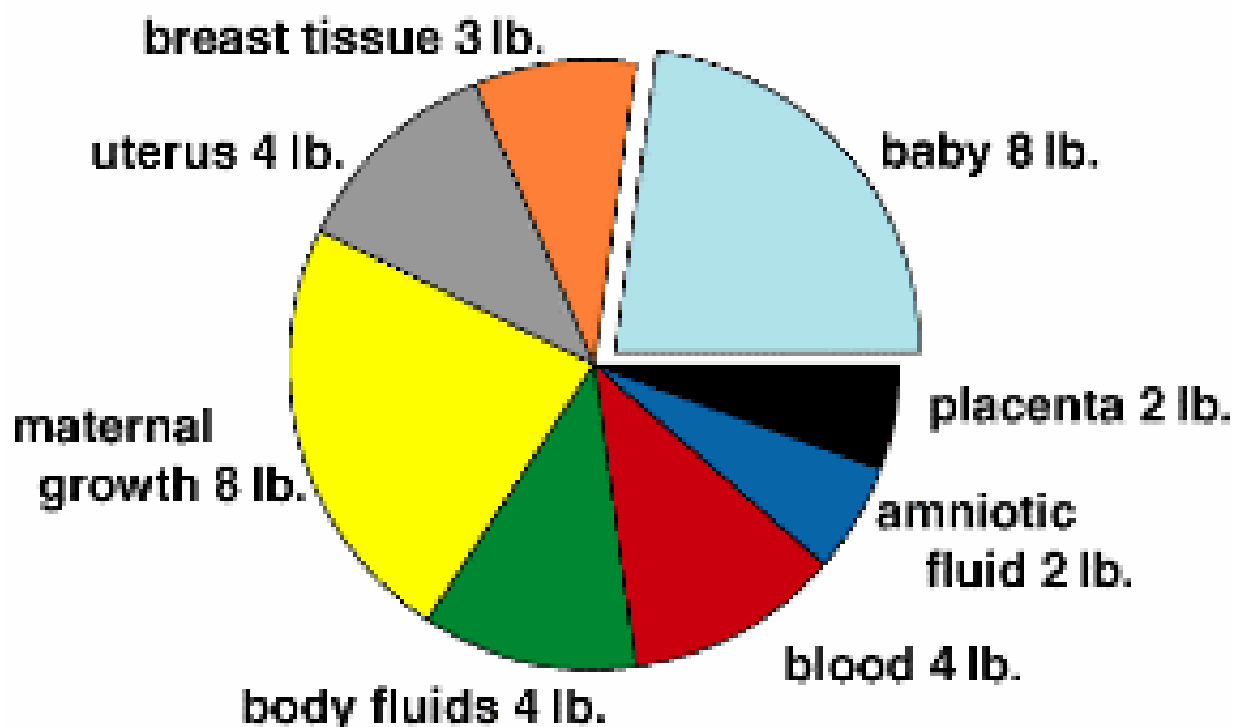


ANTICIPATION GUIDE

Directions: Mark the appropriate statement True or False.

1. ____ A pregnant teen should expect to gain 50 pounds.
2. ____ A pregnant teen should eat a minimum of 4 servings from the meat group.
3. ____ While pregnant a teen should eat 300 more calories than when not pregnant.
4. ____ The number of calories is the only factor to consider while pregnant.
5. ____ Teen mothers-to-be are more at risk to having a low birth weight baby, than a woman in her 20's.
6. ____ A pregnant teen should eat 6-11 servings from the bread group.
7. ____ The average weight of a full term baby is 8 pounds.
8. ____ Empty calorie foods do not have any calories.
9. ____ If you take prenatal vitamins you do not have to worry about what you eat.
10. ____ 1 cup of fruit or vegetable juice is equal to 1 serving from the fruit/vegetable group.

If my baby will weigh 8 pounds, why should I gain 35 pounds?



FOOD FOR A HEALTHY PREGNANCY SERVING SIZE SAMPLES

Fruit and Vegetables: One piece of fruit (apple, orange, plum, peach)
½ cup of cooked vegetables
½ cup of fruit or vegetable juice
½ banana

Meat: 2 ounces of cooked chicken, turkey, fish, beef,
Lamb or pork
1 cup of cooked beans, peas or lentils
1 egg
4 tablespoons of peanut butter
½ a cup of nuts

Dairy: 1 cup of skim milk or 1% milk
1 cup yogurt
1 ½ ounces of cheese
2 cups of cottage cheese
2 cups of ice milk or frozen yogurt

Bread: 1 slice bread
½ a bagel
1 cup of cereal
½ cup cooked spaghetti or macaroni
½ cup cooked noodles, rice or grits
1 tortilla
3 cups of popcorn

Checklist for Healthy Meal Chart

	Excellent		Good		Adequate		Try Again	
1. Breakfast, Lunch, Dinner and 2 snacks are identified	5 correct		3 or 4 correct		2 correct		0 or 1 correct	
2. Food from all four food represented throughout the day	4 correct		3 correct		2 correct		0 or 1 correct	
Each meal must have foods from three of the four food groups	3 correct		2 correct		1 correct		0 correct	
Minimum recommended servings from all four food groups (eg. 4-5 servings from milk group, must have at least 4)	4 correct		3 correct		2 correct		0 or 1 correct	
Foods must be labeled by food group (eg. picture of apple should be labeled fruit)	100 %		75%		50%		0 – 25%	