

Proper Foods During Child Bearing Period

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A lovely Eskimo grandmother from Barrow, told me recently how she fed her 11 babies when they were born. As she spoke of the foods she ate, and as I listened to her, I thought how wise she was to eat enough of the right kinds of food during her child bearing period.

She never skipped a meal, including breakfast. She ate a lot of meat available at Barrow, including sea mammals both raw and frozen. These foods were a rich source of protein, vitamin C and iron. The grandmother said she did not have sick babies as some families did.

Studies have shown that poorly nourished mothers have more premature babies, or babies too weak to live, or babies who have deformities. The mother poorly nourished through several pregnancies often appears 20 years older than the well nourished mother.

Preparation for a well baby to be properly fed after it is born, begins long before a girl or woman becomes pregnant.

If you have questions to ask about your food, mail them to Tundra Times. Your nutritionist will be glad to answer them or help you find the answers.