

Weight Gain During Pregnancy Expected, Necessary

PITTSBURGH — The emphasis today is on the slim and trim figure, something that puts even more stress on the expectant mother. Think about it! How many times have you heard someone greet a pregnant woman with a hearty, "My aren't you looking fat?"

The response should be, "No, I'm looking pregnant." Indeed it is clear that pregnancy is not a time for dieting and weight loss. Weight gain during pregnancy is expected and necessary for a healthy mom and baby.

A certain amount of the weight gain helps meet the demands of the developing infant including an increased blood supply. Some of the weight helps keep the mothers' nutrient stores at a level that will support both pregnancy and breastfeeding. The American Academy of Pediatrics recommends a weight gain of at least 24 pounds with a range of about 24 to 28 pounds.

One of the important points to consider is that weight gain should be gradual with about a ten-pound gain during the first half of pregnancy. The early months are a period of cell formation with each phase being critical for a different part of the developing human. Cell expansion and growth escalates during the last half of pregnancy, something which dramatically affects the need for energy and nutrients. Weight gain of the mother during the last three months is generally about one pound a week, much of which is due to expanding size of the

developing baby.

The theme for eating should be "eat smart." Adequate calories and a balance of nutrients to meet the recommended daily allowances are critical throughout pregnancy. Of special concern are some nutrients which are often low in the diets of women, folic acid (a B vitamin) and the minerals iron and calcium.

Eating smart means including a variety of foods from all of the major food groups. Pregnant women should include extra amounts of dairy foods, at least four daily servings. Yogurt, milk, and cheese are examples. Such foods provide extra protein, the much needed calcium, Vitamin B 12, Riboflavin and Vitamin D. No other food group can supply calcium in the quantity and quality necessary to meet the needs of pregnancy.

Meat and alternatives to meat such as fish, chicken, dried beans, eggs, and peanut butter should be increased slightly to three servings each day. In addition to protein, such foods supply iron, folic acid, magnesium, and zinc.

Vegetables and fruits should be

continued at the pre-pregnancy level of at least four servings a day. This is a food group which is the major source of Vitamins C and A. These foods also provide Folic Acid, iron, water and a variety of trace vitamins and minerals.

Fiber, an important part of food is found in both fruits and vegetables and in the final food group, Breads and Cereals. Rice, cereal, pasta, bagels, tortillas, and other breads are all examples. The key is to include four servings each day of whole grains or enriched products since these are the sources of the important nutrients iron and the B vitamins, thiamin and niacin.

If this sounds like a lot of food, it isn't! Good food habits are necessary for healthy mothers and babies. Although a pregnant woman isn't eating for two, she does need about 300 extra calories each day. Women who limit weight gain or who choose foods without concern for nutrient balance raise the risk of delivering a low birth weight baby. Such infants start life trying to catch up on growth and brain development.

Chester County 4-H Dairy Champions

(Continued from Page B22)

Chris. Junior champion went to Hendrick's junior calf, Kimber-Vu Farm Jay Crystal.

Grand champion Milking Shorthorn honors went to Richard Talley of Rising Sun, Md., with his junior 2-year-old Dan's Lochinvar Liza. Grand champion Brown Swiss honors went to Frances Talley of Rising Sun, Md., with her 5-year-old Wetona Palla Glow. Reserve grand champion Brown Swiss honors went to Frances Talley's junior calf Wetona Marauder Glitter.

Tiffany Yeager of Spring City,

took grand champion Jersey honors with her senior 2-year-old Quiet Valley Magic Diamond. Her sister, Tricia Yeager, took reserve grand champion Jersey honors with her 3-year-old Agape Magic Patricia. Junior champion Jersey honors went to Troy Hendricks with his senior yearling, while Tricia Yeager took reserve junior champion honors with her senior calf.

A showing class was also held for those children too young for 4-H. The judges found it too difficult to determine which exhibitor was best, so the 12 tykes in the class received a blue ribbon.

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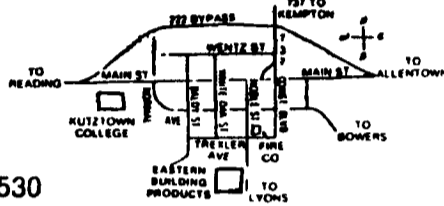
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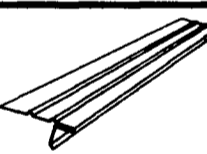
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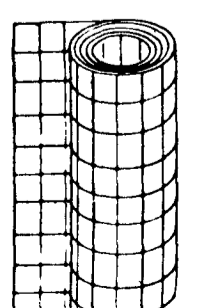
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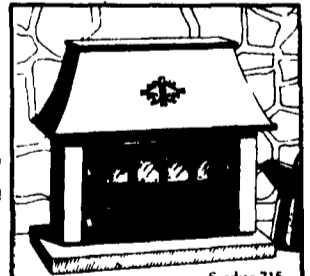
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All set for sun and fun on your vacation? You can't take your garden with you, so take care of it before you go. A few minutes in the garden before vacation can save hours afterward. It is obviously much easier to remove small weeds now than larger, well-established ones later, reveals Arnold G. Lueck, Extension Horticultural Agent.

Apply a good mulching material after weeding. A layer of mulch two inches deep will prevent most weed growth, keep the soil cooler and conserve water. Common mulching materials include old dry grass clippings, pine bark, peat moss, licorice root, old hay and straw.

While you're gone, your weed-free garden will look better to your neighbors than one which has become overgrown with weeds. If the weather turns dry in your absence, a weed-free garden will not lose as much water. Also, rapidly-developing weeds will not be able to shade garden plants.



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