



**Trainer Edition**

Arizona WIC Training

# **Prenatal Nutrition Guidebook**



ARIZONA DEPARTMENT  
OF HEALTH SERVICES

## Contents

Contents.....	2
What Will You Learn?.....	3
Items Needed for This Course.....	3
Recommended Time.....	3
Things to Remember.....	3
Prenatal Nutrition Course Instructions.....	4
Module 1: Prenatal Care and Physical Activity .....	5
Module 1: Activity.....	5
Module 2: Healthy Eating and Supplements .....	7
Module 2: Activity.....	7
Module 3: Weight Gain, Food Safety, and Fluid Needs .....	10
Module 3: Activity.....	10
Module 4: Harmful Substances.....	13
Module 4: Activity.....	13
Module 5: Common Pregnancy Discomforts.....	16
Module 5: Activity.....	16
Module 6: Common Pregnancy Medical Problems .....	18
Module 6: Activity.....	18

## What Will You Learn?

This course will help you understand the importance of a healthy diet during pregnancy, and be able to provide recommendations to pregnant WIC participants.

After completing the Prenatal Nutrition LMS course, you will be able to:

- Describe recommendations for physical activity during pregnancy
- Provide recommendations for smoking, drinking alcohol, and consuming illegal drugs during pregnancy
- Describe how folate, iron, and water can impact a woman's health during pregnancy
- Understand how to prevent potential nutrition-related concerns during pregnancy, including listeriosis, mercury poisoning and supplement toxicity
- Provide recommendations for potential medical risks during pregnancy, such as diabetes, pica, preeclampsia, gum disease, toxoplasmosis, lead poisoning, and depression
- Describe procedures for handling domestic violence situations

## Items Needed for This Course

- Pen or pencil
- Access to the Prenatal Nutrition LMS course

## Recommended Time

- Approximate time it takes to complete the Prenatal Nutrition LMS course: 2-3 hours
- Approximate time it takes to complete this Prenatal Nutrition Guidebook and discussion with your trainer: 1-2 hours

## Things to Remember

- This guidebook is yours to keep.
- You are encouraged to take notes, highlight, and write in this guidebook.
- As your trainer chooses, you may work in a group or as an individual.
- You are encouraged to ask your trainer(s) for help, ask questions about the information in the course, or ask any questions about additional topics related to Prenatal Nutrition training.

**TRAINER NOTE:** As a trainer, you are assessing trainees for their understanding of the Prenatal Nutrition competencies for each module. The guidebook training activities are intended to help you assess both trainees' ability to apply basic knowledge and assess their critical thinking skills. Participation by trainees in the face-to-face activities and discussions is required in order for you to thoroughly assess their skills and level of competence.

## Prenatal Nutrition Course Instructions

- ☐ Log onto <https://www.train.org/arizona/welcome>
- ☐ Open and complete the Prenatal Nutrition LMS course module and the corresponding Prenatal Nutrition Activities in this guidebook.
- ☐ At your trainer's discretion, complete the Prenatal Nutrition LMS course and guidebook, either individually, with other trainees, or with your trainer.
- ☐ Complete the Prenatal Nutrition Post-Test.
- ☐ Meet with your trainer at their discretion to discuss each module of the Prenatal Nutrition LMS course and the associated activities in this guidebook, either after each module, or after all modules have been completed.

### TRAINER NOTE:

#### Trainer Steps:

- ☐ At your discretion, trainees may work in groups or as individuals.
- ☐ At your discretion, you may review answers with trainees periodically as they complete activities of the Prenatal Nutrition Guidebook, or after they have fully completed it. Please answer all questions the trainees may have and clarify any incorrect answers.
- ☐ "Possible responses" provided throughout the guidebook are suggested responses and are often not the only answers.
- ☐ If training more than one person at a time, be prepared for trainees to finish the coursework at different times. In order to have trainees review the face-to-face portions together, prepare a list of things that trainees who finish first can do during downtime (e.g., ask you questions for more clarification, check email, clinic observation, etc.).

## Module 1: Prenatal Care and Physical Activity

**TRAINER NOTE:** It is recommended for you to review the competencies below with trainees.

### MODULE 1 COMPETENCIES:

1. Trainees will understand the benefits of regular prenatal care during pregnancy.
2. Trainees will be familiar with and be able to provide recommendations regarding physical activity during pregnancy.

## Module 1: Activity

**TRAINER NOTE:** Allow trainees time to read through the following activity and answer all questions. Discuss the questions together to check for understanding and consider other appropriate responses.

1. What are some of the benefits for women who receive regular prenatal care from health care professionals during pregnancy?

### Possible responses:

Women who have regular prenatal care are more likely to give birth to a healthy baby and have fewer complications during labor and recovery than women who do not.

**TRAINER NOTE:** At your discretion, refer trainees to Module 1, Slide 3 of the Prenatal Nutrition LMS course for the correct answers to the above question.

2. A pregnant WIC participant tells you that she wasn't physically active before pregnancy, and isn't planning to start participating in physical activities because she heard that it isn't safe to start exercising during pregnancy. She asks for your opinion. How would you respond?

**Possible responses:**

**There are actually several safe forms of physical activity that you can do during your pregnancy, even if you weren't physically active before becoming pregnant. For example, many pregnant women (even those who were not physically active before becoming pregnant) start activities such as walking, jogging, dancing, strength training, and modified yoga and Pilates. Just be sure to speak with your health care provider before beginning any physical activity plan.**

**TRAINER NOTE: At your discretion, refer trainees to Module 1, Slide 4 of the Prenatal Nutrition LMS course for the correct answers to the above question.**

## Module 2: Healthy Eating and Supplements

### MODULE 2 COMPETENCIES:

1. Trainees will be able to provide recommendations regarding the safe consumption of prenatal vitamins.
2. Trainees will understand the importance of consuming folic acid before and during pregnancy.
3. Trainees will be familiar with recommendations to prevent/treat iron-deficiency anemia.
4. Trainees will be familiar with the increased nutrient requirements for pregnant teenagers.

### Module 2: Activity

**TRAINER NOTE:** Allow trainees time to read through the following activity and answer all questions. Discuss the questions together to check for understanding and consider other appropriate responses.

1. A pregnant WIC participant tells you that in addition to her regular prenatal vitamin, she has been taking 3000 micrograms of vitamin A and 100 micrograms of vitamin D each day. She asks for your recommendation on her supplement intake. How would you respond?

#### Possible responses:

Although it's important to consume prenatal vitamins during your pregnancy, it's possible for there to be toxic or bad effects from consuming too many vitamins. I would recommend that you continue taking your daily prenatal vitamin, but do not take any other vitamins or minerals in addition to your prenatal vitamin without consulting your health care provider first. How do you feel about that recommendation?

**TRAINER NOTE:** At your discretion, refer trainees to Module 1, Slide 4 of the Prenatal Nutrition LMS course for the correct answers to the above question.

2. Why is it important for women to take a folic acid-containing supplement both before and during pregnancy?

**Possible responses:**

**Neural tube defects form before many women even realize that they're pregnant. Therefore, it's important that women take 400 micrograms (mcg) of folic acid daily if it's possible that they could become pregnant. Once women become pregnant, it's also important for them to take a prenatal vitamin that contains 600 mcg of folic acid daily to help prevent neural tube defects.**

**TRAINER NOTE: At your discretion, refer trainees to Module 2, Slide 4 of the Prenatal Nutrition LMS course for the correct answers to the above question.**

3. What are the key recommendations to preventing / treating iron deficiency anemia?

**Possible responses:**

- **Consume foods high in iron such as meat, eggs, nuts, seeds, beans, lentils, and green leafy vegetables.**
- **Consume additional iron supplements at the direction of a health care provider.**

**TRAINER NOTE: At your discretion, refer trainees to Module 2, Slide 6 of the Prenatal Nutrition LMS course for the correct answers to the above question.**



4. What are the 4 nutrients that pregnant teenagers require higher amounts of compared to pregnant women?

Nutrient 1:

Nutrient 2:

Nutrient 3:

Nutrient 4:

**Correct responses:**

- **Nutrient 1: Calcium**
- **Nutrient 2: Magnesium**
- **Nutrient 3: Zinc**
- **Nutrient 4: Phosphorus**

**TRAINER NOTE:** At your discretion, refer trainees to Module 2, Slide 7 of the Prenatal Nutrition LMS course for the correct answers to the above question.

## Module 3: Weight Gain, Food Safety, and Fluid Needs

**TRAINER NOTE:** It is recommended for you to review the competencies below with trainees.

### MODULE 3 COMPETENCIES:

1. Trainees will be familiar with the health risks associated with pregnancies with multiple babies.
2. Trainees will be familiar with weight gain recommendations for women during pregnancy, including women expecting more than one child.
3. Trainees will be familiar with food safety precautions that women should take to prevent listeriosis.
4. Trainees will be familiar with types of fish that are high in mercury in order to provide recommendations to pregnant women to avoid mercury poisoning.

## Module 3: Activity

**TRAINER NOTE:** Allow trainees time to read through the following activity and answer all questions. Discuss the questions together to check for understanding and consider other appropriate responses.

1. List some of the increased health risks for women expecting multiples?

### Possible responses:

Some health risks for women expecting multiples include preeclampsia, iron-deficiency anemia, kidney problems, C-sections, premature birth, and low birth weight babies.

**TRAINER NOTE:** At your discretion, refer trainees to Module 3, Slide 3 of the Prenatal Nutrition LMS course for the correct answers to the above question.

2. A pregnant WIC participant who is expecting triplets asks you for your recommendation on how much weight she should gain during her pregnancy. How would you respond?

**Possible response:**

**Although there aren't specific recommendations for women expecting triplets, the general recommendation is to gain approximately 50 pounds over the course of your pregnancy.**

**TRAINER NOTE: At your discretion, refer trainees to Module 3, Slide 4 of the Prenatal Nutrition LMS course for the correct answers to the above question.**

3. A pregnant WIC participant tells you that she heard that there are some foods that she's not supposed to eat during her pregnancy so that she doesn't get listeriosis and asks you for your recommendation. How would you respond?

**Possible responses:**

**"Yes, pregnant women are more susceptible to a foodborne illness called listeriosis which is caused by eating foods contaminated with a type of bacteria called listeria. It's recommended that you avoid foods such as:**

- **Unpasteurized soft cheeses (e.g., brie, camembert, blue veined, feta, queso blanco, queso fresco, etc.)**
- **Uncooked hot dogs**
- **Uncooked deli meats**
- **Raw or undercooked eggs**
- **Raw or undercooked meat**
- **Raw or undercooked poultry**
- **Raw or undercooked fish**
- **Raw or undercooked shellfish**

**TRAINER NOTE: At your discretion, refer trainees to Module 3, Slide 5 of the Prenatal Nutrition LMS course for the correct answers to the above question.**

4. Label each type of fish as a best choice, good choice, or choice to avoid based on their mercury content.

__C__ Tilefish	__B__ Albacore Tuna
__A__ Catfish	__C__ Shark
__B__ Mahi Mahi	__A__ Sardines
__A__ Cod	__B__ Halibut
__C__ King Mackerel	__A__ Shrimp
__A__ Salmon	__C__ Swordfish

A. Best Choice  
B. Good Choice  
C. Choice to Avoid

**TRAINER NOTE:** At your discretion, refer trainees to Module 3, Slide 5 of the Prenatal Nutrition LMS course for the correct answers to the above question.

## Module 4: Harmful Substances

**TRAINER NOTE:** It is recommended for you to review the competencies below with trainees.

### MODULE 4 COMPETENCIES:

1. Trainees will be familiar with caffeine recommendations for pregnancy.
2. Trainees will be familiar with making recommendations to smoking cessation resources.
3. Trainees will be familiar with making recommendations for illegal drug cessation resources.
4. Trainees will be familiar with making recommendations to participants that discuss the intake of medications and herbal supplements.

## Module 4: Activity

**TRAINER NOTE:** Allow trainees time to read through the following activity and answer all questions. Discuss the questions together to check for understanding and consider other appropriate responses.

1. Look at the following examples of caffeine intake of 2 different pregnant women and determine if each woman is exceeding the 200 milligrams (mg)/day recommendation? If consuming more than 200 mg, what recommendation(s) would you offer to reduce caffeine consumption.

### Woman #1

1 cup of coffee (95 mg)  
2 cups of tea (26 mg each)  
1 can of cola soda (39 mg)

### Woman #2

2 cups of coffee (95 mg each)  
1 can of orange soda (19 mg)

Woman 1:

Woman 2:

### Possible Response:

**Woman 1:** No, she is consuming less than 200 mg (186 mg)

**Woman 2:** Yes, she is consuming more than 200 mg (209 mg)

**Possible Recommendations:** Consider only drinking one cup of coffee or switching to caffeine-free soda.

**TRAINER NOTE: At your discretion, refer trainees to Module 4, Slide 2 of the Prenatal Nutrition LMS course for the correct answers to the above question.**

2. A pregnant WIC participant tells you that she's smoking while pregnant, and would like to quit but isn't sure what the best method is. How would you respond?

**Possible Response:**

Thank you for telling me this. If you'd like, I can provide you with a referral to ASHline, Arizona's smoking cessation organization. They have experts that can provide you with a variety of options to help you quit. Would that be something you'd be interested in?

Website: [ashline.org](http://ashline.org)

Phone 1-800-55-66-222

**TRAINER NOTE: At your discretion, refer trainees to Module 4, Slide 4 of the Prenatal Nutrition LMS course for the correct answers to the above question.**

3. A pregnant WIC participant tells you that she's been using an illegal drug during pregnancy and would like to quit, but isn't sure what the best method is. How would you respond?

**Possible Response:**

Thank you for telling me this. If you'd like, I can provide you with a referral to the Substance Abuse and Mental Health Services Administration (SAMSHA). They have experts that can help provide you with a variety of resources to help you quit. Would that be something you'd be interested in?

Website: [samhsa.gov](http://samhsa.gov)

Phone 1-800-662-HELP

**TRAINER NOTE: At your discretion, refer trainees to Module 4, Slide 6 of the Prenatal Nutrition LMS course for the correct answers to the above question.**

4. A pregnant WIC participant tells you that she's been taking a few herbal supplements, including juniper and sage, during her pregnancy but hasn't mentioned that to her health care provider. She asks if you think it's important that she mention the herbal supplements she takes to her health care provider. How would you respond?

**Possible Response:**

**Some herbal supplements such as sage and juniper can increase the risk of complications during your pregnancy. I would recommend that you not continue taking any herbal supplements without speaking with your health care provider first. How does that sound to you?**

**TRAINER NOTE: At your discretion, refer trainees to Module 4, Slide 8 of the Prenatal Nutrition LMS course for the correct answers to the above question.**

## Module 5: Common Pregnancy Discomforts

**TRAINER NOTE:** It is recommended for you to review the competencies below with trainees.

### MODULE 5 COMPETENCIES:

1. Trainees will be familiar with recommendations to reduce nausea during pregnancy.
2. Trainees will be familiar with recommendations to reduce constipation during pregnancy.
3. Trainees will be familiar with recommendations to reduce edema during pregnancy.

## Module 5: Activity

**TRAINER NOTE:** Allow trainees time to read through the following activity and answer all questions. Discuss the questions together to check for understanding and consider other appropriate responses.

1. A WIC participant in the 10<sup>th</sup> week of her pregnancy tells you that she's been having some nausea lately, but it gets especially bad when her family is cooking chorizo and menudo. She tells you that she has stopped eating those foods, and will even leave the house to avoid the smell. She asks you how long you think her nausea will last and when she'll be able to resume eating those foods. How would you respond?

### Possible responses:

Fortunately, most nausea will improve after the first trimester, so hopefully your nausea will subside in a few weeks. However, every pregnancy is different, and some women experience nausea throughout their entire pregnancy. For now, you're doing a great job in identifying and avoiding the foods that you know will cause you to be nauseated, and as soon as your nausea subsides, you can resume eating chorizo and menudo.

**TRAINER NOTE:** At your discretion, refer trainees to Module 5, Slide 2 of the Prenatal Nutrition LMS course for the correct answers to the above question.



2. A pregnant WIC participant tells you that she's been having some constipation during her pregnancy. She asks if you have any recommendations. How would you respond?

**Possible responses:**

**Yes, some common ways that women are able to reduce their constipation are to drink more water, eat high-fiber foods, drink prune juice, eat dried plums (prunes), and get more exercise. If you try some of these things and they don't work for you, I'd recommend that you speak with your health care provider.**

**TRAINER NOTE: At your discretion, refer trainees to Module 5, Slide 3 of the Prenatal Nutrition LMS course for the correct answers to the above question.**

3. A pregnant WIC participant tells you that she's been having some edema (swelling due to fluid) during her pregnancy. She asks if you have any recommendations. How would you respond?

**Possible responses:**

**Yes, some common ways that women are able to reduce their edema are to get plenty of rest, elevate their feet often, wear comfortable shoes and supportive tights, rest in a pool, use cold compresses on swollen areas, drink plenty of water, and minimize their salt (sodium) intake. If you ever experience sudden swelling of your hands and face, I'd recommend that you speak with your health care provider right away.**

**TRAINER NOTE: At your discretion, refer trainees to Module 5, Slide 5 of the Prenatal Nutrition LMS course for the correct answers to the above question.**

## Module 6: Common Pregnancy Medical Problems

**TRAINER NOTE:** It is recommended for you to review the competencies below with trainees.

### MODULE 6 COMPETENCIES:

1. Trainees will be familiar with the difference between gestational diabetes and other types of diabetes.
2. Trainees will be familiar with recommendations regarding pica.
3. Trainees will be familiar with recommendations to handle domestic violence.

## Module 6: Activity

**TRAINER NOTE:** Allow trainees time to read through the following activity and answer all questions. Discuss the questions together to check for understanding and consider other appropriate responses.

1. A pregnant WIC participant tells you that she is nervous to get her oral glucose tolerance test (OGTT). She says that even though she's never had diabetes, she's worried about living with diabetes for the rest of her life if the test comes back positive. How would you respond?

### Possible response:

Fortunately, most cases of gestational diabetes go away or resolve shortly after pregnancy. Even if you do have gestational diabetes, your doctor will help you develop a treatment plan to manage it during your pregnancy, and it probably won't be a concern shortly after your pregnancy ends. However, it is important to note that if you do have gestational diabetes, you are at a higher risk of developing type 2 diabetes after your pregnancy, but it's far from certain.

**TRAINER NOTE:** At your discretion, refer trainees to Module 6, Slide 2 of the Prenatal Nutrition LMS course for the correct answers to the above question.

2. A pregnant WIC participant tells you that she has been eating chalk during her pregnancy. She says she just recently started getting the cravings, and isn't sure how to stop. What condition might this participant have and what might be causing it?

**Possible response:**

**This participant may have a condition called pica. It may be caused by a nutrient deficiency, which are more common during pregnancy due to additional nutrient requirements.**

**TRAINER NOTE: At your discretion, refer trainees to Module 6, Slide 8 of the Prenatal Nutrition LMS course for the correct answers to the above question.**

3. What are the two questions that all WIC participants are asked word for word during Certification appointments in order to help determine their risk of depression?

Question 1:

Question 2:

**Correct responses:**

**Question 1: "How often do you feel down, depressed, or hopeless?"**

**Question 2: "How often do you have little interest or pleasure in doing things?"**

**TRAINER NOTE: At your discretion, refer trainees to Module 6, Slide 9 of the Prenatal Nutrition LMS course for the correct answers to the above question.**

4. A pregnant WIC participant tells you that her boyfriend (who just stepped out to use the restroom) has been hitting her. She tells you that it's been happening for a while, but now that she's pregnant, she's afraid of what may happen to her baby. She asks you for your advice. How would you respond?

**Possible responses:**

**I'm so sorry to hear that's happening to you. First, I want to let you know that you can trust me to be discreet and I promise that I'll do anything I can to help you. If you ever feel like you're in an emergency situation, I'd recommend that you call 911. Another useful resource that I can share with you is the National Domestic Violence Hotline. They can offer you resources to help keep you safe. Would you like their information?**

**Website: [thehotline.org](http://thehotline.org)**

**Phone: 1-800-799-SAFE**

**TRAINER NOTE: At your discretion, refer trainees to Module 6, Slide 10 of the Prenatal Nutrition LMS course for the correct answers to the above question.**