



MOM

MATTERS OF MOTHERHOOD

A Nutrition Newsletter from K-State Research & Extension

Department of Human Nutrition
Volume 1, Issue 1

Welcome to our new newsletter!

This is the inaugural issue of MOM -- Matters of Motherhood, a K-State Research and Extension newsletter for educators, addressing topics related to the nutrition of infants, young children, families, and pregnant and lactating women. As news and updates occur, you'll be notified by email each time a new issue comes out.

MyPyramid for Pregnancy and Breastfeeding Moms

The Center for Nutrition Policy and Promotion launched "MyPyramid for Pregnancy and Breastfeeding," as a new addition to the MyPyramid.gov website. MyPyramid for Pregnancy and Breastfeeding was developed by CNPP in conjunction with USDA's WIC Program. The content was developed in consultation with a number of experts in maternal and child nutrition in various agencies of USDA, the Department of Health and Human Services (HHS), and academia. The content was also reviewed for consistency with the Dietary Guidelines for Americans by committees on dietary guidance within both USDA and HHS.

"MyPyramid for Pregnancy and Breastfeeding" can be accessed by clicking the link found on the right side of the MyPyramid.gov homepage. This site allows for the creation of a personalized "MyPyramid Plan for Moms". A pregnant woman can enter her age, height, pre-pregnancy weight, physical activity level,

and due date. A breastfeeding woman can enter similar information, the baby's birth date and whether they are feeding their baby breast milk only or are supplementing with formula. The resulting plan shows what and how much to eat from each food group during each trimester or breastfeeding stage. It can be viewed on-screen or downloaded as a full-color printout. This plan serves as a great educational tool as well.

If you are a KS Extension Educator and would like full color copies of the MyPyramid for Pregnancy handout, developed by University of Missouri Extension, and available in both English and Spanish, just let Shelly (sburklun@ksu.edu) know how many copies you would like. Your cost will be just 18 cents each for this great teaching tool. To see the handout, go to <http://extension.missouri.edu/explorepdf/hesguide/foodnut/n00944.pdf>

MOM News This Issue:

MyPyramid for Pregnancy and Breastfeeding

Caffeine Intake During Pregnancy Related to Fetal Growth Restriction?

- What's in the Works? Breastfeeding Display
- In the News: Vitamin D
- Check it Out MyPyramid for Preschoolers
- Working with Pregnant Women? Gestational Diabetes resource



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Caffeine Intake During Pregnancy Related to Fetal Growth Restriction

Researchers at two large UK hospital maternity units looked at 2635 low risk pregnant women to examine the association of maternal caffeine intake with fetal growth restriction. The women, recruited early in their

pregnancy, were asked about their typical caffeine intake before and during pregnancy at three different stages of pregnancy: from 4 weeks before pregnancy until 8 -12 weeks of pregnancy; from 13 – 28 weeks; and from 29 to 40 weeks of pregnancy.

Results showed that caffeine consumption of >200 mg/day (roughly the amount in 2 8-ounce cups of brewed coffee) during pregnancy was associated with a reduction in birth weight of about 60 – 70 g, with a significant trend for greater reduction in birth weight with higher caffeine intake.

The authors note that the size of the association for caffeine intake with fetal growth restriction is similar to that for alcohol intake. They

recommend that “sensible advice to pregnant women would be to reduce caffeine intake before conception and during pregnancy.”

Source: BMJ 2008;337:a2332doi:10.1135/bmj.a2332: CARE Study Group. Maternal caffeine intake during pregnancy and risk of fetal growth restriction: a large prospective observational study. Accessed at bmj.com on 11/3/2008.

What's in the Works?

A new display promoting the benefits of breastfeeding is coming from the Human Nutrition Extension team. This display is designed to help educate EFNEP, FNP and other audiences about the many benefits breastfeeding provides babies, mothers, families and society. Watch for its release in early 2009 or before!

Check it Out!

MyPyramid for Preschoolers was just released at the end of October, and provides guidance for those feeding children 2 to 5 years of age. Here is the link to the newest tool in the MyPyramid series: <http://www.mypyramid.gov/preschoolers/index.html>



In the News:

Vitamin D recommendations have recently been doubled for infants, children and adolescents. For the complete story, see our recent NutritionNews release at: http://www.oznet.ksu.edu/humannutrition/nutritionnews/Kids_Need_Double_the_Vitamin_D.htm.

Working with pregnant women? Need consumer information about Gestational Diabetes?

Consider the National Diabetes Information Clearinghouse (NDIC) booklet “What I need to know about Gestational Diabetes.” This easy-to-read and understand publication comes from NDIC, a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The booklet is not copyrighted, and users are encouraged to duplicate and distribute as many copies as desired. For a single free copy, and other ordering info, go to <http://catalog.niddk.nih.gov/detail.cfm?ID=414&CH=NDIC>.

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