

Feeding Baby & You



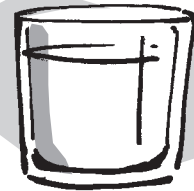
Calcium Detective

You need to drink 3 cups of milk or more every day to get the calcium you and your baby need for strong bones and teeth...or you can choose to eat more of the foods that are good sources of calcium.

Look at this list to see how much of another food equals one cup of milk.

- | | |
|---------------------------|---|
| 1 cup yogurt | ¼ of a cheese pizza |
| 1 cup pudding | 1 ½ cups cottage cheese |
| 1 ½ ounces natural cheese | 3 ½ ounces sardines or 5 ounces salmon (with bones) |
| 2 ounces processed cheese | 8 ounces tofu |
| 1 cup buttermilk | 3 cups cooked broccoli |
| 1 cup whole milk | 2 cups cooked spinach |
| 1 cup low fat milk | 2 ½ cups cooked dry beans or dry peas |
| 1 ½ cups ice cream | |

= 1 cup milk



Protein

When you are pregnant, you and your baby need protein. Protein is needed for growth and repair of cells. It is also important for the development of your baby's brain.

Fill out the crossword puzzle to find foods high in protein. Which of these protein foods do you like?

Across

1. What you say when you get your picture taken.
3. They have fins and live in lakes and oceans.
4. Choosey mothers choose it.
6. "White Lite."
9. You can eat it plain, fruited, low-fat, frozen, or soft serve.

Down

2. What hamburgers are made of.
5. You can eat it in a cone or a dish.
7. You can eat them refried or in chili.
8. A group of animals that go "cluck" or "gobble-gobble."
10. They can be found in nests or cartons.

(Answers on last page.)

Iron

Why is iron important, especially during pregnancy? Iron helps your body form healthy blood. It carries oxygen in the blood to your tissues and to your baby.

All of these foods are high in iron. Circle them as you find them in the puzzle below. Words are across, up and down, and diagonal.

- | | |
|---------|----------------|
| beef | dried apricots |
| fish | liver |
| pork | raisins |
| chicken | enriched bread |
| greens | oysters |
| prunes | spinach |

(Answers on last page.)

E D O I Y T W S F R K R T B
 N I R S P I N A C H S D R E
 R U T I O Y S T E R S E H E
 I O E G E H N I O A I E F F
 C Y I R R D S C D R J V K L
 H L I E L T A D E A B H E P
 E F H E U I R P P I S E E R
 D H I N D C V A R S E M J U
 B F C S W G U E I I O P E N
 R H R F H I O A R N C A J E
 E C H I C K E N R S I O A S
 A R I E O W R A T H I M T E
 D I S P O R K O L O U T B S

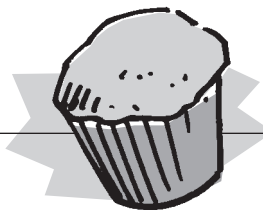
Folacin

Folacin is a B vitamin. It is important for healthy blood. While you are pregnant you need twice as much folacin as you do when you aren't pregnant.

Fill in the missing vowels to make a list of foods high in folacin. Which of these foods do you like?

(Answers on last page.)

L _ V _ R
 P _ _ N _ T S
 _ S P _ R _ G _ S
 B R _ C C _ L _
 S P _ N _ C H
 W H _ L _ W H _ _ T B R _ _ D
 B R _ S S _ L S S P R _ _ T S
 S _ N F L _ W _ R S _ _ D S
 P _ T _ T _ _ S
 S _ Y B _ _ N S
 L _ M _ B _ _ N S
 _ R _ N G _ J _ _ C _
 W H _ _ T G _ R M
 P _ _ S
 B _ _ T S
 G R _ _ N S
 C _ R N
 B _ N _ N A S



Sweet Potato Muffins (makes 18 muffins)

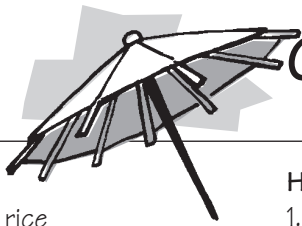
You will need:

- 1 ¾ cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 2 teaspoons cinnamon
- ¼ cup brown sugar
- 2 eggs, well-beaten
- ¾ cup milk or ⅓ cup dry milk and ¾ cup water
- 1 ½ cups mashed, cooked sweet potatoes or yams
- ¼ cup melted margarine
- Cinnamon
- Sugar
- Vegetable cooking spray

How to make:

1. Preheat oven to 425 degrees.
2. Lightly oil muffin pan with cooking spray (or use paper liners or non-stick muffin pan).
3. In a large bowl, mix together flour, baking powder, salt, cinnamon, and brown sugar.
4. In another bowl, mix together eggs, milk, sweet potatoes, and margarine.
5. Add sweet potato mixture to flour mixture. Stir until just moist.
6. Fill each muffin cup ¾ full.
7. Sprinkle lightly with cinnamon and sugar.
8. Bake at 425 degrees for 25 minutes or until done.

Sweet potatoes are an excellent source of **folacin**. Folacin is important for healthy blood.



Oriental Rice (makes 8 servings)

You will need:

- 1 cup uncooked rice
- 2 tablespoons soy sauce
- 1 cup meat, fish, or poultry
- 2 tablespoons vegetable oil
- 1 ½ cups chopped vegetables
(Use broccoli, carrots, onions, bell pepper, celery, mushrooms, or any vegetables you like.)
- ½ cup corn or peas
- ¼ cup roasted peanuts, shelled
(if you want)

How to make:

1. Cook rice in 1 ½ cups water and soy sauce over medium heat for 12 minutes. Set aside.
2. Cook meat in vegetable oil in large skillet. Add vegetables and cook until tender but crisp; stir constantly.
3. Add rice to the skillet. Stir until heated through.
4. If you want, sprinkle with peanuts just before serving.

This recipe has a great variety of foods. It is a good source of **protein** and fiber. Your muscles need protein, and so do the baby's.



Shepherd's Pie (makes enough for 4 to 6 people)

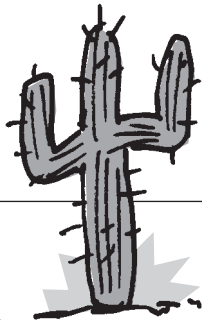
You will need:

- 1 pound ground beef
- 1 10-ounce package frozen mixed vegetables
- 1 large onion, chopped
- ½ teaspoon garlic
- 5 to 7 medium potatoes, peeled and chopped
- ½ cup grated cheese
- Vegetable cooking spray

How to make:

1. Preheat oven to 350 degrees.
2. Mix ground beef, vegetables, onions, and garlic in a large skillet. Cover and cook over medium heat until meat is brown. Stir occasionally.
3. Place potatoes in a medium saucepan. Cover potatoes with water. Cook over medium-high heat until potatoes are soft.
4. Mash potatoes.
5. Line a colander or strainer with paper towels. Pour meat mixture into colander and allow fat to drain off meat.
6. Spray a 2-quart casserole dish with vegetable cooking spray.
7. Pour meat mixture into casserole dish.
8. Top meat mixture with potatoes.
9. Sprinkle potatoes with cheese.
10. Bake at 350 degrees until cheese melts (about 15 minutes).

Beef is one of the best sources of **iron**. Iron carries oxygen in the blood to your tissues and to your baby.



Nacho Sandwich (makes 2 sandwiches)

You will need:

- 2 flour tortillas
- ½ cup refried beans
- ¼ cup shredded cheddar cheese
- ¼ cup shredded lettuce
- ¼ cup chopped tomato
- 2 tablespoons sour cream
(if you want)
- Salsa (if you want)

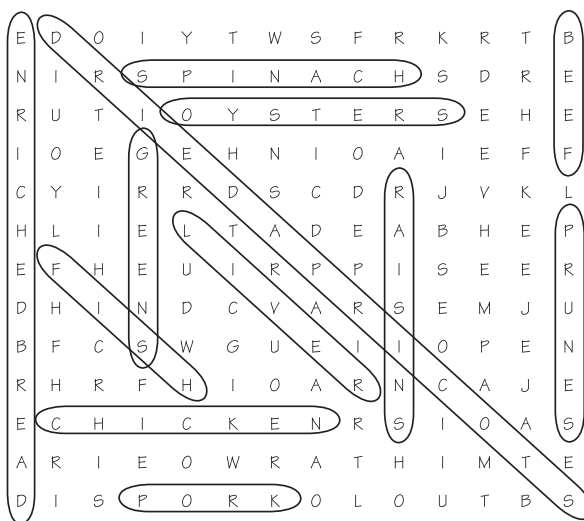
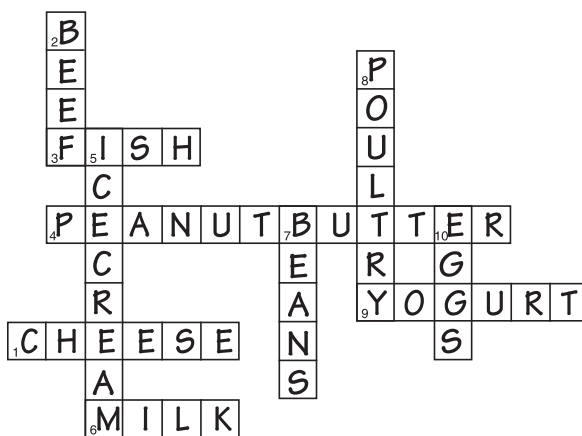
How to make:

1. Fill flour tortillas with ingredients in order given.
2. Fold over one end of each tortilla and fold up.

This tasty sandwich gives your bones a boost with **calcium**. New moms...Go easy on the sour cream if you're watching your weight.

Answers

Protein



Folacin

- | | |
|-------------------|--------------|
| Liver | Soybeans |
| Peanuts | Lima Beans |
| Asparagus | Orange Juice |
| Broccoli | Wheat Germ |
| Spinach | Peas |
| Whole Wheat Bread | Beets |
| Brussels Sprouts | Greens |
| Sunflower Seeds | Corn |
| Potatoes | Bananas |

Adapted from Eating for a Better Start, Pennsylvania State University, 1990.



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For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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