

Prenatal Nutrition Tool (PreNuT)

Copyright © (2019) Alberta Health Services. This material is protected by Canadian and other international copyright laws. All rights reserved. This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Alberta Health Services expressly disclaims all liability for the use of the material, and for any claims, actions, demands or suits arising from such use. This material may be reproduced, in whole or in part, without further permission from Alberta Health Services solely for non-profit educational purposes, provided such reproduction does not change, modify or alter this material in any way and this notice is included thereon. Licensed under the Creative Commons Attribution-Non-Commercial-No Derivatives 4.0 International License. Contact NutritionResources@albertahealthservices.ca.



About the tool

The Prenatal Nutrition Tool (PreNuT) is a set of questions to help prenatal care providers identify key nutrition topics to address with clients during their pregnancy. The tool is based on research, evidence and consultation. It has been developed by Alberta Health Services (AHS) registered dietitians as members of a Nutrition Services Working Group, in consultation with the Alberta Canada Prenatal Nutrition Program (CPNP) Coalition, experts in nutrition and pregnancy, and other prenatal stakeholders.

Instructions for tool use

- The tool has *13 questions* that are meant to be read aloud to the client by a care provider.
- The care provider has the option of asking these questions all in one visit or breaking up the questions in several visits. It can be used in a way that meets client and program needs.
- Care providers include community workers, dietitians, nurses, social workers and so on.
- The questions are NOT meant to be “self-administered” by the client.

Steps:

1. Read each question to your client. Fill in the responses.
2. Compare your client’s responses on the tool to the *Conversation Guide*. Work with your client to see if there are any areas of concern that could be discussed more. Let your client take the lead. You or another care provider can have these discussions.
3. Refer to the information in *Conversation Guide* to help you have these conversations with your client.

Questions in this tool are grouped into the following 4 topic areas:



Pregnancy Weight Gain



Multivitamins



Life Circumstances



Overall Food Intake

Additional Supports for Tool Use



Conversation Guide

More information to help you have conversations with your client

Questions



Pregnancy Weight Gain

I would like to start by asking you a question about weight gain in pregnancy.

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.

- Yes
 - No
 - I don't know
-



Multivitamins

The next question asks about multivitamins. Another common term for a multivitamin you take during pregnancy is prenatal vitamin.

2. a) Are you taking a multivitamin every day?

- Yes
- No
- I don't know

b) If yes, does your multivitamin have folic acid, iron, vitamin D, and B12?

- Yes
- No
- I don't know



Life Circumstances

There is a relationship between nutrition and income. How much money you have to buy food affects your nutrition. This question is about being able to pay your bills at the end of the month or “making ends meet”. If you are not sure about the household finances, that is fine.

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

- Yes
- No
- I don't know



Overall Food Intake

The next several questions are about the foods that you eat or drink during pregnancy.

Vegetable and Fruit Intake

This question is about vegetables and fruit. Vegetables and fruit can be fresh, frozen, canned or dried.

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

- Yes
- No
- I don't know

Grains

The next question is about grains. Grains include foods like bread, pasta, rice, crackers, pita, naan and porridge. Grains can be whole grain or white. Another word that is sometimes used for whole grain is brown.

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

- White
- Whole grain
- Both white and whole grain
- I don't eat grain products
- I don't know

Iron from Food

This question is about iron from animal foods, which is more easily absorbed by the body than iron from other foods.

6. Do you eat meat, fish, poultry or eggs on most days?

Most days means 5-7 days per week.

- Yes
- No
- I don't know

Fish Intake

This question asks about your intake of fish. Fish can be fresh, frozen, canned, dried or smoked.

7. Do you eat fish every week?

- Yes
- No
- I don't know

Milk Intake

This question is about milk and dairy products.

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.

- 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

Fluid Intake

The next question is about water. The term "plain water" means any water that does not have added sugar or a sugar substitute. Another word that is sometimes used for sugar substitute is artificial sweetener.

9. Do you drink plain water throughout the day?

- Yes
- No
- I don't know

Caffeinated Drinks

This question is about drinks with caffeine. Some common drinks with caffeine are: cola, energy drinks, coffee, green and black tea.

10. Do you have drinks with caffeine every day?

- Yes
- No
- I don't know

Sugary Drinks

This question is about sugary drinks. Some common sugary drinks are: iced tea, fruit juice, fruit-flavoured drinks and punches, sports drinks, pop, slushes and flavoured water with added sugar.

11. Do you have sugary drinks every day?

- Yes
- No
- I don't know

Length of Time between Meals and Snacks

The next question is about how often you are eating.

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

- Yes
- No
- I don't know

Food Safety

This question is about foods that are not safe to eat in pregnancy.

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

- Yes
- No
- I don't know

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>