



SUPPORTING NUTRITION PRECONCEPTION TO POSTPARTUM

Module Seven - Case Studies

ASSIGNMENT Module 7

1. Create recommendations for the following case studies. **AND**
2. Create your own case study and recommendations for a pregnant woman you know.

CASE STUDIES

Infertility Case Study

Maria has been trying to have a baby for over a year. Her periods are irregular due to excessive exercise and being underweight. Maria also skips meals and snacks and has a strong craving for sweet foods. She takes a prenatal vitamin when she remembers, and feels like she is stressed and anxious often. Maria is worried about weight gain and also has poor sleep schedule. Maria does not like fruits and vegetables and is not eating very many whole foods.

- What areas of concern jump out about Maria's situation?
- What do you feel needs to improve and why before Maria gets pregnant?
- What general suggestions could you talk to Maria about?
- Create a healthy 1-day menu for Maria.

Early Pregnancy Nausea, low energy and constipation

Julie is pregnant with her first child. She is a healthy 30-year-old woman, who is carrying a bit of extra weight (*based on BMI chart*). She has experienced weight loss with the start of her pregnancy due to ongoing nausea. She feels she can only eat crackers and other refined carbohydrates, especially sugary foods. She is not tolerating her prenatal vitamin at this time. Julie has no routine in eating and eats when she feels she can stomach food. She works from home and has lots of time to prep foods, however does not take the time. She is also extremely constipated and often feels "totally exhausted".

- What areas of concern jump out about Julie's situation?
- What do you feel are the risks if Julie continues eating this way?
- What general suggestions could you talk to Julie about?
- Create a healthy 1-day menu for Julie.



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Vegetarian, lots of energy, pregnancy #4

Kim is a vibrant pregnant 38 year old. She is 24 weeks pregnant and in her fourth pregnancy. She has 3 young children ages 2,3 and 6 at home. Kim's husband works away from home leaving Kim to care for the children and prepare foods. Kim eats a plant-based diet and feeds her children healthy whole foods. She is not constipated. Kim has had some issues in the past with anemia. She has not been tested this pregnancy for anemia. Kim is very busy and gets very little time to rest. She is often up multiple times a night with her 2 year old. Kim has never taken supplements during any of her pregnancies and has had healthy full term babies with vaginal deliveries. She is successful at breast-feeding and just weaned her youngest, when she found out she was expecting baby #4. Kim's diet consists of clean whole foods daily. Kim is not gaining weight with this pregnancy and feels it is ok as she is so busy and feels good.

Kim's Daily Diet

- Breakfast: oatmeal and toast
- Snack: smoothie with dark greens
- Lunch: dinner leftovers or a large salad
- Snack: Fruit
- Dinner: vegetarian dishes usually with whole grain rice or pasta and legumes with lots of veggies.
- Evening: rarely snacks
- What areas of concern jump out about Kim's situation?
- What do you feel needs to improve and why during Kim's pregnancy?
- What general suggestions could you give to Kim?
- What small improvements could you suggest to Kim around her diet?