Pregnancy to Adulthood

NUTRITION FOR THE LIFE CYCLE
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Life Cycle

• Five stages:
  – Pregnancy
  – Infants
  – Children
  – Teenagers
  – Adults
Pregnant Mothers

• Nutrition is most important responsibility
• Baby’s growth and development depend on nutrients from mother
• Poor eating habits by the mother place the baby at risk
Nutritional Needs during Pregnancy

• Folate, folic acid
• More foods from:
  – Dairy Group
  – Protein Foods Group
  – Fruit Group
  – Vegetable Group
  – Grains Group
• Should add 300 calories a day to diet

• Average weight gain – 25 to 35 pounds
• Pre-natal vitamin and mineral supplement
• No alcohol
Infants

• Grow and develop quickly in first year
• Triple in weight
• Brain and organs continue to develop
Nutritional Needs for Infants

• Birth to 6 months
  – Breast milk
  – Infant formula
  – No cow’s milk
• 4 to 6 months
  – Cereal introduced
• 6 to 8 months
  – Mashed fruits and vegetables
  – Single item foods
• 7 to 10 months
  – Finger foods
  – Dry cereal
  – Teething biscuits
• 8 to 12 months
  – Soft or cooked table foods
• 1 to 2 years
  – Feed themselves
  – Enjoy same food as family
Children

• Need a regular meal schedule
• Stomachs are small, energy levels high
• Snacks to satisfy food needs
Nutritional Needs for Children

- 1,000 calories per day
- Grain Group
  - *at least half* of all grains eaten should be whole grains
- Vegetable group
  - Encourage to eat and enjoy
- Fruit
- Dairy
- Protein
Teenagers

• Most rapid growth period
• Dramatic physical changes
• Fit healthful eating into busy schedules
• Eat foods for nutrition when eating with friends
Nutritional Needs for Teenagers

• Follow ChooseMyPlate guidelines
• Choose drinks wisely
• Eat more fruits and vegetables
• Add lean protein
• Include whole grains
• Don’t forget low-fat dairy
• Be active!
Adults

• Want to remain independent
• May need assistance in shopping and cooking
• Can purchase convenience foods
• Community may provide meal assistance
Nutritional Needs for Adults

- Nutrition needs rise
- Calorie needs drop
- Balance calories eaten with calories used
- Healthful low-calorie foods are good choices
- Add physical activity
References and Resources

Images:
- Microsoft Office Clip Art: Used with permission from Microsoft.

Textbooks:

Websites:
- Academy of Nutrition an Dietetics
  The worlds largest organization of food and nutrition professionals
  www.eatright.org
- U.S. Department of Agriculture.
  ChooseMyPlate.gov Website. Washington, DC.
  http://www.choosemyplate.gov