



California Prunes

Sunsweet Growers

Pregnancy and New Mum's Healthy Living Guide



Enjoy this special time in your life. Pregnancy is a time of joyful anticipation. But this joy may be mingled with a bit of awe and anxiety over the responsibility of nurturing another human life. This brochure was developed with your concerns in mind. It is filled with helpful advice from doctors and other childbirth specialists. Many new mothers also contributed their special insights.



Note: The information in this brochure is not intended as a substitute for consulting with your physician or healthcare provider. The sole purpose of this brochure is informational and every effort has been made to provide current and accurate information. The producers and distributors of this brochure are not responsible for any consequences from the use of this information.



Eating Right for Both of You

Every day, your baby is growing and developing within you. She/he is counting on you to provide the nourishment she/he needs. It's up to you to eat right for both of you!

- Choose high fibre foods, such as whole grains, fruits, vegetables and dried fruits.
- Avoid calorie-rich, nutrition-poor foods, such as sweets and soft drinks. If you feel like something sweet, try fresh or dried fruit, either on their own or with low-fat yoghurt or even better low-fat frozen yoghurt.
- Try to eat as many fruits, vegetables and whole grains as you can.
- Choose your snacks well. Many pregnant women (especially in the last period of pregnancy) can no longer eat heavy meals and tend to eat little, but several times a day. Snacking regularly is a good idea, it can help regulate blood sugar, and even, in some cases, help relieve morning sickness. Make sure you choose the healthy foods, such as dried fruit and crackers instead of cookies and cakes.
- Eat with a purpose. Talk to your doctor about your baby's development. Knowing how your baby is growing at each stage will give you even more incentive to eat healthfully. Remember to drink the right amount of liquid. We recommend drinking among 8 and 10 glasses per day, depending on your weight, this will help your bowel and bladder work normally.
- Weight gain is part of a healthy pregnancy and how much you should gain depends on how much you weighed before you became pregnant. Your physician can help you determine an appropriate amount of weight to gain during pregnancy.
- Be physically active on most if not all days of the week. At least 30 minutes of physical activity, such as walking or swimming, is recommended.

Note: Each person is different and it's important to discuss your suggested calorie intake and weight gain during pregnancy with your physician or healthcare provider.

Digestive Health and Mum

If you're expecting a baby or have recently given birth, it can be difficult to maintain a healthy diet with the right amount of fibre and fluids. Additionally, during pregnancy, hormonal changes and, in some cases, the intake of iron supplements can make you prone to constipation.

Constipation can cause bloating, abdominal pain, hard stools, and can reduce the frequency of bowel movements. Eating a balanced diet, with plenty of high-in-fibre - fruit, vegetables, nuts and whole grains, and drinking about 2 liters of fluids a day, combined with some daily exercise, will help.

Prunes are an excellent source of dietary fibre, they contain carbohydrate and are free from fat, saturated fat and salt. The European Food Safety Authority (EFSA) have confirmed that consuming about 100g of prunes daily helps maintain normal bowel function (Commission Regulation (EU) No 536/2013).

Water is the best option for increasing your fluid intake, but for variety, prune juice is an excellent choice. It is a source of dietary fibre. Very few pure fruit juices can boast providing dietary fibre in any useful amounts because it is generally removed in the juice making process. Additionally, Sunsweet Prune Juice has no added sugar, in fact nothing is added at all, it is 100% natural, with no preservatives, additives, colourings or flavourings. Look on pages 8 and 9 of this guide and you will find many ideas for simple, healthful recipes.

Daily Food Guide for Pregnancy

Nutrient-Rich Food Group	Important Nutrient Contributions	Servings Needed	Sample Servings
Fruit - Fresh, frozen, canned, dried or juiced	Vitamins A and C, folic acid and dietary fibre	2 - 3 Portions (Portion Sizes: Fresh or Frozen Fruit = 80g; Dried Fruit = 30g; Juice = 150ml)	1 medium banana or apple 4 tablespoons of berries 150ml glass of unsweetened juice
Vegetables - Fresh, frozen, canned, dried or juiced	Vitamins A and C, folic acid, iron and dietary fibre	2 - 3 Portions (Portion Sizes: Fresh or Frozen Vegetable = 80g; Juice = 150ml)	3 heaped tablespoons of carrots 2 handfuls of leafy greens 3 heaped tablespoons of beans
Cereals	B vitamins, iron, folic acid and fibre	140-165 g	1 slice of bread 25 g of cereal for breakfast 100g of pasta, rice or other cooked cereal
Milk, yogurt and pasteurised cheese	Calcium and protein	2 -3 Portions	250 ml of milk or yogurt 40 g pasteurised cheese
Beef, poultry, fish, dry beans, eggs and nuts (note there are some fish and shellfish that should be avoided see the website below for further information)	Protein and iron	140-165 g	25 g of lean meat, poultry or fish 55 g of dried beans 15 g of nuts' 1 egg 1 tablespoon of peanut butter

This information was adapted from <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/healthy-pregnancy-diet.aspx#close>



Key Nutrients

You have special nutritional needs during pregnancy, including increased vitamins, minerals and calories. A well-balanced diet based on the Daily Food Guide for Pregnancy can help you and your baby stay healthy.

Your physician or healthcare provider may prescribe prenatal vitamins with iron and folic acid during your pregnancy. Calcium supplements may be recommended for women who are unable or unwilling to take in sufficient calcium from milk products or other non dairy calcium rich foods. Don't take any vitamins, minerals or herbal supplements without first discussing this with your physician or healthcare provider.

What You Need	What function do these nutrients have in the body	Where To Get It
Protein	Protein is needed for normal growth and development of bone in children; Protein contributes to a growth in muscle mass; Protein contributes to the maintenance of muscle mass; Protein contributes to the maintenance of normal bones	Meat, eggs, fish, dairy, nuts, beans
Iron	Iron contributes to normal cognitive development of children Iron contributes to normal formation of red blood cells and haemoglobin; Iron contributes to normal oxygen transport in the body	Nuts, beef, apricots, porridge, pilchards, lentils, wholemeal cereals
Calcium	Calcium is needed for the maintenance of normal bones; Calcium is needed for the maintenance of normal teeth; Calcium is needed for normal growth and development of bone in children	Dairy (cheese, milk, yoghurts), sardines, dried figs, wholemeal cereals, tofu
Folic Acid	Folate contributes to maternal tissue growth during pregnancy; Folate has a role in the process of cell division; Folate contributes to normal amino acid synthesis	Leafy green vegetables, nuts, marmite, porridge, lentils, wholemeal cereals, beans
Zinc	Zinc contributes to normal DNA synthesis; Zinc contributes to normal protein synthesis; Zinc contributes to the normal function of the immune system	Beef, chicken, pork, marmite, wholemeal cereals
Vitamin A	Vitamin A contributes to the maintenance of normal skin; Vitamin A contributes to the maintenance of normal vision; Vitamin A contributes to the normal function of the immune system	Carrots, cheese, green leafy vegetables, sweet potatoes
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of blood vessels; Vitamin C contributes to normal collagen formation for the normal function of bones; Vitamin C contributes to normal collagen formation for the normal function of skin; Vitamin C contributes to normal collagen formation for the normal function of teeth; Vitamin C contributes to the normal function of the immune system	Citrus fruits, leafy green vegetables, new potatoes, tomatoes, broccoli, strawberries, peppers
Vitamin D	Vitamin D contributes to normal blood calcium levels; Vitamin D contributes to the maintenance of normal teeth; Vitamin D contributes to the normal function of the immune system; Vitamin D contributes to the maintenance of normal bones; Vitamin D is needed for normal growth and development of bone in children.	"Sunlight"*, beef, fish, eggs *How to get vitamin D from sunlight. NHS. Available from http://www.nhs.uk/Livewell/Summerhealth/Pages/vitamin-D-sunlight.aspx [accessed 10/05/14]
Fibre	Recommended advice is to eat at least 5 portions of fruit and vegetables each day*. Prunes are a high source of fibre and contribute to normal bowel function when 100g are eaten daily. *Why 5 a day? NHS. Available from http://www.nhs.uk/livewell/5aday/pages/5adayhome.aspx [accessed 10/05/14]; Have a healthy diet in pregnancy. NHS. Available from - http://www.nhs.uk/conditions/pregnancy-and-baby/pages/healthy-pregnancy-diet.aspx [accessed 10/05/14]	Vegetables, fruits, beans, wholegrains, nuts, prunes, prune juice



Things To Do Before the Baby Comes

When will my baby come? How much will it hurt? Will I be in control? Fear of pain and the unknown is a real and natural part of pregnancy. While it's hard to anticipate actual labour and delivery, you can control some related aspects to feel more confident and prepared.

- Whether you plan on using pain relief methods or not, take a childbirth preparation class. Being informed helps to dispel fear.
- Take a hospital tour to view labour and delivery rooms, locate the admittance desk and parking areas. Don't leave anything to chance.
- Keep the car fueled and ready. Have contingency plans for getting to the hospital. Keep a list of emergency numbers.
- Don't take your best clothing—vaginal discharge after labour can stain.
- Set aside the tiniest nightgown, undershirt and blanket for your baby's homecoming.
- Pack your "goodie" bag according to your physician or healthcare provider's recommendations. Don't forget the camera!
- Practice your childbirth exercises so they'll come naturally to you during labour.
- Once labour starts, don't consume anything more than clear liquids or gelatin without your physician or healthcare provider's permission. If you do need anesthesia, complications could arise on a full stomach.
- Pre-cook and freeze some meals for after the baby arrives. If possible, arrange help for household chores for at least a week after childbirth.
- Learn about breastfeeding by reading and taking a breastfeeding class if available. Lactation specialists are trained experts who can help with your breastfeeding success.
- Sleep, sleep and more sleep. Even the best sleeping babies wake up 2-3 times a night at the start. If this is your first baby, enjoy your beautiful regular sleep now, because it will be the last (at least for a while). If you have other children, make sure that family and friends help you manage everything before the birth and allow you to get the rest you need. This will be useful after the birth and will help you regain your strength.

You've done all you can. Now relax. Your baby will be here before you know it!

Feeling Better

They call them "minor" discomforts of pregnancy, but if you're experiencing them, they may not seem so minor! Try these solutions. Discuss discomforts with your physician or healthcare provider.

Discomfort	Solution
Morning sickness	Before rising, eat a few dry crackers, dry toast or dry cereal kept at bedside. Eat mini-meals. Avoid fatty, greasy, spicy foods. Drink liquids between meals. Sleep with fresh air.
Constipation	Get enough exercise and fibre in your diet. Eat more fresh fruits, vegetables and dried fruits, such as prunes. Eat whole grain cereals and breads. Drink more liquids.
Varicose veins	Wear support tights. Elevate legs when lying down.
Hemorrhoids	Varicose veins of the rectum are exerted during passage of hard stools. Prevent hard stools (see constipation). Treat with local soothing cream and soak in tub filled with a few inches of hot water.
Heartburn	Eat mini-meals. Limit fatty and spicy foods. Don't wear tight clothes. Don't lie down after eating.
Swollen ankles	Raise legs on pillows, level with hips, once or twice daily for an hour. Maintain fluid intake of 8 to 10 glasses per day, especially plain water.
Sleeplessness	Don't fight it. Read or watch TV until sleepy. Find a more comfortable position. Drink warm milk or Hot and Spicy Cider (see recipe).
In General	Try to exercise regularly, if not every day of the week, at least every day that you can. We recommend at least 30 minutes of physical activity, such as walking or swimming. In addition to reducing stress, regular exercise can help alleviate many discomforts of pregnancy.



Your New Lifestyle

Going back to work or staying at home? It's a decision that only you can make. Each has its rewards and frustrations. But whichever you choose, the requisites for parenting remain the same: give all the love, attention and companionship you can. Relax and enjoy the pleasures of motherhood.

You're Staying Home

Just because you aren't working outside of the home doesn't mean you're not working! Being with your baby is a challenging, full-time job. Your rewards are the closeness you develop with your child and the chance to watch her/him grow. But being alone with a baby all day can be exhausting. You need to take a break sometimes, too!

- Join a parenting or postpartum (after childbirth) support group. (Check with your physician, healthcare provider, childbirth educator, hospital or community service organisations or start one yourself). Getting together with other new mothers will help you to develop a network of new friends. You'll learn a lot, too.
- Join a mother/baby exercise class. Both of you can get a healthful workout.
- The cost of a babysitter may be high, but the psychological lift is well worth the price. To save money, start a babysitting co-op.
- Arrange with your partner to have time to yourself regularly—even a half hour. Your partner can watch the baby while you relax, pursue a hobby, etc.
- If you've always worked, you may feel a tinge of envy to see other women trotting off to work while you wheel the baby carriage. Remember, the working mum may be feeling as envious of you.
- If you crave mental stimulation, join a volunteer group. It can help to enhance your resume later. Or try part-time work.

You're Going to Work

It takes a lot of juggling to work out babysitting, household chores and working. But going back to work can be rewarding. Do you have mixed feelings? Many women do, even the most career-oriented. What seemed like a wonderful plan in theory seems so different once your baby is born. Give yourself a chance. While it may be difficult to leave your precious baby with a babysitter that first day, once you get to work, the exhilaration of returning may make your dual role the best of both worlds.

- Check babysitter references thoroughly. Always interview a babysitter with the baby present to see how they interact together.
- If both you and your partner work, the logical answer to homemaking and childcare responsibilities is to share those equally, too. Sharing childcare responsibilities will help to further enrich your baby's environment.
- Every woman who works vows to provide quality time with her child. It's an important goal. Yet after an exhausting day at work, your homemaking and mothering duties have just begun. You may be too busy or too tired to make each minute with your child count. Don't feel guilty. We all have limited energies. Remember that your income from working helps in the general welfare of your child.



Nursing Your Little One

Breastfeeding is a very special joy of motherhood. Not only will you enjoy building the bond between you and your baby, you will also be assured of giving her/him the best nutrition possible. Some employers offer lactation education programs and support women who choose to continue to breastfeed upon return to work. Before you go on maternity leave, be sure to talk to your employer about the policy at your workplace.

Q: How can I help to assure success in breastfeeding?

A: Select an obstetrician, pediatrician and hospital supportive of breastfeeding. Encouraging nurses and hospital rules that permit access to your baby for frequent feedings are invaluable.

Q: How can I prepare my breasts?

A: Wash nipples with water. Avoid soap, which can be drying.

Q: When should I start breastfeeding?

A: Try to nurse immediately after delivery. The sooner and the more frequently your baby nurses, the sooner your milk supply will increase. Initially, you will produce protein-rich colostrum, followed by milk around the third day.

Q: How can I avoid sore nipples?

A: Expect some initial soreness—babies do suck firmly! To remove your baby from the breast, place your finger in the corner of baby's mouth to gently break the suction before dislodging the nipple. Also, be sure she/he takes in most or the entire areole (dark area around nipple) when nursing. Proper latch and positioning, as well as avoidance of artificial nipples (i.e. pacifiers and bottles) for the first 2-4 weeks will help prevent soreness.

Q: How can I tell if my baby is getting enough milk?

A: You can be sure your baby is eating well if:

- Your baby has 6 to 8 wet cloth nappies or 4 to 6 wet disposable nappies and 2 stools a day (less for a newborn) while only on breast milk.
- Your baby has an alert, healthy appearance.
- You can feel your baby sucking and hear her/him swallowing while feeding.
- Your baby frequently nurses and shows a steady gain in weight. (Many babies drop weight after birth and regain it after a week or two). Let your physician or healthcare provider be your guide, not well-meaning relatives.

Q: What should I eat for optimal milk supply?

A: You will need to eat 500 extra calories a day while breastfeeding. Continue to eat nutritiously for your health. Make sure to eat enough protein, iron and calcium-rich foods. The calcium stored in your bones and teeth will be drawn on if you do not take in adequate amounts of calcium. See Key Nutrient Chart for calcium sources. You can meet your extra calorie needs by adding two nutritious snacks between meals. A half sandwich, glass of low fat milk, and a piece of fresh fruit, or some dried fruit, such as dried plums, are quick and easy snacks.

Q: What if I think that I don't have enough breast milk?

A: Contact and see a healthcare professional or lactation specialist who can help you figure out what might be happening. Most women do make enough milk, but the baby's cues are sometimes confusing. Rest as much as possible. Nurse your baby frequently. Drink lots of liquids throughout the day. Nap often.

Q: Why are lots of liquids important?

A: Liquids assure proper fluidity of breast milk. You'll develop a natural thirst to remind you to drink fluids. A good rule is to drink a glass of liquid every time you nurse. Milk, water and fruit juices within your daily calorie requirement are good choices.





A Word About Prune Juice

Many women are introduced to prune juice during pregnancy and nursing. There are a lot of good reasons why this is true.

- Fluids are important. Pregnant women need fluids to carry nutrients through the body and to wash away waste products. Nursing mothers also need fluids to aid in producing milk. Water and milk are the primary liquids and nutritious juices, are important fluids too.
- Prune juice is a source of fibre.
- Prune juice is a source of potassium, which helps maintain normal blood pressure, contributes to normal muscle function and supports a healthy nervous system.
- Prune juice contains only naturally occurring sugars.



Sunsweet® Prune Juice

Made from the highest quality plump California prunes, *Sunsweet* Prune Juice contains no additives.





Product Nutritional Information



Sunsweet® Prunes

- Delicious, nutritious, convenient snack
- Source of dietary fibre, Vitamin K and potassium
- Source of Vitamin B6, copper and manganese
- Less than 100 calories per serving (per 4-5 prunes)
- Try them with your morning cereal, or toss them with salad, they are even great with meat dishes and add moisture to most baked treats

Product Nutrition Information

Nutrient content per	100g	40g	
Energy (kJ)	968g	387g	
(kcal)	229g	92g	
Fat (g)	0g	0g	
of which saturates (g)	0g	0g	
Carbohydrate (g)	57g	23g	
of which sugar (g)	38g	15g	
of which polyhols (g)	15g	6g	
Fibre (g)	7.1g	2.8g	
Protein (g)	2.2g	0.9g	
Salt (g)	0g	0g	
Vitamins and Minerals per	100g	40g	% RI per 100g*
Vitamin K (ug)	60g	24g	79%
Vitamin B6 (mg)	0.21g	0.082g	15%
Potassium (mg)	732g	293g	37%
Copper (mg)	0.28g	0.11g	28%
Manganese (mg)	0.30g	0.12g	15%
RI = Reference Intake. The Daily reference intake of an average adult is 8400kJ/2000kcal.			
Ingredients: California pitted prunes, potassium sorbate (preservative E202).			





Sunsweet® Prune Juice

- 100% juice made from whole prunes, nothing else
- No added sweeteners or preservatives
- A source of dietary fibre and potassium
- Try it in a smoothie or just straight chilled from the fridge

Product Nutrition Information

Nutrient content per		100ml	
Energy (kJ)		262	
(kcal)		62	
Fat (g)		0	
of which saturates (g)		0	
Carbohydrate (g)		16	
of which sugar (g)		10	
of which polyhols (g)		4.7	
Fibre (g)		1.5	
Protein (g)		0.7	
Salt (g)		0.00	
Vitamins & Minerals per		100ml	% RI per 100g*
Potassium (mg)		250	12.5%
RI = Reference Intake. The Daily reference intake of an average adult is 8400kJ/2000kcal.			
Ingredients: Californian Prunes			





Recipes

Prune Oatmeal Muffins

Make a double batch and freeze some.

1/2 cup rolled oats plus
3/4 cup *Sunsweet* Prune Juice
1/4 cup milk
4 tablespoons brown sugar plus
1 tablespoon
2 eggs, lightly beaten
1 1/2 cups flour
2 teaspoons baking powder
1 teaspoon nutmeg
1/2 teaspoon salt
1/4 cup melted butter or margarine
1 cup (about 170g) *Sunsweet* Pitted Prunes,
coarsely chopped
1/2 cup chopped nuts
MAKES 12 MUFFINS

In large bowl mix 1/2 cup of the oats, prune juice, milk and 4 tablespoons of the sugar; set aside 10 minutes. Stir in the eggs. Add flour, baking powder, nutmeg and salt and blend thoroughly.

Stir in butter, then the dried plums and nuts. Spoon the equally divided mixture into twelve greased or paper-lined muffin tin cups. Sprinkle evenly with the remaining sugar and oats. Bake in lower third of 220°C oven for 15 to 20 minutes until lightly browned and springy to the touch. Cool on rack. Cooled muffins may be securely wrapped and frozen, if desired. Bring to room temperature before serving, or cover lightly with foil and place in 160°C oven until heated through, about 10 minutes.

Nutrition Information Per Serving:

Energy: 428 Kcal; Fat: 8g; Carbohydrates: 86g; Fibre 2g;
Protein 5g; Salt 258mg

Hot and Spicy Cider

Have a cup in the morning or in the evening.

175 ml *Sunsweet* Prune Juice
1/3 cup cranberry or apple juice
2 inch length cinnamon stick
4 cloves
1 orange slice, halved
MAKES 1 DRINK (1 CUP)

In small saucepan combine prune juice with cranberry or apple juice, cinnamon stick and cloves. Bring to a boil, reduce heat and simmer for 1 minute. Pour into a mug and add orange slice halves.

Nutrition Information Per Serving:

Energy: 188 Kcal; Fat: 0g; Carbohydrates: 46g; Fibre 2g;
Protein 1g; Salt 9mg





Recipes

Healthy Turkey Salad Pocket

An alternative to the ordinary turkey sandwich.

2 cups (about 454g) diced cooked turkey or chicken
 $\frac{3}{4}$ cup *Sunsweet* Pitted Prunes, quartered
 $\frac{1}{2}$ cup sliced celery
 $\frac{1}{4}$ cup sliced green onions
 $\frac{1}{2}$ cup plain nonfat yogurt
1 tablespoon sweet-hot mustard
Salt and pepper, to taste
Lettuce leaves
3 whole-wheat pita breads, halved
MAKES 6 PITA POCKET SANDWICHES
(3 CUPS TURKEY SALAD)

In bowl, thoroughly mix ingredients except salt, pepper, lettuce and bread. Season with salt and pepper. Cover and refrigerate up to 3 days. Toss again before serving. Fill pita pockets with turkey mixture and lettuce leaves.

Nutrition Information Per Serving:

Energy: 324 Kcal; Fat: 2g; Carbohydrates: 36g; Fibre 4g;
Protein 22g; Salt 261mg



Moroccan Couscous Salad

A simple-to-make, one-dish dinner.

1 $\frac{1}{2}$ cups chicken broth
1 cup (227g) *Sunsweet* Pitted Prunes coarsely chopped
1 teaspoon curry powder
1 cup (227g) dry couscous
 $\frac{1}{2}$ cup chopped spring onions
 $\frac{1}{4}$ cup olive oil
 $\frac{1}{4}$ cup white wine vinegar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
1 $\frac{1}{2}$ cups (340g) cubed cooked chicken
 $\frac{2}{3}$ cup chopped tomato
 $\frac{1}{2}$ cup sliced almonds, toasted (optional)
MAKES 6 SERVINGS

In medium saucepan, combine chicken broth, dried plums and curry powder; bring to a boil. Remove from heat; stir in couscous and green onions. Let stand, covered, 5 minutes. Fluff with fork; allow to cool. Meanwhile, in small bowl, whisk together olive oil, vinegar, salt and pepper; add to couscous, tossing to coat. Stir in chicken and tomato. Just before serving, stir in almonds, if desired.

Note: To toast almonds, arrange in even layer on baking sheet. Bake in 180°C oven for 5 to 7 minutes or until golden brown.

Nutrition Information Per Serving

(not including almonds): 340 Kcal; 11g Fat;
380mg Salt; 43g Carbohydrate;
4g Fibre; 17g Protein



California Prunes

Thanks To Those Who Helped Us Do It Right

Our thanks go to the many childbirth and health professionals and new mothers who shared their time and thoughts so generously.

Susan Finn, PhD, RD

President and CEO of the American Counsel of Fitness and Nutrition
Past President of the American Dietetic Association

Suzy Gonzalez-Beban, MPH, CHES, CLE

Masters in Public Health
Certified Health Education Specialist
Certified Lactation Educator
Los Altos, California

Dr Nick Read, MA, MD, FRCP

Consultant Gastroenterologist
Analytical psychotherapist
London, UK

Online resources for a healthy lifestyle:



www.sunsweet.co.uk

<http://www.californiadriedplums.org>