Dear Mommy,

How are you today? I hope that you are feeling fine. Do you think about me? I weigh about six ounces now, about the weight of a large apple. I am curled up inside you. If I stretch out, I would be about as long as your hand. The doctor can hear my heart beat now. Hair is growing on my skin. There may be a few hairs on my head, too. My eyes, ears, and nose are better formed. Do you know that sometimes I suck my thumb? My skin and hair are made from protein, my brain and muscles, too. Meat and beans have a lot of protein. I want to be strong and smart, so please eat two portions of protein foods every day.

Are you getting ready for me?

Have you decided where I am going to be born? And how you will pay for it? If you have insurance, check to see what is and what isn’t covered. Don’t get caught by surprise. Otherwise, look into an “installment plan.”

What about birthing or labor-and-delivery classes? Many hospitals and clinics offer free classes on labor, breastfeeding, and other topics. Ask your doctor, WIC office, or call your nearest hospital.

Also, figure out how much childcare you’ll need for me. Some places have waiting lists. Sign up now.

Try to plan and save now, so you can enjoy me after I’m born and not worry.
Proteins

Building blocks for bones, muscles, skin and blood

Meats, beans, eggs, and nuts are high in:
- **Protein** – builds bones and muscles
- **Iron** – helps carry oxygen in your blood
- **Zinc** – helps prevent sickness

Some protein foods come from animals and some come from vegetables. Animal sources (meats) may be more appealing, but vegetable sources (beans and nuts) have so many benefits. Try to choose a combination.

### Beef and Bean Scramble

(Makes about 6 servings.)

<table>
<thead>
<tr>
<th>Animal proteins</th>
<th>Vegetable proteins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef, pork, chicken, fish, eggs, milk, milk products</td>
<td>Beans (black, kidney, red), dry peas, nuts (peanuts), tofu</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Cost more</th>
<th>Cost less</th>
</tr>
</thead>
<tbody>
<tr>
<td>Need to prepare right away or freeze</td>
<td>Can store for a long time unless beans (or tofu) are cooked</td>
</tr>
<tr>
<td>Contain cholesterol and saturated fat</td>
<td>No cholesterol or saturated fat unless you add meat when cooking (beans)</td>
</tr>
</tbody>
</table>

**Tips to reduce saturated fat in animal proteins:**
- Choose beans or peas in place of meats (they’re also cheaper).
- Trim visible fat from meats and poultry.
- Bake, broil, or boil instead of fry.
- Drain off any fat that appears during cooking.

Beef and Bean Scramble has lots of protein. You can use leftover beans.

Mom, have you been to the dentist? Are your gums swelling or bleeding? It’s important to see a dentist to check over your teeth – and to clean them too. Don’t get an infection or gum disease. Infections and gum disease are bad for babies and can cause pre-term birth (when a baby is born too early).

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture, and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

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Contact person for Tennessee: Janie Burney, Professor, Family and Consumer Sciences.

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