



Nutrition During Pregnancy Resource List for Consumers October 2005

This publication is a collection of resources on the topic of nutrition during pregnancy for consumers. Resources include books, pamphlets and audiovisuals and are limited to those published in 2000 or later. 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 and audiovisuals can be either borrowed from your local library or purchased from your local book store.

Materials available from the National Agricultural Library (NAL) collection include a call number. 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/resource_lists.shtml.

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I. Books

A. General Pregnancy

Baby & Me: The Essential Guide to Pregnancy (English and Spanish)

Deborah D. Stewart

Boulder, CO: Bull Publishing, 2000. 160 pp.

ISBN: 0923521585

Description: Includes general pregnancy information as well as guidance in caring for a new born.

Eating Expectantly: A Practical Tasty Guide to Prenatal Nutrition. Revised and Updated. 3rd edition.

Bridget Swinney, MS, RD and Tracey Anderson, RN, B.S., F.A.C.C.E.

New York, NY: Meadowbrook, 2000. 398 pp.

ISBN: 0671318209

Description: Reviews several aspects of a healthy pregnancy including good nutrition prior to and after conception, food safety, vitamin supplementation, vegetarian pregnancy, nutrition with high risk pregnancy and menus and recipes for pregnant women.

Eating for Pregnancy

Catherine Jones and Rose Hudson, RD, LD

New York, NY: Marlowe and Company, 2003. 332 pp.

ISBN: 1569245118

Description: Provides nutrition tips for pregnant women including recipes for the family and tips on shopping at the supermarket.

Everything Pregnancy Nutrition Book: What to Eat to Ensure a Healthy Pregnancy

Kimberly A. Tessmer, RD, LD

Avon, MA: Adams Media Corporation, 2005. 289 pp.

ISBN: 1593371519

Description: Covers the topics of prenatal vitamins, grocery shopping during pregnancy, getting fit before and after pregnancy, controversial additives and foods.

Your 9-Month Breakfast, Lunch and Dinner Date!

Maggie Barone McHugh, MS, RD, CDN and Ellen Barone Burggraf, MS

Pittsford, NY: Eating for You (and baby too), Inc., 2003. 127 pp.

ISBN: 097618950X

Description: Provides nutritional information for pregnant women. Includes checklists and recipes.



B. Gestational Diabetes

101 Tips for a Healthy Pregnancy with Diabetes

Patti B. Geil, MS, RD, FADA, CDE and Laura B. Hieronymus, MEd, APRN, BC-ADM, CDE

Alexandria, VA: American Diabetes Association, 2003. 128 pp.

ISBN: 158041309

Description: Covers the topic of pregnancy with diabetes and offers suggestions on pre-pregnancy nutrition and diabetes management during pregnancy.

Gestational Diabetes, What to Expect. 4th edition.

Alexandria, VA: American Diabetes Association, 2000. 140 pp.

ISBN: 1580400728

Description: Provides guidelines on nutrition, exercise and menu planning, as well as other tips on maintaining a healthy pregnancy while managing gestational diabetes. The 5th edition of this book will be available in late 2005.

C. Multiple Births

When You're Expecting Twins, Triplets or Quads: Revised Edition: Proven Guidelines for a Healthy Multiple Pregnancy

Dr. Barbara Luke and Tamara Eberlain

New York, NY: Harper Perennial, 2004. 432 pp.

ISBN: 0060542683

Description: Provides information and guidance on maintaining a healthy pregnancy with multiple births including nutrition, fetal development and potential complications.

II. Pamphlets/Booklets/Brochures/Facts Sheets

A. Folic Acid

Before You Know You're Pregnant (English & Spanish)

Department of Health and Human Services Centers for Disease Control and Prevention

Web site: <http://www.cdc.gov/ncbddd/fact/folnow.htm>

Description: Explains the importance of getting enough folic acid everyday as well as birth defects related to inadequate intake and key sources of folic acid.

Ordering Information:

4470 Buford Highway, NE, MS F-45

Atlanta, GA 30341-3724

Phone: 888-232-6789

Email: FLO@cdc.gov

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



Healthy Mothers Have Healthier Babies with Folic Acid (English & Spanish)

Department of Health and Human Services Centers for Disease Control and Prevention

Description: Explains why it is important to take folic acid prior to becoming pregnant.

Ordering Information:

4470 Buford Highway, NE, MS F-45

Atlanta, GA 30341-3724

Phone: 888-232-6789

Email: FLO@cdc.gov

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

Ready...Not

Department of Health & Human Services Centers for Disease Control and Prevention

Description: Discusses the importance of taking folic acid prior to pregnancy to prevent birth defects.

Ordering Information:

4470 Buford Highway, NE, MS F-45

Atlanta, GA 30341-3724

Phone: 888-232-6789

Email: FLO@cdc.gov

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

Which of These Women Need Folic Acid?

Philadelphia Department of Public Health, Youth and Women's Health, Division of Early Childhood

Description: Discusses the importance of taking folic acid prior to pregnancy to prevent birth defects.

Ordering Information:

Division of Maternal, Child and Family Health

Philadelphia Department of Public Health

1101 Market Street, 9th Floor

Philadelphia, PA 19107

Phone: 215-685-5263

Email: lorraine.matthews@phila.gov

Online Ordering:

http://www.phila.gov/health/units/mcfh/Education/MCFH_Marketing_Form.pdf



B. Food Safety

Food Safety During Pregnancy

Colorado State University Cooperative Extension

Web site: <http://www.ext.colostate.edu/PUBS/FOODNUT/09372.html>

Description: Explains the increased risk of infection by foodborne pathogens during pregnancy. Provides specific information about Toxoplasmosis, Listeriosis, Salmonellosis and Campylobacteriosis.

Listeriosis and Pregnancy: What is Your Risk? (English & Spanish)

Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN), International Food Information Council (IFIC) Foundation, U. S. Department of Agriculture (USDA), U. S. Department of Health and Human Services (DHHS)

Web site: <http://www.ific.org/publications/brochures/listeriosisbroch.cfm>

Description: Explains the increased risk of infection by foodborne pathogens during pregnancy. Includes information regarding the symptoms, treatment and prevention of Listeriosis.

Ordering Information:

IFIC Foundation

1100 Connecticut Ave. NW Suite 430

Washington, DC 20036

Phone: 202-296-6540

Email: foodinfo@ific.org

Online Ordering: <http://www.ific.org/publications/orderform.cfm>

Protect Your Baby and Yourself from Listeriosis (English & Spanish)

U.S. Department of Agriculture Food Safety and Inspection Service

Web site:

http://www.fsis.usda.gov/Frame/FrameRedirect.asp?main=http://www.fsis.usda.gov/oa/pubs/lm_tearsheet.htm

Description: Provides information regarding the symptoms, treatment and prevention of Listeriosis.

Toxoplasmosis: An Important Message for Women

Center for Disease Control and Prevention, Department of Health and Human Services

Web site: <http://www.cdc.gov/ncidod/dpd/parasites/toxoplasmosis/ToxoWomen.pdf>

Description: Provides information regarding the transmission, symptoms, treatment and prevention of Toxoplasmosis.



What You Need to Know About Mercury in Fish and Shellfish: Advice for Women Who Might Become Pregnant, Nursing Mothers and Young Children (English & Spanish)

National Service Center for Environmental Publications

Web site: <http://www.epa.gov/waterscience/fish/MethylmercuryBrochure.pdf>

Description: Explains the risk from mercury in harming an unborn baby or young child. Provides potential mercury levels in fish and shellfish.

Ordering Information

Phone: 800-490-9198

Online Ordering:

<http://yosemite.epa.gov/water/owrccatalog.nsf/HomePage?OpenForm&CartID=2038-102408>

C. Gestational Diabetes

Diabetes and Pregnancy (English & Spanish)

The American College of Obstetricians and Gynecologists

Description: Explains how diabetes may affect pregnancy, what can be done to control it and special care before, during and after pregnancy.

Ordering Information:

Customers can request a single copy of a pamphlet from the Resource Center by forwarding a self-addressed postage-stamped envelope.

ACOG Resource Center

PO Box 96920

Washington, DC 20090-6920

Phone: 202-638-5577

Gestational Diabetes: Caring for Yourself and Your Baby

International Diabetes Center

Description: Gives information about balancing food and activity, nutrition, treatment options, blood glucose testing, targets, record keeping and healthy weight gain.

Ordering Information:

IDC Publishing

International Diabetes Center

3800 Park Nicollet Blvd.

Minneapolis, MN 55416-2699

Phone: 888-637-2675

Email: idsales@parknicollet.com

Online Ordering: <http://www.idcpublishing.com/>



Gestational Diabetes and Low-Calories Sweeteners: Answers to Common Questions

International Food Information Council Foundation

Web site: <http://ific.org/publications/brochures/gestdiabetes.cfm>

Description: Provides information on the intake of low-calorie sweeteners during pregnancy with an emphasis on gestational diabetes.

Gestational Diabetes and You (English & Spanish)

Gayle Sherman, RD

Description: Presents the basics of managing gestational diabetes and includes a sample blood sugar/insulin/exercise record and food diary sheet

Ordering Information:

NCES, Inc.

1904 East 123rd Street

Olathe, KS 66061-5886

Phone: 877-623-7266

Email: info@ncescatalog.com

Online Ordering: <http://www.ncescatalog.com/shopexd.asp?id=232>

Pregnancy Planning and Care

International Diabetes Center

Description: Discusses pregnancy with diabetes and provides tips on maintaining a healthy pregnancy including strategies for maintaining normal blood sugar levels.

Ordering Information:

IDC Publishing

International Diabetes Center

3800 Park Nicollet Blvd.

Minneapolis, MN 55416-2699

Phone: 888-637-2675

Email: idcpub@parknicollet.com

Online Ordering: <http://www.idcpublishing.com/>

Taking Care of Gestational Diabetes (English & Spanish)

International Diabetes Center

Description: Discusses the topic of pregnancy with diabetes including taking insulin and other tips for a healthy pregnancy.

Ordering Information:

IDC Publishing

International Diabetes Center

3800 Park Nicollet Blvd.

Minneapolis, MN 55416-2699

Phone: 888-637-2675

Email: idcpub@parknicollet.com

Online Ordering: <http://www.idcpublishing.com/>



D. General Pregnancy

About Nutrition and Pregnancy

Channing Bete Company, Inc.

Description: Explains the connection between a mother's diet and her baby's health, guidelines for a minimum food plan and stresses the need to avoid harmful substances.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: custsvcs@channing-bete.com

Online Ordering: <http://www.channing-bete.com/pricing-ordering-info/pricing-ordering-info.html>

Advice for a Healthy Pregnancy (English & Spanish)

Susan J. Auger and Melida Colindres

Description: Discusses prenatal nutrition including tips on how WIC can assist with a healthy pregnancy.

Ordering Information:

Phone: 919-361-1857

Email: aprendopress@mindspring.com

Online Ordering: <http://www.aprendopress.com/>

An Inside Look at: You, Your Developing Baby and a Healthy Pregnancy

Channing Bete Company, Inc.

Description: Gives expectant mothers a trimester-by-trimester view of their baby's development as well as changes in their own bodies.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: custsvcs@channing-bete.com

Online Ordering: <http://www.channing-bete.com/pricing-ordering-info/pricing-ordering-info.html>



As You Eat So Your Baby Grows

Nikki Goldbeck, CDN

Description: A guide to nutrition during pregnancy. It touches on weight gain, potential risks to the unborn baby, vitamin supplements and morning sickness.

Ordering Information:

Ceres Press

PO Box 87

Woodstock, NY 12498

Online Ordering: <http://www.healthyhighways.com/baby-info.shtml>

Great Beginnings Start Before Birth

Channing Bete Company, Inc.

Description: Topics include pre- and postnatal emotional and physical health, fetal development.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: custsvcs@channing-bete.com

Online Ordering: <http://www.channing-bete.com/pricing-ordering-info/pricing-ordering-info.html>

Healthy Eating During Pregnancy

March of Dimes, International Food Information Council Foundation

Web site: <http://ific.org/publications/brochures/pregnancybroch.cfm>

Description: Provides information about nutritional needs of pregnant women, specifically weight gain, vitamin and mineral supplementation, food choices and nutrient needs.

Healthy Foods, Healthy Baby (English & Spanish)

Philadelphia Department of Public Health, Youth and Women's Health, Division of Early Childhood

Description: A nutrition guide for pregnant teens which includes tips on nutrition and other pregnancy-related topics.

Ordering Information:

Division of Maternal, Child and Family Health

Philadelphia Department of Public Health

1101 Market Street, 9th Floor

Philadelphia, PA 19107

Phone: 215-685-5263

Email: lorraine.mathews@phila.gov

Online Ordering:

http://www.phila.gov/health/units/mcfh/Education/MCFH_Marketing_Form.pdf



Healthy Pregnancy Calendar: Tips for Your Pregnancy (English & Spanish)

Channing Bete Company, Inc.

Description: Details the stages of pregnancy, with additional information on risk factors such as substance abuse, smoking, and poor nutrition. Two different designs available.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: custsvcs@channing-bete.com

Online Ordering: <http://www.channing-bete.com/pricing-ordering-info/pricing-ordering-info.html>

A Healthy Start: Begin Before Baby's Born

U.S. Department of Health and Human Services

Health Resources and Services Administration-Maternal and Child Health Bureau

Description: Guide for a healthy pregnancy.

Web site: <http://www.ask.hrsa.gov/detail.cfm?PubID=MCHN036>

How to Have a Healthy Pregnancy (English & Spanish)

Channing Bete Company, Inc.

Description: Explains how to minimize discomfort and risks to the baby. Includes practical advice on nutrition, exercise, medical care and avoiding hazards.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: custsvcs@channing-bete.com

Online Ordering: <http://www.channing-bete.com/pricing-ordering-info/pricing-ordering-info.html>

Nutrition During Pregnancy (English & Spanish)

American College of Obstetricians and Gynecologists

Description: Describes food choices and nutrients that are important for pregnant women.

Ordering Information:

Customers can request a single copy of a pamphlet from the Resource Center by forwarding a self-addressed postage-stamped envelope.

ACOG Resource Center

PO Box 96920

Washington, DC 20090-6920

Phone: 202-638-5577



Planning a Healthy Pregnancy (English & Spanish)

Channing Bete Company, Inc.

Description: Explains each trimester, tests that will be performed, the role of diet and exercise, potential risk factors and warning signs and what to expect during labor.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: custsvcs@channing-bete.com

Online Ordering: <http://www.channing-bete.com/pricing-ordering-info/pricing-ordering-info.html>

E. Iron

Facts About Iron

Jennifer Hilan

University of Florida Cooperative Extension: Institute of Food and Agricultural Sciences

Description: Explains the importance of getting sufficient dietary iron.

Web site: <http://edis.ifas.ufl.edu/pdf/files/FY/FY21700.pdf>

Getting Enough Iron for Healthy Blood

Department of Health and Family Services

Division of Public Health

Description: Facts sheet describing the consequences of inadequate iron intake and ways of increasing iron consumption and absorption.

Website:

<http://www.dhfs.state.wi.us/womenshealth/WomensHealthCards/PPH43014EnoughIronForBlood.pdf>

Having a Baby? You Need More Iron

Philadelphia Department of Public Health, Youth and Women's Health, Division of Early Childhood

Description: Discusses the importance of consuming enough iron during pregnancy.

Ordering Information:

Division of Maternal, Child and Family Health

Philadelphia Department of Public Health

1101 Market Street, 9th Floor

Philadelphia, PA 19107

Phone: 215-685-5263

Email: lorraine.mathews@phila.gov

Online Ordering:

http://www.phila.gov/health/units/mcfh/Education/MCFH_Marketing_Form.pdf



III. Audiovisuals

Healthy Foods, Healthy Baby (English and Spanish)

Philadelphia Department of Public Health, Youth and Women's Health, Division of Early Childhood

Description: Discusses healthy eating during pregnancy; includes a video and leader's guide. 12 minutes. The Spanish version is 8 minutes without subtitles.

Ordering Information:

Division of Maternal, Child and Family Health

Philadelphia Department of Public Health

1101 Market Street, 9th Floor

Philadelphia, PA 19107

Phone: 215-685-5263

Email: lorraine.matthews@phila.gov

Online Ordering:

http://www.phila.gov/health/units/mcfh/Education/MCFH_Marketing_Form.pdf

IV. National Contacts

American Diabetes Association

1701 Beauregard Street

Alexandria, VA 22311

Phone: 800-DIABETES (800-342-2383)

Web site: <http://www.diabetes.org/home.jsp>

American Dietetic Association

120 South Riverside Plaza, Suite 200

Chicago, IL 60606-6995

Phone: 800-877-1600

Web site: <http://www.eatright.org/Public/>

Food and Drug Administration

Center for Food Safety and Applied Nutrition

5600 Fisher Lane

Rockville, MD 20857

Phone: 888-INFO-FDA (888-463-6332)

Web site: <http://www.cfsan.fda.gov/~lrd/advice.html>



Health Resources and Services Administration

Information Center
U.S. Dept of Health and Human Services
PO Box 2910
Merrifield, VA 22116
Phone: 888-ASK-HRSA (888-275-4772)
Email: ask@hrsa.gov
Web site: <http://www.ask.hrsa.gov/>

March of Dimes

1275 Mamaroneck Ave
White Plains, NY 10605
Email: Askus@marchofdimes.com
Website: <http://www.marchofdimes.com/>

National Center for Chronic Disease Prevention and Health Promotion

Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30333
Phone: 404-639-3534
Toll Free: 800-311-3435
Web site: <http://www.cdc.gov/nccdphp/>

National Healthy Mothers, Healthy Babies Coalition

121 North Washington Street, Suite 300
Alexandria, VA 22314
Phone: 703-836-6110
Email: info@hmhb.org
Web site: <http://www.hmhb.org/>

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Web site: <http://fnic.nal.usda.gov>

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