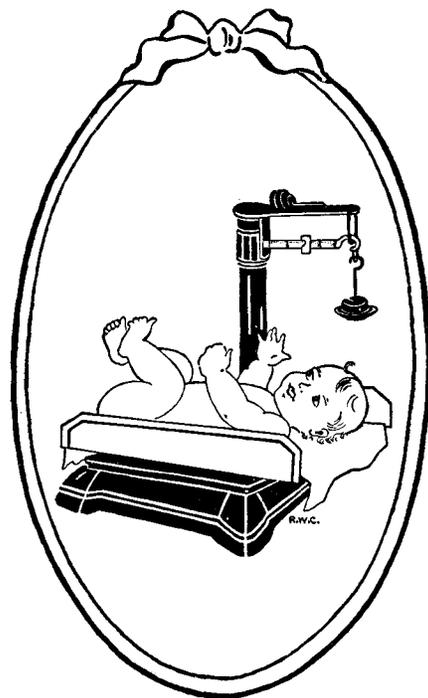


What Builds Babies?

THE MOTHER'S DIET IN THE
PREGNANT AND NURSING
PERIODS



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THE MOTHER'S FOOD

The nine months before a baby is born is the most neglected period of his existence. The pregnant woman is likely to leave her diet largely to chance or the whims of appetite, although she may be most careful of her food during the nursing period. Wrong feeding may be disastrous. It is not safe for the mother merely to eat "what she is accustomed to" or "plenty of good, nourishing food." The pregnant as well as the nursing mother should find out from a physician how much of certain essential foods she must eat daily.

ESSENTIAL DIFFERENCES IN HER DIET

The food needs during pregnancy and the nursing period differ from those of any other time. The mother's food must maintain and repair her body and furnish fuel for warmth and work, and also provide for the growth of her baby and for maintaining his body temperature, muscular activities, and body fat. Many of us eat too much, but few mothers get enough of the vitamin and mineral foods needed for health, growth, and the normal regulation of body processes.

Simple, easily digested, and, in general, laxative foods should be chosen. Four or five small meals may be better than three large ones. Eating too much, hurriedly, or irregularly is harmful. A hygienic, happy life, with plenty of outdoor sunshine, enables the mother to use her food efficiently.

WHAT CONSTRUCTIVE FEEDING DOES

When the mother has been properly fed, the baby has a better chance of being born a fine, healthy child, vigorous, and resistant to disease. The mother will be able to furnish milk for him and will have strength to give him the right loving care. Her general health should be improved by pregnancy.

WHY NEGLECT THE START?

WHAT BUILDS THE BABY?

During the pregnant and nursing periods all women should have an abundance of "the protective foods"—milk, eggs, green leafy vegetables, and fruit. These essential growth foods, which safeguard the bones and teeth, brain and muscles of the baby, can be increased in the diet without necessarily increasing the total amount of food taken daily.

THE DAILY DIETARY ESSENTIALS FOR GROWTH

(These foods give the first 1,000 calories)

- One quart of milk.
- One raw-vegetable salad.
- One egg.
- One citrous fruit, or tomato.
- One cooked green leafy vegetable.
- One serving of *whole-grain* cereal or bread.

If a helping of lean meat or fish, and potato and three slices of bread and butter are added to these foods, the diet will be sufficient in calories or fuel value and adequate in the growth essentials for the average pregnant or nursing mother.

VALUE OF MILK FOR MOTHERS

Milk is superior to any other single food in adequacy of protein, abundance of lime and variety of other minerals, and richness in vitamins. Milk is as much needed to build the baby during pregnancy as to promote breast milk.

The use of milk in cooking cereals, soups, white sauce, custards, puddings, and cocoa helps to put the desired quart in the daily food. Skim milk, buttermilk, or cottage cheese may be substituted for whole milk, if butter or cream is used. When a good supply of fresh milk is not available milk powder or evaporated milk may be taken.

MILK IS THE BEST BODY BUILDER

A SAMPLE DAY'S MENU FOR THE AVERAGE PREGNANT WOMAN

BREAKFAST

RAW FRUIT: One-half grapefruit or whole orange.
CEREAL: Oatmeal, or any whole-grain cereal, with whole milk and sugar.
BREAD AND BUTTER: One slice of whole-wheat or graham toast with 1 pat of butter.
MILK: One cup of cocoa made with whole milk.

10 A. M. LUNCHEON

MILK: One glass of whole milk, with or without egg.

DINNER

MEAT, FISH, OR EGG: Two beef balls, or scrambled eggs.
POTATO: Baked potato with 1 pat of butter.
GREEN VEGETABLE: Creamed spinach.
BREAD AND BUTTER: One slice of whole-wheat or graham bread with 1 pat of butter.
DESSERT: Baked custard made with whole milk.

SUPPER OR LUNCHEON

SOUP OR OTHER HOT DISH (MADE WITH WHOLE MILK): Creamed pea soup, or macaroni or rice and cheese.
SALAD: Raw-vegetable and nut salad on lettuce with mayonnaise dressing.
BREAD AND BUTTER: Two date bran muffins with $1\frac{1}{2}$ pats of butter.
COOKED FRUIT: Baked apple with whole milk.

[THE "DIETARY ESSENTIALS" AND 2,000 CALORIES MORE]

Meat, Fish, or Egg.—In pregnancy eating meat more than once a day may be injurious to health. The physician may advise cutting meat out of the diet; if so, an egg dish may be substituted. Beef, mutton, lamb, poultry, and fish are more digestible than pork.

Overeating is dangerous in pregnancy, and it will not increase nor even help maintain the milk supply. The average woman of normal weight should not gain more than 20 pounds during pregnancy; the overweight woman may be better for gaining less or not at all.

NUTRITION IS A BIG PROBLEM OF PREGNANCY

MINERALS AND VITAMINS BUILD THE BONES

Mineral salts and vitamins of milk, eggs, vegetables, fruits, and whole grains build bones and teeth. Outdoor sunshine is necessary for the best growth, and the mother's sunning herself in the open air daily helps to prevent rickets in the baby.

WHEN ARE TEETH FORMED?

Man has 52 teeth altogether, and they begin to form by the third month of prenatal life. All the first set of 20 teeth are inside the jaw at birth, and their crowns are almost completely calcified. By the time the first tooth appears, the enamel is all formed on the temporary set. Practically all the teeth are begun during the 18 months when the mother is the main source of food for her baby. Good teeth protected by well-formed jaws depend on the abundance of calcium (or lime), phosphorus, and vitamins in the mother's food. Milk is the great lime food.

A DIET OTHERWISE GOOD MAY LACK IODINE

The thyroid gland, which is necessary for normal growth and health, must have a small amount of iodine. If this is not provided the thyroid enlarges and forms a goiter.

In certain regions, especially around the Great Lakes and in the Northwest, the water and soil have lost their iodine, so that foods grown in these localities may not provide the necessary iodine. At least in these regions, throughout pregnancy, iodine should be given to prevent goiter in the baby as well as in the mother. Iodine should be taken only in minute amounts, usually in 10-milligram tablets (about one-sixth of a grain) once a week, or as iodized table salt. If possible its use should be directed by a physician.

THE MOTHER MUST PROTECT TWO

A SAMPLE DAY'S MENU FOR THE UNDER-NOURISHED OR HARDWORKING PREGNANT WOMAN

BREAKFAST

RAW FRUIT: One-half grapefruit or whole orange.
CEREAL: Oatmeal, or any whole-grain cereal, with whole milk and sugar.
BREAD AND BUTTER: Two slices of whole-wheat or graham toast with 2 pats of butter.
MILK: One cup of cocoa made with whole milk.

10 A. M. LUNCHEON

MILK: One glass of whole milk, with or without egg.

DINNER

MEAT, FISH, OR EGG: Two beef balls, or mutton stew.
POTATOES: Two baked potatoes with 2 pats of butter.
GREEN VEGETABLE: Creamed spinach.
BREAD AND BUTTER: Two slices of whole-wheat or graham bread with 1 pat of butter.
DESSERT: Baked custard made with whole milk.
One cup of tea or coffee with cream and sugar.

AFTERNOON LUNCHEON

FRUIT OR MILK: One raw apple or other fresh fruit, or glass of milk.

SUPPER OR LUNCHEON

SOUP OR OTHER HOT DISH (MADE WITH WHOLE MILK): Creamed pea soup, or rice and cheese.
SALAD: Raw-vegetable and nut salad on lettuce with mayonnaise dressing.
BREAD AND BUTTER: Two date bran muffins with 2 pats of butter.
COOKED FRUIT: Baked apple with top milk or cream.
[THE "DIETARY ESSENTIALS" AND 3,000 CALORIES MORE]

The average nursing mother doing her own work requires a diet equivalent to that of the undernourished pregnant woman.

Whole-Grain Foods. Breads and cereals should be made of *whole* grain because of its high mineral and vitamin content. Whole wheat, oats, corn, and other grains can be obtained in flour or cereal form. Cereals may be used for breakfast foods and in mush, muffins, puddings, and soup. Butter or cream served on food adds greatly to the vitamin as well as the fuel value of the diet.

A SAMPLE DAY'S MENU FOR THE OVERWEIGHT PREGNANT WOMAN

BREAKFAST

RAW FRUIT: One-half grapefruit or whole orange.
BREAD AND BUTTER: One slice of whole-wheat or graham toast with 1 pat of butter.
MILK: One cup of cocoa made with whole milk.

10 A. M. LUNCHEON

MILK: One glass of whole milk.

DINNER

MEAT, FISH, OR EGG: One beef ball, or small serving of fish.
GREEN VEGETABLE: Creamed spinach.
BREAD AND BUTTER: One slice of whole wheat or graham bread with 1 pat of butter.
DESSERT: Baked custard made with whole milk.

SUPPER OR LUNCHEON

SALAD: Raw-vegetable and nut salad on lettuce.
BREAD AND BUTTER: Two date bran muffins with one-half pat of butter.
COOKED FRUIT: Baked apple with whole milk.
MILK: One glass of whole milk.

[THE "DIETARY ESSENTIALS" AND 1,000 CALORIES MORE]

Fruits and Vegetables.—The green leafy vegetables such as spinach, chard, lettuce, endive, cress, cabbage, kale, collards, cauliflower, Brussels sprouts, string beans, dandelion greens, turnip tops, and beet tops have a value in the diet far greater than tubers, such as potatoes, or root vegetables, such as carrots, or legumes, such as peas and beans. The leafy vegetables, and fruit, either fresh or dried, should be used freely by every mother. They are not fattening. The overweight woman should reduce her use of sugar, potato, bread, and cereal.

Plenty of fruit and vegetables, with the help of whole-grain breads and cereals, makes the diet laxative.

HOW FAR CAN A MOTHER PROTECT HER BABY?

The mother stands between her baby and nutritional disaster. During pregnancy and the nursing period the material to build the baby comes either from the mother's food or from the stores she has accumulated in her own body. In case of food shortage the mother suffers first. If necessary she pays for the health of her child with her own flesh and blood and teeth. A comment upon the inadequacy of the feeding of mothers in the past is the adage, "For every child a tooth." Fortunately, with the right food and dental supervision this need no longer be true.

ADEQUATE FOOD THE REAL SAFETY FACTOR

A woman may live in fair health on a diet upon which she can not properly nourish a baby either before or after birth. But even with a properly balanced diet her ability to supply the right sort of material for the baby's growth has a limit. Her power to do this successfully depends on—

- (1) Her general health and state of nutrition before conception.
- (2) The amount, kind, and adequacy of her food. If her food can not supply the child's needs her body must.
- (3) The length of time she supports the growth of the child, both before and after birth. This is often at least 18 months.

Inadequate feeding during pregnancy or the nursing period may lead to the physical depletion of the mother or prevent the normal growth of the baby.

WHY SACRIFICE THE MOTHER NEEDLESSLY?