

Healthy Moms, Healthy Babies

Oklahoma Cooperative Extension Service • Oklahoma State University



Complex Carbohydrates & Fiber

What is so important about complex carbohydrates? Many of the vitamins and minerals needed for you and your baby's good health are contained in complex carbohydrates. Bread, pasta, and cereal are good sources of complex carbohydrates. Fruits and vegetables provide complex carbohydrates plus add fiber to your diet.

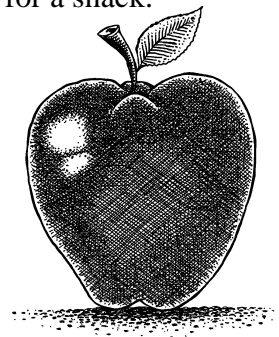
Why should you eat food high in fiber every day? Fiber can help prevent constipation. It is the part of food that your body does not digest and is sometimes called roughage or bulk. Dishes made with pinto or kidney beans are a great way to add fiber to your diet. Fruits and vegetables with the skin or peel have more fiber.

You need 6-11 servings each day from the bread, cereal, rice, and pasta group.

- Eat 100% whole wheat crackers.
- Eat pasta instead of french fries.
- Add brown or whole grain rice to beans for a tasty Cajun dish.
- Choose oatmeal, bran or corn muffins and 100% whole wheat bread.

You need 2-4 servings of fruit each day. Some ideas to help you eat fruit are:

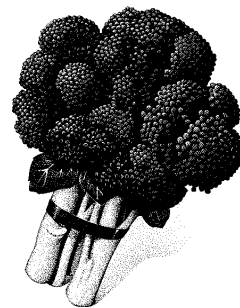
- Eat fresh, canned or dried fruits for dessert or for a snack.
- Carry apples, oranges, bananas, or raisins with you for a snack.



- Try a fresh fruit salad.
- Drink fruit juice instead of a soft drink. Make sure the word "juice" is on the label instead of "drink."

You need 3-5 servings of vegetables each day. Some ideas to help you eat vegetables are:

- Try a baked potato instead of french fries.
- Choose cole slaw.
- Eat raw vegetables with dip.
- Eat a raw vegetable salad often with carrots, yellow squash, peppers, tomatoes, mushrooms or broccoli.



- Add tomato and lettuce to your sandwich.

Suggested Readings:

Dairy Council of California (1990). *Pregnancy: A special time for nutrition and good health*. Sacramento, CA: Author.

U.S. Department of Agriculture, U.S. Dept. of Health & Human Services (1991). *Eating right with the dietary guidelines*. Washington, Author.

References:

Bingham, S. (1987). Definitions and intakes of dietary fiber. *American Journal of Clinical Nutrition*, 45, 1226-1231.

Story, M. (1990). Nutrient needs during adolescence and pregnancy. In M. Story (Ed.) *Nutrition management of the pregnant adolescent* (pp. 21-28). Washington, DC: National Clearinghouse.



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***For more information, contact your OSU
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