

The nutritional and caloric intake of teenage girls who are pregnant must be much higher than older woman who are pregnant. This stems from the fact that teenagers are still growing which means that they need enough calories to maintain and sustain their growth plus the growth of their developing babies. This article gives some suggestions on meeting these nutritional requirements.

Teenage Dietary Needs During Pregnancy



lifestyles.

Adolescent needs are special during pregnancy because her diet must supply the calories and nutrients necessary to meet her own growth needs as well as her baby's. Teenagers would benefit from individualized nutritional counseling aimed at meeting their nutritional requirements and matched to their

Multiple Pregnancies

If you are expecting two or more babies, you should consume more calories and nutrients. Seek the advice of your doctor or a registered dietician.

Caffeine

Caffeine is a substance naturally found in coffee, tea, cola drinks, and chocolate. It may also be found in some medications. Careful label reading will alert you to its presence.

Caffeine readily finds its way to the fetus, and the concentration of caffeine in fetal blood will be about the same as the level in maternal blood. Studies have not shown an association between caffeine consumption and fetal abnormalities, but it is known that caffeine is a powerful stimulant. Caffeine also increases the production of stress hormones, causing constriction of

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BABY GIFTS & GIFT BASKETS

Each year, more than 13 million women under the age of 20 give birth to a child around the world. Interestingly, over 90% of these children are born in developing countries where childbirth is the number one cause of death in young women aged 15 - 19. Niger and Bangladesh have the highest teenage birth rates in the world.

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uterine blood vessels, which lessens the blood flow to the uterus and temporarily decreases the amount of oxygen reaching the fetus.

Large amounts of caffeine cannot be good for your baby or you, since this substance has not been proved safe for the developing baby, little or no caffeine consumption during pregnancy are wise.

Baby Blocks Cookie Box



Nothing says congratulations like food, and they'll be able to feel your warm wishes when they taste these delicious gourmet cookies! We've packed twelve cookies into our themed baby blocks gift box, and made sure to include some fun teddy bear iced cut outs in the selection.

Each gift includes a variety of our fresh-baked gourmet cookies that are individually wrapped to preserve freshness. Flavors include peanut butter, chocolate chip, oatmeal cinnamon, oatmeal raisin, chocolate chip pecan, white chocolate pecan, chocolate chip brownie, M&M, sugar, and frosted sugar cookie cut-outs. These delicious cookies are approximately 3" in diameter.

Price: \$ 23.00

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Artificial Sweeteners

Little is known about the long term safety of non sugar sweeteners, such as saccharin. And aspartame [NutraSweet is the trade name for aspartame]. Saccharin has been associated with bladder cancer and no one is sure about the long term effects on the baby or early intra-uterine exposure to saccharin. NutraSweet has not been proved unsafe, but there are no long term studies that show it is safe for the developing fetus. Probably the best advice is to consume these products in moderation or to avoid them altogether.

Herbal Teas

Some herbs and herbal teas contain drugs. Ginseng tea contains a small amount of estrogen. Chamomile tea contains ragweed which can cause severe allergic reactions in some people. Teas made from juniper berries may cause stomach irritation. Just because the herbal teas are considered to be "natural" does not mean they are safe for pregnant women. You might check with your doctor or pharmacist about particular herbs before you take them.