

# Conversation Guide

## Prenatal Nutrition Tool (PreNuT)

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# About this guide

The *Conversation Guide* is meant to support the Prenatal Nutrition Tool (PreNuT) questions. It can be used by the care provider who is asking the questions, or by another care provider, based on your program's processes and the client's responses to the questions. Research shows that clients want care providers to discuss nutrition information with them. The information provided here can help care providers have conversations with their clients on the nutrition topics included in the tool.

## How to use this guide

- Complete the tool questions with your client.
- For each question, determine if the answer falls into the “Offer a Conversation” or “On the Right Track” category.

### **Offer a conversation**

- A conversation is recommended.
- Focus your conversations with your client on these topics.
- These are the conversations to start with.

### **On the right track**

- A conversation may be beneficial.

- Determine who will have a conversation(s) with your client and when this will take place as per your processes.
  - How the care provider goes about having these conversations and who the care provider is, will vary, depending on how your unique project or program runs. Some projects may choose to discuss these topics in a group setting. Other projects may have conversations with clients one-on-one, in person or over the phone.
- Use the resources listed in the “Information to Support a Conversation” sections. These refer to client information on the topics asked about in the tool.
- Use a client-centred approach and allow your client to choose the topics to discuss further.
- If, after having a conversation, you feel your client would benefit from and/or appreciate further information, please refer as per usual processes.

You will find supporting materials on the following 4 topic areas:



## **Pregnancy Weight Gain**

*Page 5*



## **Multivitamins**

*Page 6*



## **Life Circumstances**

*Page 7*



## **Overall Food Intake**

*Pages 8-18*

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## Pregnancy Weight Gain

### 1. Has a care provider talked to you about your weight gain in pregnancy?

A care provider could be a dietitian, doctor, midwife or nurse.

On the right track if...	Offer a conversation if...
Client answers <input type="checkbox"/> Yes	Client answers <input type="checkbox"/> No <input type="checkbox"/> I don't know

### Why Does This Matter?

Weight gain is a normal and important part of a healthy pregnancy. Clients who have conversations with their health care providers about healthy weight gain during pregnancy are more likely to receive helpful advice and gain weight within the recommended range for their pre-pregnancy body mass index (BMI) category.

### Information to Support a Conversation

Online:

- Healthy Parents, Healthy Children:  
<https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/growing-together/#healthy-weight-gain>
- Interactive Weight gain tracker:  
<https://healthyparentshealthychildren.ca/resources/tools/weight-gain-calculator>

Paper:

- Healthy Parents, Healthy Children–Pregnancy & Birth (2<sup>nd</sup> Edition):  
Pages 26-30



## Multivitamins

2. a) Are you taking a multivitamin every day?  
b) If yes, does your multivitamin have folic acid, iron, vitamin D and B12?

On the right track if...	Offer a conversation if...
Client answers <input type="checkbox"/> Yes to both a) and b)	Client answers <input type="checkbox"/> No to either a) or b) <input type="checkbox"/> I don't know to either a) or b)

### Why Does This Matter?

Healthy eating and taking a multivitamin every day are important in pregnancy. Check the label and make sure the multivitamin the client is taking contains:

- 0.4 mg (400 mcg) folic acid
- 16-20 mg of iron
- 400 IU vitamin D
- Vitamin B12

Some common multivitamins (prenatal vitamins) used in pregnancy contain 1 mg (1000 mcg) folic acid and 27 mg iron. These amounts are considered safe.

### Information to support a conversation?

Online:

- Healthy Parents, Healthy Children: <https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/eating-food-safety/#important-vitamins-and-minerals>

Paper:

- Healthy Parents, Healthy Children–Pregnancy & Birth (2<sup>nd</sup> Edition):  
Page 33



## Life Circumstances

### 3. Do you ever have difficulty making ends meet at the end of the month?

On the right track if...	Offer a conversation if...
Client answers <input type="checkbox"/> No	Client answers <input type="checkbox"/> Yes <input type="checkbox"/> I don't know

#### Why Does This Matter?

There is a relationship between nutrition and income. When household finances are limited, it is harder to meet basic nutrition needs. Care providers can help a pregnant client to access government benefits and community supports.

#### Information to Support a Conversation

Online:

- Healthy Parents, Healthy Children: <https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/growing-together/#prenatal-care>. Scroll down to the “Living on a Low Income” section. Review the [Government of Alberta – Alberta Adult Health Benefit Program](#) with your client.

Paper:

- Healthy Parents, Healthy Children–Pregnancy & Birth (2<sup>nd</sup> Edition):  
Page 26. See “Living on a low income.”

Additional income benefits may be available to your client. Assist your client in accessing 211 Alberta for information on financial benefits and programs. Options to contact 211 are by phone, text or chat: dial 2-1-1, text INFO to 211 or visit [ab.211.ca/](http://ab.211.ca/) and click “live chat”.



## Overall Food Intake

### Vegetable and Fruit Intake

#### 4. Do you eat vegetables or fruit on most days? *Most days means 5-7 days per week*

On the right track if...	Offer a conversation if...
Client answers <input type="checkbox"/> Yes	Client answers <input type="checkbox"/> No <input type="checkbox"/> I don't know

#### Why Does This Matter?

Vegetables and fruit are an important part of healthy eating. They contain important nutrients, such as fibre, vitamins and minerals.

#### Information to Support a Conversation

Online:

- Healthy Parents, Healthy Children: <https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/eating-food-safety/#eating-during-pregnancy>

Paper:

- Healthy Parents, Healthy Children–Pregnancy & Birth (2<sup>nd</sup> Edition):  
Pages 30-31



## Overall Food Intake

### Grains

5. Are the grains you eat white or whole grain? *Choose one answer.*

On the right track if...	Offer a conversation if...
Client answers <input type="checkbox"/> Whole grain	Client answers <input type="checkbox"/> White <input type="checkbox"/> Both white and whole grain <input type="checkbox"/> I don't eat grain products <input type="checkbox"/> I don't know

### Why Does This Matter?

Whole grain foods are important because they contain nutrients such as fibre. Fibre can be important for preventing and managing constipation, which some women experience during pregnancy. Whole grain foods contain more fibre than white grains.

### Information to Support a Conversation

Online:

- Healthy Parents, Healthy Children: <https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/eating-food-safety/#eating-during-pregnancy>

Paper:

- Healthy Parents, Healthy Children–Pregnancy & Birth (2<sup>nd</sup> Edition):  
Pages 30-31, 34, 36



## Overall Food Intake

### Iron from Food

6. Do you eat meat, fish, poultry or eggs on most days? *Most days means 5-7 days per week.*

On the right track if...	Offer a conversation if...
Client answers <input type="checkbox"/> Yes	Client answers <input type="checkbox"/> No <input type="checkbox"/> I don't know

#### Why Does This Matter?

Iron is an important nutrient for pregnant clients. More iron is needed to make extra blood during pregnancy. Iron from animal foods is more easily absorbed by the body than iron from other foods.

#### Information to Support a Conversation

Online:

- Healthy Parents, Healthy Children: <https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/eating-food-safety/#important-vitamins-and-minerals>. Scroll down to the section called “Important vitamins and minerals”

Paper:

- Healthy Parents, Healthy Children–Pregnancy & Birth (2<sup>nd</sup> Edition): Pages 30-31, 34



## Overall Food Intake

### Fish Intake

#### 7. Do you eat fish every week?

On the right track if...	Offer a conversation if...
Client answers <input type="checkbox"/> Yes	Client answers <input type="checkbox"/> No <input type="checkbox"/> I don't know

#### Why Does This Matter?

Fish is an important source of healthy fats, which help the development of baby's eyes and brain.

#### Information to Support a Conversation

Online:

Healthy Parents, Healthy Children: <https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/eating-food-safety/#important-vitamins-and-minerals>

Scroll down to the section called "Omega-3 Fats"

Paper:

- Healthy Parents, Healthy Children–Pregnancy & Birth (2<sup>nd</sup> Edition):  
Pages 35-36



## Overall Food Intake

### Milk Intake

**8. What describes your intake of milk and dairy products? I am going to read you a list. You may choose more than one answer.**

#### Offer a conversation if...

##### Client answers

- I drink cow's milk
- I eat dairy products such as cheese, yogurt, kefir
- I drink plant-based drinks, such as soy or almond
- I do not drink any cow's milk

#### Why Does This Matter?

Cow's milk, dairy products and/or fortified plant-based drinks are needed each day to meet nutrient requirements for calcium and vitamin D during pregnancy. Two cups (500 mL) of milk or fortified plant-based drinks is a practical way to meet calcium needs. Clients who aren't drinking this amount may benefit from further information on foods with calcium.

#### Information to Support a Conversation

##### Online:

- Healthy Parents, Healthy Children: <https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/eating-food-safety/#important-vitamins-and-minerals>  
Scroll to the section called "Calcium"

##### Paper:

- Healthy Parents, Healthy Children—Pregnancy & Birth (2<sup>nd</sup> Edition):  
Pages 30-31, 35



## Overall Food Intake

### Fluid Intake

#### 9. Do you drink plain water throughout the day?

On the right track if...	Offer a conversation if...
Client answers <input type="checkbox"/> Yes	Client answers <input type="checkbox"/> No <input type="checkbox"/> I don't know

#### Why Does This Matter?

Making healthy drink choices is an important part of healthy food choices during pregnancy. Drinking water throughout the day is recommended.

#### Information to Support a Conversation

Online:

- Healthy Parents, Healthy Children: <https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/eating-food-safety/#eating-during-pregnancy>  
Scroll to the section called “Fluids & fibre”

Paper:

- Healthy Parents, Healthy Children – Pregnancy & Birth (2<sup>nd</sup> Edition):  
Page 36



## Overall Food Intake

### Caffeinated Drinks

#### 10. Do you have drinks with caffeine every day?

On the right track if...	Offer a conversation if...
Client answers <input type="checkbox"/> No	Client answers <input type="checkbox"/> Yes <input type="checkbox"/> I don't know

#### Why Does This Matter?

Small amounts of caffeine during pregnancy are fine for most people. Pregnant clients are recommended to limit their caffeine intake to 300 mg or less a day, about the amount in 2 cups of regular coffee. Energy drinks have a lot of caffeine in them and are not recommended during pregnancy.

#### Information to Support a Conversation

Online:

- Healthy Parents, Healthy Children: <https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/eating-food-safety/#eating-during-pregnancy>  
Scroll to the section called “caffeine, tea and sweeteners”

Paper:

- Healthy Parents, Healthy Children–Pregnancy & Birth (2<sup>nd</sup> Edition):Page 43



## Overall Food Intake

### Sugary Drinks

#### 11. Do you have sugary drinks every day?

On the right track if...	Offer a conversation if...
Client answers <input type="checkbox"/> No	Client answers <input type="checkbox"/> Yes <input type="checkbox"/> I don't know

#### Why Does This Matter?

Sugary drinks are not a good source of nutrition. Sometimes when a client has a lot of sugary drinks in the diet, they may be missing out on other healthy foods.

#### Information to Support a Conversation

Online:

- Healthy Parents, Healthy Children: <https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/eating-food-safety/#eating-during-pregnancy>  
Scroll to the sections called “Fluids and fibre” or “Caffeine, tea, and sweeteners”



## Overall Food Intake

Length of Time between Meals and Snacks

### 12. Do you eat or snack every 3 hours when you are awake?

On the right track if...	Offer a conversation if...
Client answers <input type="checkbox"/> Yes	Client answers <input type="checkbox"/> No <input type="checkbox"/> I don't know

#### Why Does This Matter?

Eating every few hours gives a pregnant woman and her baby a steady supply of nutrients.

#### Information to Support a Conversation

Online:

- Healthy Parents, Healthy Children: <https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/eating-food-safety/#eating-during-pregnancy>

Paper:

- Healthy Parents, Healthy Children – Pregnancy & Birth (2<sup>nd</sup> Edition):  
Page 30



## Overall Food Intake

Food Safety

### 13. Are you aware of the foods that are not safe to eat while you are pregnant?

On the right track if...	Offer a conversation if...
Client answers <input type="checkbox"/> Yes	Client answers <input type="checkbox"/> No <input type="checkbox"/> I don't know

#### Why Does This Matter?

There are many foods that are not safe to eat in pregnancy. During pregnancy, the ability to fight off infections is decreased.

#### Information to Support a Conversation

Online:

- Healthy Parents, Healthy Children: <https://healthyparentshealthychildren.ca/im-pregnant/overview-of-pregnancy/eating-food-safety/#food-safety>

Paper:

- Healthy Parents, Healthy Children–Pregnancy & Birth (2<sup>nd</sup> Edition):  
Page 38-42

# Survey

We are interested in your feedback on the Prenatal Nutrition Tool and Conversation Guide. We would appreciate if you complete the short evaluation survey at the link below. Thank you.

<https://www.surveymonkey.com/r/PD9979N>