

## Nutrition & Activity Self-History Form: Pregnancy

Please complete the questions below about yourself.

Name: \_\_\_\_\_

Weeks Pregnant: \_\_\_\_\_ Pre-Pregnancy Weight: \_\_\_\_\_ (101,111,131,132, 133)

### Medical Information:

1. Do you have any medical problems today?  Cold  Nausea/Vomiting (301)  Heartburn  
 Anemia (201)  Constipation  Leg Cramps Other: \_\_\_\_\_ (341-349, 351,352, 354, 356, 358,360)

2. Do you follow a special diet?  Yes  No

If yes, what type of diet do you follow? \_\_\_\_\_ (358,362,427- .2,..5)

A selection of "yes" would be an indication for a discussion on type of diet and how it might affect pregnancy.

#### RF 358

Eating Disorders

#### What you need to know...

The most common element surrounding all Eating Disorders is the inherent presence of a low self esteem. New research indicates that for a percentage of sufferers, a genetic predisposition may play a role in a sensitivity to develop an Eating Disorder, with environmental factors being the trigger. The most important thing to remember is that Eating Disorders, Anorexia, Bulimia, Compulsive Overeating, Binge-Eating Disorder, any combination of them are all psychological illnesses, none less or more serious than the next. They all have their physical dangers and complications, they all present themselves through an array of disordered eating patterns in one way or another, and they all stem from emotional turmoil such as a low self-esteem, a need to forget feelings and/or stress, a need to block pain, anger and/or people out, and most of all, a need to cope. **Detailed information on each eating disorder can be found in RF manual on-line or Preg. NASH training week 3.**

#### RF 362

Developmental, Sensory or Motor Disabilities Interfering with the Ability to Eat. Disabilities include but are not limited to:

- ✓ minimal brain function

#### What you need to know...

Women with a feeding disability may have feeding problems associated with muscle coordination involving chewing or swallowing, thereby limiting the ability to eat adequate nutrients. Those at highest risk may require

<ul style="list-style-type: none"> <li>✓ feeding problems due to a developmental disability such as: <ul style="list-style-type: none"> <li>• pervasive development disorder (PDD) which includes autism</li> <li>• birth injury</li> <li>• head trauma</li> <li>• brain damage</li> <li>• other disabilities</li> </ul> </li> </ul>	<p>enteral feedings to provide adequate nutrition.</p>
<p><b>RF 427.2</b> Consuming a diet very low in calories and/or essential nutrients; or impaired caloric intake or absorption of essential nutrients following bariatric surgery. Examples:</p> <ul style="list-style-type: none"> <li>• Strict vegan diet;</li> <li>• Low-carbohydrate, high-protein diet;</li> <li>• Macrobiotic diet; and</li> <li>• Any other diet restricting calories and/or essential nutrients.</li> </ul> <p>Tools:</p> <p><i>Vegetarian Resource Group</i> <a href="http://www.vrg.org">www.vrg.org</a></p>	<p><b>What you need to know...</b> Pregnant women eating vegetarian diets tend to gain adequate weight throughout pregnancy and deliver babies with similar birth weights to those of non-vegetarian mothers. Nutrients of concern:</p> <ul style="list-style-type: none"> <li>• <b>DHA:</b> limited intake for those who do not eat eggs, there is some DHA formed from canola, flax and soy oils, but limited. A vegetarian DHA supplement derived from microalgae can be used to improve maternal DHA.</li> <li>• <b>Iron:</b> extremely difficult for pregnant vegetarians to meet the RDA (27 mg/d) without a supplement</li> <li>• <b>Calcium-</b>with special care to calcium rich foods vegetarian women can meet the RDA without a supplement</li> <li>• <b>B<sub>12</sub>-</b> At least 4 servings of vitamin B<sub>12</sub> rich foods should be eaten daily in pregnancy. (1 Tbsp Vegetarian nutritional yeast, 1 cup fortified soymilk, ½ c cow’s milk, ¾ c yogurt, 1 large egg, 1 oz fortified breakfast cereal, 1 ½ oz fortified meat analogue)</li> <li>• <b>Zinc-</b> absorption lower in a vegetarian diet related to inhibition by phytates and fiber as well as iron supplements. Pregnant vegetarians need to focus on zinc rich foods or take a 25mg per day zinc supplement. (cereals, breads, beans)</li> </ul>

<p><b>RF 427.5</b> Pregnant woman ingesting foods that could be contaminated with pathogenic microorganisms. Examples include:</p> <ul style="list-style-type: none"> <li>✓ Raw fish or shellfish, including oysters, clams, mussels, and scallops;</li> <li>✓ Refrigerated smoked seafood, unless it is an ingredient in a cooked dish, such as a casserole;</li> <li>✓ Raw or undercooked meat or poultry;</li> <li>✓ Hot dogs, luncheon meats (cold cuts), fermented and dry sausage and other deli-style meat or poultry products unless reheated until steaming hot;</li> <li>✓ Refrigerated pâté or meat spreads;</li> <li>✓ Unpasteurized milk or foods containing unpasteurized milk;</li> <li>✓ Soft cheeses such as feta, Brie, Camembert, blue-veined cheeses and Mexican style cheese such as queso blanco, queso fresco, or Panela unless labeled as made with pasteurized milk;</li> <li>✓ Raw or undercooked eggs or foods containing raw or lightly cooked eggs including certain salad dressings, cookie and cake batters, sauces, and beverages such as unpasteurized eggnog;</li> <li>✓ Raw sprouts (alfalfa, clover, and radish); or</li> <li>✓ Unpasteurized fruit or vegetable juices.</li> </ul>	<p><b>What you need to know...</b> Not all foods are safe during pregnancy. A food borne illness in pregnancy can cause harmful effects to a pregnant woman and her baby because of her decreased immune function and the baby's immature immune system. Following basic food safety guidelines is important not only for pregnant women, but in everyday life. Pregnant women are at higher risk of toxicity from:</p> <ul style="list-style-type: none"> <li>• Listeria- Found in refrigerated, ready-to-eat foods (luncheon meats, hot dogs, smoked seafood, pates and meat spreads) and unpasteurized milk and milk products (soft cheeses include Feta, Brie, Camembert, queso blanco, queso fresco, and blue veined cheese unless marked that they are made with pasteurized milk.</li> <li>• Toxoplasma- Found in undercooked or raw meat, unwashed fruit and vegetables and feces from cat litter boxes.</li> </ul> <p>Other foods that could be harmful include: sushi, unpasteurized juice, raw vegetable sprouts, and soft cooked eggs. Follow basic food safety tips including washing hands and utensils often during food preparation, separate raw foods from ready-to-eat foods, cook foods to the appropriate temperature, do not keep foods out for more than two hours, and refrigerate perishable foods.</p>
<p><b>MI Example:</b> Client states she is a vegetarian which means she eats no meat or fish but usually does permit eggs and dairy products. A vegan does not permit ANY animal products.</p> <p><b>Nutritionist-</b> Tell me about your vegetarian experiences.</p> <p>Client states she has been a vegetarian for 2 years and it started in high school. She seems to be</p>	

knowledgeable about vegetarianism and how it affects her health. You want to affirm her choice and encourage healthy eating habits during pregnancy but you have a few possible concerns.

**Nutritionist-** You are committed to eating a healthy diet! I admire your discipline and want to assure you pregnancy need not compromise your vegetarian choice. Vegetarian women who gain adequate amounts of weight during pregnancy tend to have babies of similar size to babies born to non-vegetarian women. There are a few nutrients that are more difficult to obtain when eating a vegetarian diet. May I share that information with you and perhaps we can brainstorm a way to include these in your diet?

3. What items do you take (check all that apply)?  Vitamins  Iron  Supplements/Herbs  Medicines

Supplements/Herbs (please write in your supplements): \_\_\_\_\_ (427.1)

Medicines (please write in your medicines): \_\_\_\_\_ (357)

More information on interactions or dietary supplements with potentially harmful consequences are found in tool section below.

**RF 427.1**

Consuming dietary supplements with potentially harmful consequences.  
 Examples of dietary supplements which when ingested in excess of recommended dosages, may be toxic or have harmful consequences:  
 Single or multiple vitamins;  
 Mineral supplements; and  
 Herbal or botanical supplements/remedies/teas.

**What you need to know...**

Pregnant women should not take any medication without first consulting their health care provider.  
 Even over-the-counter medications like antihistamines or pain medications that contain aspirin or ibuprofen can be harmful to a developing baby.  
 Always consult with your physician before taking any supplements

**RF 357**

Drug Nutrient Interactions  
 This risk factor is NOT to be used for the use of Antibiotics.

**What you need to know...**

Use of prescription drugs and over-the-counter medications has been shown to interfere with nutrient intake and utilization, therefore compromising nutritional status. Drug treatment of a disease or other medical condition can affect nutrition status as well. Some possible nutrient related side effects of drugs are:

- Altered taste sensation
- Gastric irritation
- Impair salivary flow causing dry mouth and increased caries, stomatitis, glossitis
- Appetite suppression
- Appetite stimulation
- Altered GI motility
- Altered nutrient metabolism and function

	Eating grapefruits have been shown to interfere with the absorption of some medications.
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<p><b>Tools:</b>  <i>Drug, Supplement and Herbal Information</i>  <a href="http://www.nlm.nih.gov/medlineplus/druginformation.html">http://www.nlm.nih.gov/medlineplus/druginformation.html</a></p> <p><i>Drug-Nutrient Interaction Tables:</i>  <a href="http://www.dshs.state.tx.us/wichd/nut/pdf/357.pdf">http://www.dshs.state.tx.us/wichd/nut/pdf/357.pdf</a></p> <p><a href="http://www.pharmacistelink.com/naturalmedicine/pdfs/P4880x1204DrugChart.pdf">http://www.pharmacistelink.com/naturalmedicine/pdfs/P4880x1204DrugChart.pdf</a></p> <p><b>Books:</b></p> <ul style="list-style-type: none"> <li>- <i>Physician's Desk Reference (PDR)</i></li> <li>- <i>Powers and Moore's Food- Medication Interactions</i></li> </ul> <p><i>Florida Cooperative Extension Service</i> <a href="http://edis.ifas.ufl.edu/he7766">http://edis.ifas.ufl.edu/he7766</a></p> <p><i>Colorado State University Extension: Nutrient Drug Interactions and Food:</i>  <a href="http://www.ext.colostate.edu/pubs/foodnut/09361.pdf">http://www.ext.colostate.edu/pubs/foodnut/09361.pdf</a></p> <p><i>FDA: Drug Interactions What you Should Know</i>  <a href="http://www.fda.gov/downloads/Drugs/ResourcesForYou/UCM163355.pdf">http://www.fda.gov/downloads/Drugs/ResourcesForYou/UCM163355.pdf</a></p>
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4. Do you have any food allergies?  Yes  No  
 If yes, please write in your food allergies: \_\_\_\_\_ (353, 355)

<p><b>RF 353</b> Food Allergies</p>	<p><b>What you need to know...</b>          A food allergy is an adverse immune response to a food or a hypersensitivity that causes adverse immunologic reaction. The only way to avoid a food allergy reaction is to remove the food from the diet while providing optimal nutrition. In cases of multiple food allergies, special attention must be paid to meeting nutrient needs.</p> <p>Milk, eggs, peanuts, tree nuts (walnuts, cashews, etc) fish, shellfish, soy and wheat are the foods that have the highest incidence of causing a food allergy.</p> <p><b>Counseling Tips:</b>          Identify areas of the diet that need attention and provide appropriate suggestions, such as:</p> <ul style="list-style-type: none"> <li>✓ Discuss ways to avoid the allergenic food while meeting nutrient needs.</li> </ul>
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	<ul style="list-style-type: none"> <li>✓ Referral to a registered dietitian or medical provider if many nutrition related concerns or failure to gain weight.</li> </ul>
<p><b>RF 355</b> Lactose Intolerance This is not an allergy but clients often refer to this when asked if they have food allergies.</p>	<p><b>What you need to know...</b> Intolerance to lactose, which is found in milk and other dairy products, is the most common food intolerance. It occurs when a person is no longer able to digest lactose from the decreased production of the enzyme lactase in the gut. Primary lactase deficiency is very rare and genetically linked. After the age of 5 our ability to produce lactase decreases, especially in those who stop drinking milk. But, we can increase our ability to digest lactase by slowly adding in lactose containing foods. Often foods lower in lactose, such as hard cheeses, cottage cheese and yogurt, are better tolerated than milk and ice cream. Symptoms include: nausea, stomach pain, gas, cramps or bloating, vomiting, heartburn, diarrhea, headaches, irritability or nervousness. Calcium needs during pregnancy are increased to 1,300 mg/d. If unable to meet these needs through foods like Lactaid milk, calcium-fortified orange juice or soymilk, green leafy vegetables, fortified cereals, sardines, or tofu a supplement will be needed. A calcium supplement with no more than 500 mg of calcium along with vitamin D and K will increase the absorption of the calcium.</p> <p><b>Counseling Tips:</b> Identify areas of the diet that need attention and provide appropriate suggestions, such as:</p> <ul style="list-style-type: none"> <li>✓ Discuss foods high in calcium she is interested in adding to her diet.</li> <li>✓ Discuss previous supplement use and barriers, if any, to current use.</li> </ul>

5. Have you been to see the doctor with this pregnancy?  Yes  No

If yes, please write in your doctor's name: \_\_\_\_\_

What month did you begin your prenatal care? \_\_\_\_\_ (334)

**RF 334**

Lack of or inadequate prenatal care

Tools for you:

*What is Prenatal Care?*

[http://www.marchofdimes.com/pnhec/159\\_513.asp](http://www.marchofdimes.com/pnhec/159_513.asp)

**Counseling Tips:**

Identify areas of the diet that need attention and provide appropriate suggestions, such as:

- ✓ Assess barriers to access services.

**What you need to know...**

Women who do not receive early and adequate prenatal care are more likely to deliver premature, growth retarded or low birth weight infants. This RF could be applied under the following conditions:

Prenatal care beginning after the 1<sup>st</sup> trimester (after 13th week),

First prenatal visit in the third trimester (7-9 months) or:

Weeks of gestation prenatal visits:

14-21	0 or unknown
22-29	1 or less
30-31	2 or less
32-33	3 or less
34 or more	4 or less