



Nutrition During Pregnancy Resource List

November 2013

This publication is a collection of resources on the topic of nutrition during pregnancy. Resources include books, pamphlets and Web sites. Many of the pamphlets are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are provided for materials available online). The books can be either borrowed from your local library or purchased from your local book store.

Materials may also be available to borrow from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided for the publisher/producer if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/pregcon.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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I. Books - General Pregnancy

Clinic Guide to a Healthy Pregnancy

Mayo Clinic

New York: NY: RosettaBooks. 2011. 624 pp.

Description: Provides information on the mother's and baby's growth changes throughout pregnancy. It contains a 40-week pregnancy calendar, a symptoms guide, and advice on important pregnancy decisions. Other information provided explains how to get pregnant, healthy meal ideas, exercise, medication use, and parenthood.

Diabetes & Pregnancy: A Guide to a Healthy Pregnancy for Women Who Have Type 1, Type 2, or Gestational Diabetes.

American Diabetes Association and David A. Sacks, MD

Alexandria, VA: Director, Book Publishing, 2011. 128 pp.

Description: Offers advice for women with Type 1, Type 2, or Gestational Diabetes on how to prepare their body for pregnancy, how to maintain a healthy body, and what to expect during pregnancy.

Eating Expectantly, 4th Edition

Bridget Swinney, MS, RD

El Paso, TX: Healthy Food Zone. 2013, 398 pp.

Description: Includes science-based information on how to eat healthily before, during, and after pregnancy. Provides food plans and discusses topics such as diabetes, stress, and environmental risk factors.

For Women with Diabetes: Your Guide to Pregnancy

U.S. Department of Health and Human Services

CreateSpace Independent Publishing Platform, 2012. 50 pp.

Description: Provides information for pregnant women who have either gestational, Type 1, or Type 2 diabetes. Highlights how to have a healthy baby and how the mother can care for herself before, during, and after pregnancy.

Optimum Nutrition Before, During and After Pregnancy: The Definitive Guide to Having a Healthy Pregnancy

Patrick Holford and Susannah Lawson

Hachette Digital, 2012. 285 pp. Kindle Edition

Description: Provides nutrition information for women with diabetes before, during, and after pregnancy. Covers topics from nutritious meal planning to weaning.

Pregnancy Cooking and Nutrition for Dummies

Tara Gidus, MS, RD

Hoboken, NJ: John Wiley & Sons, Inc., 2012. 392 pp.

Description: Provides recipes and ideas for maintaining good nutrition before, during, and after pregnancy.



When You're Expecting Twins, Triplets, or Quads, 3rd Edition

Barbara Luke, Sc.D., M.P.H., R.N., R.D and Tamara Eberlein

New York, NY: Harper Collins, 2011. 351 pp.

Description: Provides insight to women who are pregnant with multiples. Covers pregnancy nutrition, what to expect at the hospital, and also what will occur during the first months at home. Also includes recipes.

Your Pregnancy and Childbirth: Month to Month, Fifth Edition

American College of Obstetricians and Gynecologists

Washington, DC: American College of Obstetricians and Gynecologists, 2010. 488 pp.

Description: Highlights what to expect on a monthly basis during pregnancy and postpartum periods. Includes guidance on nutrition, physical activity, delivery, and baby's development.

II. Pamphlets/Booklets/Brochures/Facts Sheets/Web sites

A. Folic Acid

Before You're Pregnant: Folic Acid

U.S. Food and Drug Administration

Web site: <http://www.fda.gov/Food/ResourcesForYou/HealthEducators/ucm089330.htm>

Description: Focuses on folic acid and the importance of it to the health of women, especially of child-bearing age. Available in English and Spanish.

Folic Acid

Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

Web site: <http://www.cdc.gov/ncbddd/folicacid/index.html>

Description: Provides facts, statistics, recommendations and resources to encourage women to focus on folic acid in order to prevent neural tube defects.

Folic Acid

March of Dimes

Web site: <http://www.marchofdimes.com/pregnancy/folic-acid.aspx>

Description: Offers information, videos and resources on folic in question and answer format.

B. Food Safety

Food Safety for Moms-To-Be

U.S. Food and Drug Administration

Web site: <http://www.fda.gov/Food/ResourcesForYou/HealthEducators/ucm081785.htm>

Description: Describes the risks of foodborne illness in pregnancy and prevention methods. Specifies which foods and situations are most dangerous. Offers tips for good food-handling habits for pregnancy and beyond. Also available in Spanish.



Food Safety for Pregnant Women

U.S. Food and Drug Administration

Web site:

<http://www.fda.gov/Food/FoodborneIllnessContaminants/PeopleAtRisk/ucm312704.htm>

Description: Gives guidance on how to reduce the risk of foodborne illness. Provides tips for the safe handling of foods.

Foods to Avoid in Pregnancy

March of Dimes

Web site: http://www.marchofdimes.com/professionals/14332_1152.asp

Description: Presents answers to common questions regarding food safety risks and pregnancy. Topics include dangers of raw or undercooked foods and safe food handling.

C. General Pregnancy

14 Tips for a Healthy Pregnancy

Channing Bete Company, Inc.

Description: Contains a list of dos and don'ts to keep both mother and baby healthy during pregnancy. Tips include visiting a health-care provider regularly; refraining from alcohol, tobacco, and other drugs; eating a healthy diet; taking a prenatal vitamin; and exercising regularly.

Ordering Information:

Phone: 800-477-4776 Email: custsvcs@channing-bete.com

Online ordering: <http://www.channing-bete.com/> Item #23382 (Eng.) #23546 (Sp.)

Healthy Pregnancy: Keeping Tabs On Your Health and Your Baby's

Channing Bete Company, Inc.

Description: Offers expectant mothers support for a healthy pregnancy. Tabbed sections enable women to find information about such topics as changes to their body; their baby's development; and healthy eating. Available in English or Spanish.

Ordering Information:

Phone: 800-477-4776 Email: custsvcs@channing-bete.com

Online ordering: <http://www.channing-bete.com/> Item #83304 (Eng.) #83312 (Sp.)

Help Me Be Healthy Mother Series

Help Me Be Healthy

Description: Offers a comprehensive overview of important prenatal and post-partum nutrition and health issues. The mother series includes two pamphlets: Tips for a Healthy Pregnancy and Health Tips for New Moms. Also available in Spanish.

Ordering Information:

Phone: 888-531-9001 x102 Email: info@helpmebehealthy.net

Online ordering: <http://www.helpmebehealthy.net/pamphlets.html>



My 9 Months

March of Dimes

Description: Explains what to expect during each month of pregnancy and also includes a glossary of common terms. Bilingual in English and Spanish.

Ordering Information:

Phone: 800-367-6630 Email: mod@pbd.com

Online ordering:

<http://www.marchofdimes.com/catalog/product.aspx?productid=4998&categoryid=&productcode=09-2315-08>

Pregnancy and Oral Health

American Dental Association

Web site: <http://www.mouthhealthy.org/en/pregnancy/>

Description: Gives women information on the importance of maintaining good oral health and hygiene during pregnancy.

Text4Baby

National Healthy Mothers, Healthy Babies Coalition.

Web site: <http://www.text4baby.org/>

Description: Offers a free mobile information service designed to promote maternal and child health. Provides pregnant women and new moms with information they need to take care of their health and their baby's. Women who sign up for the service by texting BABY (or BEBE for Spanish) to 511411 will receive free SMS text messages each week, timed to their due date or baby's date of birth.

Tips for Pregnant Moms

Food and Nutrition Service, U.S. Department of Agriculture

Web site: <http://www.nal.usda.gov/wicworks/Topics/PregnancyFactSheet.pdf>

Description: Shows a daily meal plan and tips for healthy eating and physical activity for the pregnant woman. Based on MyPlate. Also available in Spanish.

D. Gestational Diabetes/Preexisting Diabetes

Diabetes and Pregnancy

Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

Web site:

http://www.cdc.gov/ncbddd/pregnancy_gateway/documents/Diabetes_and_Pregnancy508.pdf

Description: Aims to guide women who have been diagnosed with diabetes during pregnancy. It focuses on managing care and promoting a healthy lifestyle during pregnancy and after baby arrives.

Ordering Information:

Phone: 404-498-3831 Email: FLO@cdc.gov

Online ordering: <http://www2.cdc.gov/ncbddd/faorder/orderform.htm>



Gestational Diabetes

American Diabetes Association

Web site: <http://www.diabetes.org/diabetes-basics/gestational/>

Description: Offers information on how to manage and treat diabetes during pregnancy. Includes information on meal planning.

Got Diabetes? Thinking About Having a Baby?

Centers for Disease Control and Prevention, U.S. Department of Health and Human Services

Web site: http://www.cdc.gov/ncbddd/pregnancy_gateway/documents/Got_diabetes_508.pdf

Description: Alerts women who have diabetes and are thinking of getting pregnant about the importance of keeping diabetes symptoms under control.

Ordering Information:

Phone: 404-498-3831 Email: FLO@cdc.gov

Online ordering: <http://www2.cdc.gov/ncbddd/faorder/orderform.htm>

What I need to know about Preparing for Pregnancy if I Have Diabetes

National Diabetes Information Clearinghouse, U.S. Department of Health and Human Services.

Web site: <http://diabetes.niddk.nih.gov/dm/pubs/pregnancy/index.aspx>

Description: Provides information for women with diabetes who are planning a pregnancy. Uses question and answer format.

III. National Contacts

American Diabetes Association

1701 Beauregard Street

Alexandria, VA 22311

Phone: 800-DIABETES (800-342-2383) **Web site:** www.diabetes.org/

Academy of Nutrition and Dietetics

120 South Riverside Plaza, Suite 2000

Chicago, IL 60606-6995

Phone: 800-877-1600 **Web site:** www.eatright.org

March of Dimes

1275 Mamaroneck Ave

White Plains, NY 10605

Phone: 914-997-4488 **Web site:** www.marchofdimes.com/

National Healthy Mothers, Healthy Babies Coalition

4401 Ford Avenue Suite 300

Alexandria, VA 22302

Phone: 703-837-4792 **Web site:** www.hmhb.org/



National Women's Health Information Center

U.S. Department of Health and Human Services Office of Women's Health
200 Independence Avenue, S.W.
Washington, DC 20201
Phone: 800-994-9662 **Web site:** www.womenshealth.gov/

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Food and Nutrition Service
U.S. Department of Agriculture
3101 Park Center Drive
Alexandria, VA 22302
Phone: 703-305-2286 **Web site:** www.fns.usda.gov/wic/

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Locate additional FNIC publications at <http://fnic.nal.usda.gov/resourcelists>.

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