



Growing Strong Together: Nutrition Guide for Pregnant Teens



STRONG
HEALTHY
HAPPY



This institution is an equal opportunity provider.

Homemade Mac and Cheese

Contains

- 4 servings
- 4 WIC-approved ingredients*

Ingredients

- 8 ounces whole wheat macaroni*
- 4 cups chopped broccoli*
- 4 tablespoons oil
- 1/4 teaspoon salt
- pepper to taste
- 1/2 cup breadcrumbs
- 1 cup low-fat cheddar cheese
- 2 tablespoons low-fat milk*



Directions

1. Wash prep area, your hands, and broccoli. Preheat oven to 400 degrees F.
2. Cook noodles according to package directions.
3. While pasta cooks, cut broccoli into small florets and place in a baking dish. Toss with half the oil and sprinkle with salt, pepper, and breadcrumbs. Bake for 20 minutes.
4. Drain pasta and return to pot. Add remaining oil, cheese, and milk. Stir until melted and well combined.
5. To serve top macaroni and cheese with broccoli.

Nutrition Impact

The teenage years are a period of rapid growth and development with increased nutritional needs, especially when you are pregnant.

Iron

- Your iron needs are higher when you are pregnant. Getting enough iron helps protect against low birth weight and premature delivery.
- Food sources:
 - eggs
 - beans
 - meat (beef, turkey, chicken, pork)
 - WIC-approved cereals
 - leafy green vegetables (kale, chard, collards)
 - enriched grains (pasta, rice, bread, tortillas)



Zinc

- Very important for your and your baby's development and growth.
- Food sources:
 - red meat (beef, pork, fish)
 - eggs
 - lentils and beans
 - nuts and seeds



Calcium

- Helps your baby's bones grow. Keeps your bones and teeth strong and healthy.
- Food sources
 - dairy (milk, yogurt, cheese)
 - green vegetables (kale, collards, broccoli, asparagus)
 - canned fish with bones.



Folate

- Is in most prenatal vitamins.
- Helps prevent certain fetal defects. Makes red blood cells for you and your baby – keeping you both healthy!
- Food source:
 - green vegetables (spinach, kale, asparagus, broccoli)
 - beans and lentils



Vitamin B12

- Needed for a healthy nervous system and helps prevent certain birth defects.
- Food sources:
 - meat (beef, pork, salmon)
 - dairy (milk, yogurt, cheese)



"Eating for 2" is just a myth

1st trimester

Eating habits and weight gain should stay about the same as before you were pregnant.



2nd-3rd trimester

Eat roughly an extra 300 calories per day. Focus on gradual, stable weight gain. Talk with WIC staff or your healthcare professional about weight goals during your pregnancy.

