasing activity level is a good idea and I would encourage her to keep using that prenatal supplement.

Tips to decrease nausea:

- Eat small, frequent meals
- Consume liquids at different time than meals
- Select high-carb foods(to keep stomach full) & those that are well-tolerated
- Avoid odors or foods that trigger nausea

Pregnancy Project: Part II

Follow-up:

Comments provided to my subject:

To care for nausea:

- Have saltine crackers by your bed, so you can nibble on them before getting up for the day.
- Eat small, frequent meals. Select high-carb foods (to keep stomach full)
- Consume liquids at a different time than meals
- Eat foods that are well-tolerated (avoid odors or foods that trigger nausea)
- Snack on fruits and vegetables throughout the day, to keep you feeling full

General tips:

- Try to purchase more fruits and vegetables at the grocery store and have them as snacks throughout the day. Cutting up apples and putting them in baggies with a little bit of lemon juice, and then putting them in the fridge, can make an easy snack for later.
- Find fruits that you like that are easy to eat (clementines (I love the cute little size), strawberries, apples, bananas, grapes, etc.) Maybe you could try making a smoothie of fruits and milk or yogurt.
- Drinking more milk, or consuming more milk products than you are now, may be beneficial.
- Work on moving around more (taking 3 trips to the laundry machine, instead of just one.
- Play with Orrin more :)
- Too much weight gain may cause some problems, so the total weight gain goal for you BMI is a range between 11 and 20 pounds.

Some other advice I would give to her is to get out more and become a little bit more active. It's good for her and her baby. Just doing things around the house or apartment can help to get more activity in her life (without "officially" doing exercise, because she does not particularly like that). I also gave her these websites if she was interested in learning more:

<http://www.fruitsandveggiesmatter.gov/>

<http://www.choosemyplate.gov/> --> healthy eating tips --> 10 tips nutrition education series

Impact of Education:

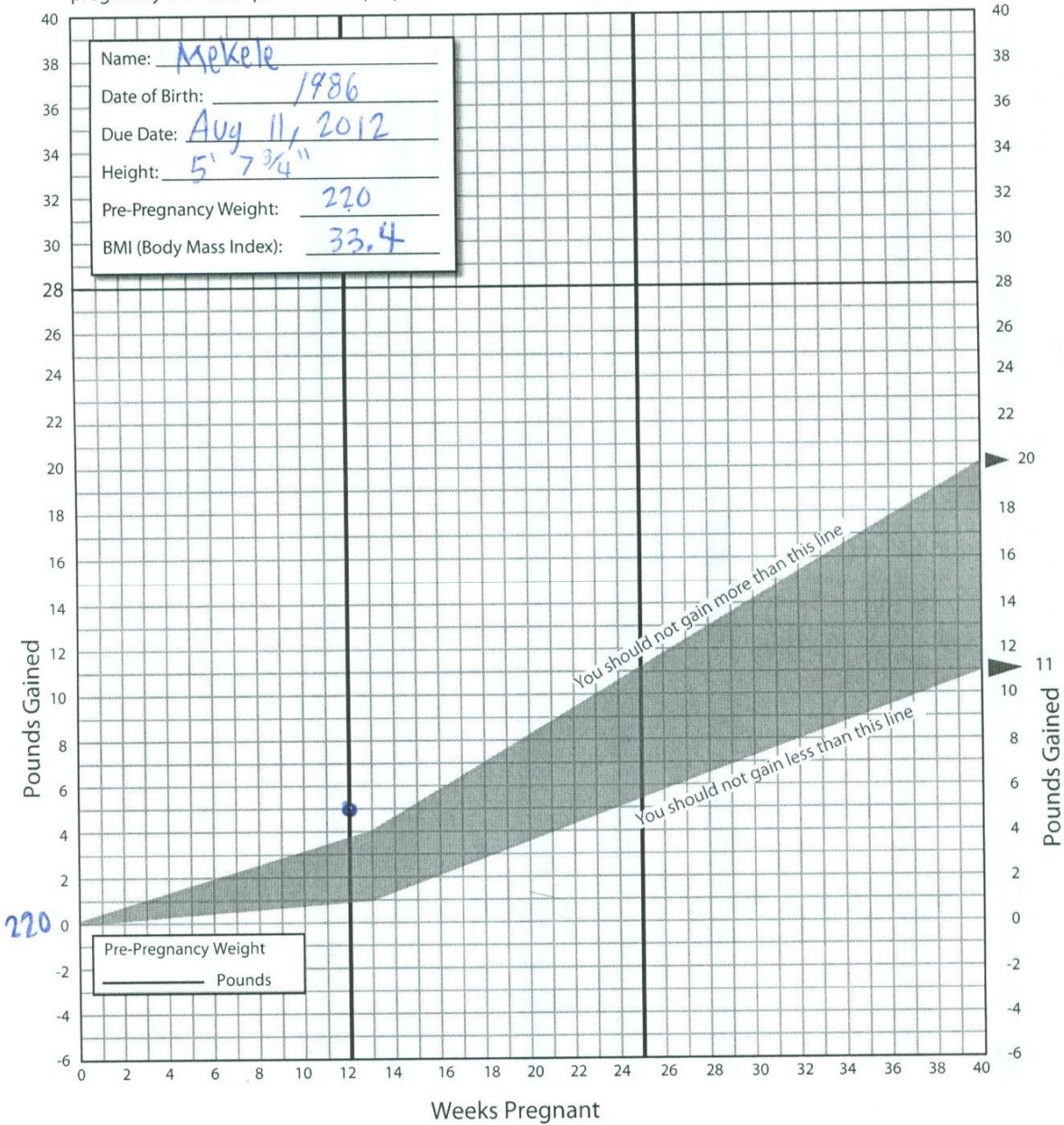
It seems like some of my tips helped Mekele since her nausea has decreased and she has been feeling better. Mekele told me that it helped her feel better when she drank more milk. Being active everyday was a lot easier when the weather got warmer (I agree with her on this point), and she has been moving around more since I first talked with her. I'm happy for her because she has improved her activity by getting outside everyday-- even though she does not like exercising.

I think I could have improved my advice to her by first asking her what her biggest concerns were. That way I could focus my attention on her perceived biggest issues and therefore help her out in the best way possible. After gaining her trust in my advice, I believe I could offer more suggestions to help her improve in any other area. Also, before giving her advice I would make sure it is advice that is simple enough to remember. I think the tips I gave to her were simple, but I need to recognize that if I turn my nutrition knowledge into tips that are easy to understand and remember, they will be more beneficial to my clients. People do not have to be health professionals to be healthy, they just need to learn about basic health ideas and try to implement them in their daily lives.

Pregnancy Weight Gain Chart in Pounds

Pre-pregnancy BMI ≥ 30 , 11-20 pounds

If your pre-pregnancy BMI is 30.0 or greater, then the recommended weight gain range for your pregnancy is 11 to 20 pounds. The purple area shows the weight gain recommendation.



You have gained too little weight if:

- Your weight gain is below the purple area on the chart OR
- You weigh less during your first trimester of pregnancy (from conception through week 13 of pregnancy) than you did before you became pregnant OR You have lost more than 2 pounds between week 13 of your pregnancy and delivery

You have gained too much weight if:

- Your weight gain is above the purple area on the chart OR
- You have gained more than 7 pounds per month (1 month equals 4 weeks)

Talk to your health care provider if you fall above or below the recommended weight



Food Groups and Calories Report

Your plan is based on a default 2000 Calorie allowance.

Food Groups	Target	Average Eaten	Status	
Grains	6 ounce(s)	7 ounce(s)	Over	
Whole Grains	≥ 3 ounce(s)	2½ ounce(s)	OK	
Refined Grains	≤ 3 ounce(s)	4½ ounce(s)	Over	
Vegetables	2½ cup(s)	¼ cup(s)	Under	
Dark Green	1½ cup(s)/week	0 cup(s)	Under	
Red & Orange	5½ cup(s)/week	¼ cup(s)	Under	
Beans & Peas	1½ cup(s)/week	0 cup(s)	Under	
Starchy	5 cup(s)/week	½ cup(s)	Under	
Other	4 cup(s)/week	¼ cup(s)	Under	
Fruits	2 cup(s)	½ cup(s)	Under	
Whole Fruit	No Specific Target	½ cup(s)	No Specific Target	
Fruit Juice	No Specific Target	0 cup(s)	No Specific Target	
Dairy	3 cup(s)	1½ cup(s)	Under	
Milk & Yogurt	No Specific Target	1 cup(s)	No Specific Target	
Cheese	No Specific Target	½ cup(s)	No Specific Target	
Protein Foods	5½ ounce(s)	5 ounce(s)	OK	
Seafood	8 ounce(s)/week	0 ounce(s)	Under	
Meat, Poultry & Eggs	No Specific Target	5 ounce(s)	No Specific Target	
Nuts, Seeds & Soy	No Specific Target	0 ounce(s)	No Specific Target	
Oils	8 teaspoon	6 teaspoon	OK	
Limits				
Allowance		Average Eaten	Status	
Total Calories		2000 Calories	1402 Calories	OK
Empty Calories*		≤ 258 Calories	241 Calories	OK
Solid Fats		*	186 Calories	*
Added Sugars		*	55 Calories	*

*Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.
 Note: If you ate Beans & Peas and chose "Count as Protein Foods instead," they will be included in the Nuts, Seeds & Soy subgroup.

Nutrients Report 01/29/2012 - 01/29/2012

Your plan is based on a default 2000 Calorie allowance.

Nutrients	Target	Average Eaten	Status
Total Calories	2000 Calories	1402 Calories	OK
Protein (g)***	46 g	66 g	OK
Protein (% Calories)***	10 - 35% Calories	19% Calories	OK
Carbohydrate (g)***	130 g	152 g	OK
Carbohydrate (% Calories)***	45 - 65% Calories	43% Calories	Under
Dietary Fiber	25 g	13 g	Under
Total Fat	20 - 35% Calories	39% Calories	Over
Saturated Fat	< 10% Calories	12% Calories	Over
Monounsaturated Fat	No Daily Target or Limit	14% Calories	No Daily Target or Limit
Polysaturated Fat	No Daily Target or Limit	11% Calories	No Daily Target or Limit
Linoleic Acid (g)***	12 g	15 g	OK
Linoleic Acid (% Calories)***	5 - 10% Calories	10% Calories	OK
α -Linolenic Acid (g)***	1.1 g	1.5 g	OK
α -Linolenic Acid (% Calories)***	0.6 - 1.2% Calories	1.0% Calories	OK
Omega 3 - EPA	No Daily Target or Limit	6 mg	No Daily Target or Limit
Omega 3 - DHA	No Daily Target or Limit	22 mg	No Daily Target or Limit
Cholesterol	< 300 mg	148 mg	OK
Minerals	Target	Average Eaten	Status
Calcium	1000 mg	802 mg	Under
Potassium	4700 mg	1865 mg	Under
Sodium**	< 2300 mg	3048 mg	Over
Copper	900 μ g	908 μ g	OK
Iron	18 mg	9 mg	Under
Magnesium	310 mg	217 mg	Under
Phosphorus	700 mg	975 mg	OK
Selenium	55 μ g	106 μ g	OK
Zinc	8 mg	8 mg	OK
Vitamins	Target	Average Eaten	Status
Vitamin A	700 μ g RAE	321 μ g RAE	Under
Vitamin B6	1.3 mg	1.3 mg	OK
Vitamin B12	2.4 μ g	3.0 μ g	OK

Vitamin C	75 mg	61 mg	Under
Vitamin D	15 µg	4 µg	Under
Vitamin E	15 mg AT	5 mg AT	Under
Vitamin K	90 µg	39 µg	Under
Folate	400 µg DFE	328 µg DFE	Under
Thiamin	1.1 mg	1.4 mg	OK
Riboflavin	1.1 mg	1.5 mg	OK
Niacin	14 mg	20 mg	OK
Choline	425 mg	207 mg	Under

Information about dietary supplements.

** If you are African American, hypertensive, diabetic, or have chronic kidney disease, reduce your sodium to 1500 mg a day. In addition, people who are age 51 and older need to reduce sodium to 1500 mg a day. All others need to reduce sodium to less than 2300 mg a day.

*** Nutrients that appear twice (*protein, carbohydrate, linoleic acid, and α-linolenic acid*) have two separate recommendations:

- 1) Amount eaten (in grams) compared to your minimum recommended intake.
- 2) Percent of Calories eaten from that nutrient compared to the recommended range.

You may see different messages in the status column for these 2 different recommendations.

Meals from 01/29/12 - 01/29/12

Meals

Your plan is based on a default 2,000 Calorie allowance.

Date	Breakfast	Lunch	Dinner	Snacks
01/29/12	<ul style="list-style-type: none"> ● 2 regular slice (3-3/4" x 5" x 1/2") Bread, 100% whole wheat, homemade or bakery ● 2 teaspoon (individual container) Margarine, tub, salted ● 8 fluid ounce(s) Milk, reduced fat (2%) 	<ul style="list-style-type: none"> ● 1 sandwich Chicken sandwich, with mayonnaise ● 6 chip, regular Potato chips ● 1 cup (8 fl oz) Water, tap 	<ul style="list-style-type: none"> ● 1 Subway Sub (6" long) Cold cut submarine sandwich, with cheese, lettuce, tomato, and spread (Subway, Jerry's) ● 6 chip, regular Potato chips ● 2 cup (8 fl oz) Water, tap 	<ul style="list-style-type: none"> ● 1 small (2-3/8" across) Orange, raw