

AFP 166-21
1 October 1990

Nutritional Medicine Service



**Prenatal Calorie
Controlled Weight Gain**

WARNING: THIS DIET SHOULD ONLY BE USED WHEN PRESCRIBED BY A CREDENTIALLED HEALTH CARE PROVIDER AND WHEN APPROPRIATE DIET COUNSELING HAS BEEN RECEIVED. CONTACT LOCAL NUTRITIONAL MEDICINE SERVICE IF YOU HAVE NOT ALREADY RECEIVED COUNSELING BY A REGISTERED DIETITIAN (RD) OR CERTIFIED DIET COUNSELOR.

This diet instruction has been given to you

by _____,
(Name of health care provider)

at _____,
(Name of medical facility)

on _____,
(Date)

If questions arise, direct them to the health
care provider at _____.
(Telephone number)

DEPARTMENT OF THE AIR FORCE
Headquarters US Air Force
Washington DC 20330-5000

AF PAMPHLET 166-21

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PRENATAL CALORIE CONTROLLED DIET

Introduction

This pamphlet provides nutritional guidance and instructions for you in following the diet prescribed by your health care provider. The use of a name of any specific manufacturer, commercial product, commodity, or service in this publication does not imply endorsement by the Air Force.

It is assumed that you have already received a copy of AFP 166-20, Prenatal Nutrition, as part of a general obstetrics orientation. If not, ask your diet counselor for a copy since much of the basic information covered in that pamphlet is not covered again in this pamphlet.

What's the Fuss over Weight Gain?



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Supersedes AFP 166-21, 16 May 1986.

No. of Printed Pages: 20

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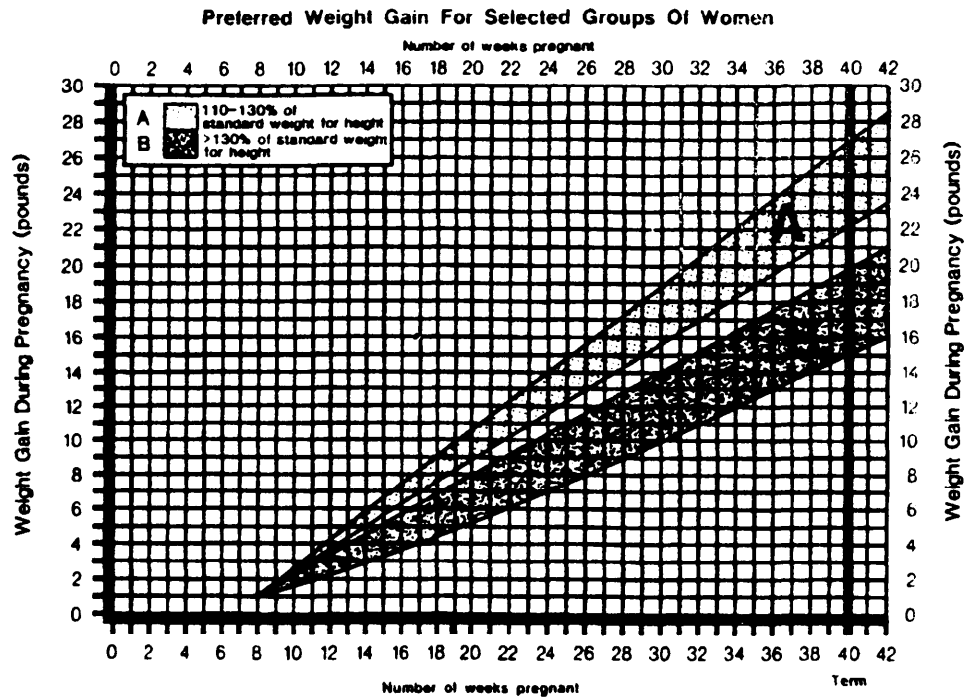
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If you were a chronic dieter before pregnancy, you may throw caution to the wind and literally "eat for two," or continue to try and "supervise" every bite you eat. Either way, you can end up gaining too much or too little weight which can result in problems for you and your baby. Excess weight gain may increase the chance of pregnancy complications, especially if you have other medical problems. Studies show that larger women tend to produce larger babies so they don't have to gain as much weight to have healthy babies. Weight gain ranges of the lower to upper twenties are probably appropriate for most overweight pregnant women. Generally, even very overweight women need to gain a **MINIMUM** of 15 to 18 lbs to produce healthy babies. Dieting should **never** be attempted during pregnancy, since this can harm your baby.

If you receive this pamphlet early in your pregnancy, you can learn techniques to help you control your rate of weight gain so that you don't gain excessively.

Or, if you have already gained a lot of weight, how to slow down weight gain. You can help yourself by knowing the normal pattern or timing of weight gain. There is usually little weight gain (2 to 4 lbs) in the first 3 months of pregnancy. The rate of weight gain after that is usually about 1 pound per week. You should probably aim to gain at a somewhat lower rate (about $\frac{1}{4}$ to $\frac{3}{4}$ pounds per week) during the last 6 months. See chart for acceptable ranges of weight gain.



(Credit line: Adopted from "Your Weight Gain Chart" Regents of the University of Minnesota, 1988. Used with permission.)

To determine your weight status group use the following guidelines*:

Height (no shoes)	Standard Weight (in pounds)	Group A (pounds in light weight clothing)	Group B
4'9"	103	114-134	135 or more
4'10"	106	117-138	139 or more
4'11	109	120-142	143 or more
5'0	112	123-146	147 or more
5'1	116	128-151	152 or more
5'2	119	131-155	156 or more
5'3	122	134-159	160 or more
5'4	127	140-165	166 or more
5'5	131	144-170	171 or more
5'6	136	150-177	178 or more
5'7	139	153-181	182 or more
5'8	143	157-186	187 or more
5'9	147	162-191	192 or more
5'10	151	166-196	197 or more
5'11	156	172-203	204 or more
6'0	159	175-207	208 or more

*midpoint of normal range from 1959 Metropolitan Weight Tables

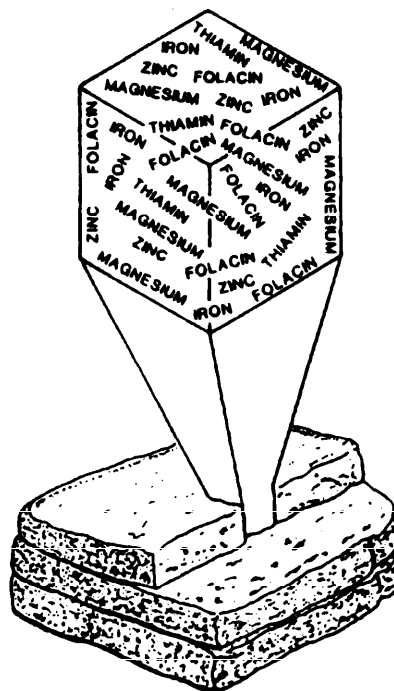
There are tips you can use to start controlling your weight gain and maintain a reasonable weight after pregnancy. Read on to:

- * Learn how to adjust eating habits
- * Change eating habits
- * Learn how to choose a well-balanced diet
- * Explore some ideas for meal planning
- * Look at sample meal patterns (only if a specific calorie level was requested for you).

Taking That First Step

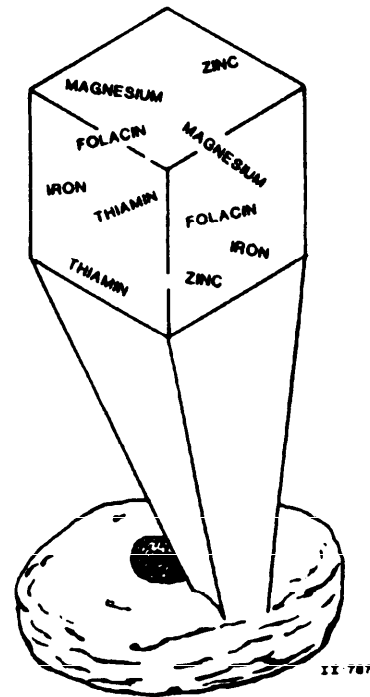


Controlling what you eat doesn't have to be thought of in the same way as starting a prison sentence. You don't have to deny yourself all the foods you like; just eat them less often and in smaller amounts.



WHOLE-WHEAT BREAD (2 2/3 slices)

175 calories



RAISED DOUGHNUT

175 calories

Focus on nutrient-dense foods—those that provide the most essential nutrients for the fewest calories. Vegetables and unsweetened fruits; whole-grain and enriched breads and cereals; lean meat, poultry, and fish; dry beans and peas; and low fat milk and milk products all fall into this category. Foods rich in sugar or fat, are not nutrient dense, so go easy on these.

Whatever you do, it helps to enlist the support of family and friends. If others understand your goals and problem areas, they will help reinforce your new eating habits and bolster your self-determination. Otherwise, they may unwittingly upset your plans.

Adjusting Eating Habits



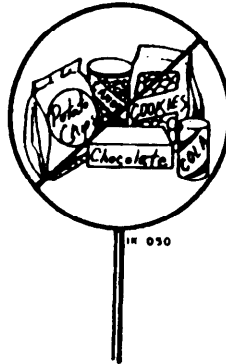
These general guidelines can help you control your weight:

1. **Cut down on high-fat foods** such as, margarine, butter, highly marbled or fatty meats, and fried foods. Salad dressings, cream sauces, gravies, and many whipped dessert toppings are also high in calories.
2. **Eat fewer sugary foods** such as, candies, soft drinks and other sugar-sweetened beverages such as, ades and punches, jelly, jam, syrups, honey, fruit canned in heavy syrup, pies, cakes, and pastries.
3. **Cut down on serving sizes.** The smaller the serving, the fewer the calories. First, take a look at the size of portions you now eat. For instance, you now eat a large bowl of soup, 5 ounces of meat, and 2 tablespoons of dressing on your salad. How much less of the same food could you get by with and still have a nutritionally adequate diet? Next time, try a cup of soup, 3 ounces of meat, and only 1 tablespoon of salad dressing.

4. Use whole milk or **whole milk products** (most cheeses and ice cream) **sparingly**. Low fat and skim milk products such as, ice milk and skim-milk cheeses, give fewer calories.

5. **Select cooking methods to help cut calories.** Cook foods with little or no added fat and avoid deep-fat fried foods, which are high in calories because of the fat absorbed during cooking. For meat and poultry, trim off visible fat; either broil or roast on a rack. If braised or stewed, drain meat to remove fat. For fish, broil or bake. For vegetable, steam, bake or boil; for an occasional change, stir fry in a small amount of vegetable oil.

Changing Problem Eating Habits



In order to change eating habits, you must first be aware of what they are. To start with, keep a detailed record of your eating habits for at least a week. See sample food diary below.

TIME OF DAY	TOTAL TIME	FOOD	AMOUNT	CALORIES	LOCATION	MOOD	ACTIVITY	WITH WHOM
0750	15 Minutes	Eggs	2	150	Kitchen	Tired	Standing	Self
		Bacon	4 strips	180				
		Toast	3 slices	210				
		Butter	4 teaspoons	180				
		Whole Milk	1 Cup	160				

Write down what, when, where, and how you eat. Then review the record, asking yourself these questions:

- * How many meals and snacks do I eat each day?
- * How much do I eat and how much time do I spend at each meal?
- * Is my eating pattern different on weekends than during the week?
- * Do I usually eat alone or with other people?
- * Do I eat only when I'm hungry, or also when I'm bored, nervous, or fatigued?

In looking over your answers, you'll probably be amazed at some of the eating habits you've established without even realizing it. But, make changes slowly, starting with the easiest. That way, you won't be discouraged. For example, you may have better luck changing the place you eat than trying to control a tendency to eat when you are bored. After you've made a successful change, reward yourself with a new purchase, a trip to the movies, or a walk in the park, but not with food. In the meantime, continue to keep records. Look them over for good days as well as the "not so good" ones.

The following problems may sound uncomfortably familiar to you. But don't despair; solutions are provided to help reshape your eating habits.

PROBLEM: You do most of your eating when you're home watching TV. Without even giving it a second thought, you automatically go to the kitchen, pour yourself a large drink, and grab a bowl of munchies to nibble on during the program.

SOLUTIONS:

Establish the rule, "No eating while watching TV." Keep your hands busy—knit or sew, fold the laundry, iron, organize your tool kit, groom your pet, or balance your checkbook.

PROBLEM: Cooking is a problem time for you. Whenever you stir the pot, you take a taste. And when you set out the cheese and crackers, its one for the tray and one for the mouth. You've even been known to bake brownies and eat them all yourself.

SOLUTION: Allow yourself only one taste, then get someone else to stir the pot. Bake on a full stomach so you won't be tempted. Make a rule not to lick the beaters or the mixing spoons.

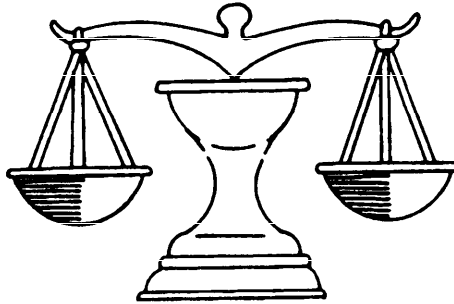
PROBLEM: You raid the refrigerator as soon as you get home from work. You're "starved" long before dinner is ready. So you snack until the table is set. By the time you're ready to sit down, you're already full, but eat anyway.

SOLUTIONS: Unless you're the cook, stay out of the kitchen. Post a sign reminding you to hang on just a little longer. Stick to raw vegetables for snack. Eat earlier.

More Tips

1. Put yourself on a definite time schedule for eating—avoid eating at random times.
2. Don't deprive yourself of food and then reward yourself by indulging to excess—don't skip a meal; it is easy to overdo it at the next meal.
3. Write your shopping list when you're not hungry, and go grocery shopping on a full stomach—that way you won't be tempted to buy extra goodies.
4. Cut back on high-calorie snack foods. If you have to buy them for the rest of your family, store them out of sight.
5. Eat only when sitting at the kitchen or dining room table instead of nibbling while doing other things.
6. Allow yourself only one moderate serving. Try portioning out your food before bringing it to the table.
7. Eat slowly so you'll feel full. Savor and enjoy every bite of food. Try putting your fork down between bites if that helps you slow down. Sip rather than gulp your beverage.

How To Plan Well-Balanced Meals and Snacks



The best meal plan—whether you're attempting to control weight gain or just trying to stay healthy, is a well-balanced one. Well-balanced means your daily diet should include a wide range of foods from fruits, vegetables, breads and starches, milk products, meat, poultry, fish, and dry bean groups. Because of pregnancy, you do need extra nutrients, but most of these needs can be reasonably met by diet alone (with the exception of iron). Special emphasis needs to be put on good sources of protein, calcium, iron and folic acid. (Details on sources of these nutrients can be found in AFP 166-20, Prenatal Nutrition.)

Sensible Meal Planning



Now you're ready to put all this knowledge to work, but what about the rest of the family? Just because one person is weight watching doesn't mean that special meals have to be prepared or that the whole family must watch calories.

Basically, you can all start with the same menu, but you will need to watch what you add to the basics. Breakfast, lunch, dinner, or snacks—special occasions, too—can be relaxed and fun for the whole family if you select food with care both at home and when dining out.

Some of you may only need the general tips already provided in order to form your own plan to control your weight gain. For those of you who would benefit from some sample menu ideas; read on.

Countdown: Food Choices

3... 2... 1..

You've learned about the importance of getting a variety of foods and now have an idea of the types of foods to cut down on if you are trying to control weight gain. If your health care provider has prescribed a specific calorie level for you, look for the matching sample meal plan and sample menu listed in the next few pages. The sample will give you an idea of the types and amounts of foods and beverages to eat to stay within your calorie prescription. These sample meal plans are based on simplified food lists starting on page 14.

Meal plans may be modified for any food intolerances, special food preferences, or special situations. For example, you may need to eat smaller amounts more frequently toward the end of your pregnancy because of your growing baby. At that time, six smaller feedings may work better. A nutrition counselor can help work out a meal plan right for you.

Remember to monitor your weight gain carefully to be sure you are gaining in the right range for you. Let your provider and nutritionist know if you are having any problems so that changes can be made as needed.

1800 Calorie Meal Plan

Total Daily Choices

4 - 2% milk choices
 6 meat and substitute choices
 5 starch/bread choices
 4 vegetable choices
 4 fruit choices
 2 fat choices

Sample Menu

Breakfast

1 slice wheat toast
 with 1 teaspoon (tsp)
 margarine
 $\frac{3}{4}$ cup (c) corn flakes
 4 oz of orange juice
 8 oz lowfat milk
 Decaffeinated coffee

Lunch

1 small hamburger with
 lettuce, dill pickles,
 sliced tomato (1 large),
 and lettuce
 1 Tbsp catsup on 1/2 bun
 Carrot and celery sticks
 (1 c)
 1 peach
 8 oz lowfat milk

Dinner

1 small pork chop
 1 small baked potato
 with 1 tsp margarine
 1 slice wheat bread
 1 c broccoli with lemon
 1 fresh apple
 8 oz lowfat milk

Evening Snack
 8 oz plain lowfat
 yogurt with $\frac{1}{4}$ c
 canned peaches

For 2000 calorie sample meal plan: Add 2 fruits, 1 bread/starch to 1800 "Total Daily Choices."

For 2200 calorie sample meal plan: Add 2 fruits, 3 bread/starches and 1 fat to 1800 "Total Daily Choices."

For 2400 calorie sample meal plan: Add 2 fruits, 4 bread/starches, 2 meats and 1 fat to 1800 "Total Daily Choices."

1800 Calorie Meal Plan
(with no milk)*

Total Daily Choices

7 meat and substitute
choices
8 starch/bread choices
4 vegetable choices
6 fruit choices
4 fat choices

Sample Menu

Breakfast

2 slices wheat toast
with 2 tsp diet
margarine
12 oz orange juice
Decaffeinated coffee

Lunch

1 small hamburger with
lettuce, dill pickles,
sliced tomato (1 large),
and lettuce with 1 tsp
mayonnaise and 1 Tbsp
catsup on bun
Carrot and celery
sticks (1 c)
1 medium peach
Iced tea

Dinner

1 small pork chop
(with skin)
1 small potato
with 2 tsp diet
margarine
2 slices wheat bread
with 2 tsp diet
margarine
1 c broccoli with
lemon
 $\frac{1}{2}$ c unsweetened
applesauce
Decaffeinated coffee

Evening Snack

6 saltine crackers
1 oz mozzarella cheese
1 medium orange

For 2000 calorie sample meal plan: Add 2 bread/starches and 1 fat to
1800 "Total Daily Choices."

For 2200 calorie sample meal plan: Add 4 bread/starches and 2 fats to
1800 "Total Daily Choices."

For 2400 calorie sample meal plan: Add 5 bread/starches, 1 meat and 2
fats to 1800 "Total Daily Choices."

* See your health care provider about a possible calcium supplement if you don't already take one. If you already use an over-the-counter supplement, avoid dolomite and bone meal because these contain high levels of lead. Also avoid a supplement with calcium diphosphate because it may interfere with the absorption of iron.



Food Lists to Be Used with Meal Plans

**MILK**

Each of these equals 1 choice.
The calories vary for each choice.
You have _____ choices each day.

1 cup (c) skim milk (90 calories)
1 c low fat milk (120 calories)
8-ounce (oz) carton plain low fat
yogurt

MEAT AND SUBSTITUTES

Each of these equals 1 choice.
(75 calories)
You have _____ choices each day.

1 oz cooked poultry, fish or
meat
 $\frac{1}{4}$ c cottage cheese
 $\frac{1}{4}$ c salmon or tuna, water
packed
1 Tablespoon (Tbsp) peanut butter
1 egg (limit to 4 per week)
1 oz low fat cheese, such as
mozzarella, ricotta

Each of these equals 2 choices.
(150 calories)

1 small chicken leg or thigh
 $\frac{1}{2}$ c cottage cheese or tuna

Each of these equals 3 choices.
(225 calories)

1 small pork chop
1 small hamburger
Cooked meat, about the size of
a deck of cards
 $\frac{1}{2}$ of a whole chicken breast

$\frac{1}{2}$ English muffin, bagel, or
hamburger/hot dog bun
 $\frac{1}{2}$ c cooked cereal
 $\frac{3}{4}$ c dry cereal, unsweetened
4-6 crackers
3 c popcorn, unbuttered, not
cooked in oil

VEGETABLES

Each of these equals 1 choice.
(25 calories)
You have _____ choices each day.

$\frac{1}{2}$ c cooked vegetables
1 c raw vegetables
 $\frac{1}{4}$ c tomato/vegetable juice

FRUIT

Each of these equals 1 choice.
(60 calories)
You have _____ choices each day.

1 fresh medium fruit
1 c berries or melon
 $\frac{1}{2}$ c canned in juice or
without sugar
 $\frac{1}{2}$ c fruit juice
 $\frac{1}{4}$ c dried fruit

FAT

Each of these equals 1 choice.
(45 calories)
You have _____ choices each day.

1 teaspoon (tsp) margarine,
oil, mayonnaise

1 medium fish fillet

STARCH/BREAD

Each of these equals 1 choice.

You have choices _____ each day.

$\frac{1}{2}$ c pasta or barley

$\frac{1}{2}$ c rice or cooked dried
beans and peas

1 small potato (or $\frac{1}{2}$ c
mashed)

$\frac{1}{2}$ c starchy vegetables
(corn, peas, or winter squash)

1 slice bread or 1 roll

FAT

2 tsp diet margarine or
diet mayonnaise

2 Tbsp reduced-calorie salad
dressing

CASSEROLES AND HOT DISHES

1 c = 2 starch/bread choices,
plus 2 meat choices,
1 fat choice

SOUP

1 c (milk-based) = 1
starch/bread choice
plus 1 fat choice

1 c (broth-based) = 1 starch/bread
choice

1 c (bean-based) = 2
starch/bread choices

FREE FOODS

(Less than 20 calories per serving)

Bouillon without fat

Catsup (1 Tbsp)

Coffee/Tea

Diet, calorie-free
drinks

Diet Syrup

Hot Sauces

Lemon

Lime

Low sugar
jam/jelly (2 tsp)

Mustard

Soy Sauce

Spices/Herbs

Sugar-free gum

Unsweetened
gelatin

Unsweetened

pickles

Vinegar

Worcestershire
Sauce

Celery

Cucumbers

Green beans

Green onions

Mushrooms

Radishes

Zucchini

SALAD GREENS

Lettuce

Romaine

Spinach

Vegetables, raw

Cabbage

FOODS FOR OCCASIONAL

USE: _____

After Delivery

Keep the same healthful eating habits you had or established while you were pregnant! Continue to eat a wide variety of foods from the basic food groups with the following minimums recommended: Milk/dairy (2 servings or 4 servings if breastfeeding), protein foods (2 servings), Grain (4 servings), Fruit/Vegetable (4 servings with 1 Vitamin C rich choice every day). If you are interested in losing weight, watch intake of high calorie foods. You can use skim milk or lowfat milk in place of whole milk, lean cuts of meats, unsweetened fruits and juices, and limited fat choices. If you plan to follow a specific calorie controlled diet, check with your doctor and diet counselor first. Breastfeeding moms should not attempt rapid weight loss since very low calorie diets can reduce the quantity of breast milk produced. Before you go home with your baby, request Air Force Pamphlet 166-16, Pediatric Nutrition from Nutritional Medicine Service. The pamphlet contains helpful hints for feeding infants and children.



PATIENT REFERENCES

Child of Mine, Ellyn Satter, Bull Publishing Company, P.O. Box 208, Palo Alto, CA 94302-0208, 1986.

To Baby with Love: Your Prenatal Nutrition Diary, Marilyn Hanson and Robert Segura, Bull Publishing Company, P.O. Box 208, Palo Alto, CA 94302-0208, 1982.

General Information CONUS only:

Special Supplemental Food Program for Women, Infants, and Children (WIC) provides extra food for pregnant and breastfeeding women, infants, and children up to 5 years old. To be eligible for the WIC program, the applicant must meet certain residency, income, and nutritional risk standards. Once approved, the participants will receive food vouchers on a monthly basis. These vouchers can be turned in for specified foods at a commissary or approved local grocery stores. In most cases, your local Air Force OB or pediatric clinic can tell you more about WIC and refer you. If you have no source of information, you can look up the WIC number in a phone book or call any local social service agency.

BY ORDER OF THE SECRETARY OF THE AIR FORCE

OFFICIAL

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