

NUTRITION BEFORE AND DURING PREGNANCY

Will I need to change the way I eat when I am pregnant?

Probably. In fact, you should definitely start eating differently even before you start trying to conceive. Additionally, you must begin taking a multivitamin that contains methyl folate.

Proper nutrition will aid in your baby's growth. These foods will provide the nutrition your kid needs to develop normally. In order to maintain your health and have all the energy you require; you must replace these nutrients.

What meals should I eat?

The optimal diet for you and your child will consist of a lot of fresh fruits, vegetables, and whole grains, dairy products, and protein-rich foods like meat, fish, eggs, dried peas, and beans. You'll need to receive calcium from other sources if you don't consume dairy products.

Speak to your midwife about your dietary preferences if you are a vegetarian. Sometimes essential nutrients for a growing baby are absent from vegetarian diets.

Should I prepare food differently?

Maybe. When cooking meals, you must observe good hygiene.

What you should do is:

- Before you handle food, thoroughly wash your hands with soap and water.
- Make sure all meats, including eggs, beef, chicken, and fish, are properly cooked.
- Before eating, give fresh fruits and vegetables a thorough rinse under lots of running water.
- After preparing the food, wash your hands in warm, soapy water and anything else that comes into contact with raw or deli meats. Cutting boards, counters, knives, and spoons are all included in this.



Which foods should I avoid?

Certain types of fish and all alcoholic beverages should be avoided. Additionally, you ought to consume less caffeine overall.

- Fish- Fish is a highly healthy food that is helpful for the growth of your baby. You can consume any fish or seafood that is low in mercury, such as fresh or canned light tuna and salmon, barramundi, flathead, whiting, ling, and snapper. You should avoid eating huge fish, such as shark, swordfish, king mackerel, and marlin, which may have high levels of mercury.
- Alcohol – You should avoid alcohol completely.
- Limit your intake of caffeine by drinking no more than one or two cups of coffee every day. Pregnancy naturally causes your heart rate to elevate, and drinking a lot of coffee can sometimes make it faster and make you feel sick.

What are prenatal vitamins?

Vitamin supplements known as prenatal vitamins are taken both before and throughout pregnancy. These vitamins, which also contain the minerals iron and calcium, ensure that your child has access to all the components necessary for the development of healthy organs. Vitamins taken during pregnancy help reduce the chance of birth abnormalities and other issues.

What should I look for in prenatal vitamins?

Pick a multivitamin that has 400 micrograms or more of methyl folate. Certain birth abnormalities can be prevented in part by folate (particularly of the spine).

How much weight should I gain?

Depending on how much you weigh at the outset. A healthy-weight woman should typically gain 35 pounds during her pregnancy.