



## **Nutrition during pregnancy**

The body goes through a lot of physical and hormonal changes during pregnancy. For the woman to fuel herself and her baby, she needs to make great food choices from a variety of sources.

Eating a healthy, balanced diet will help the pregnant woman feel good and provide everything she and her baby need.

## **Importance of a healthy nutrition:**

- Important for the development of fetal bones and blood cells
- Reduces pregnancy-associated pains and health problems
- Promotes immunity against infectious diseases
- Reduces the risk of iron deficiency anemia
- Prepares the body for delivery
- Boosts milk production for breastfeeding





## **Weight gain during pregnancy:**

It differs from one pregnancy to another, however, if the pregnant woman's BMI before pregnancy was in normal range, she is expected to gain from 11 to 15 kilos during pregnancy.

## **Recommended food during pregnancy:**

- Proteins from lean meat like chicken, fish, and plant-based protein daily.
- Carbohydrates like bread, cereals, potatoes, rice and pasta.
- It is recommended to get fat from plant sources like olive oil, and avoid saturated fats from animal sources like butter.
- Pasteurized dairy products like yogurt, milk and cheese.
- Vitamins and minerals.
- Large intake of fiber.

## **Food to avoid during pregnancy:**

- Unpasteurized milk and foods made with unpasteurized milk
- Hot dogs and luncheon meats (unless they are heated until steaming hot before serving)
- Raw and undercooked seafood, eggs and meat. Do not eat sushi made with raw fish (cooked sushi is safe).
- Refrigerated smoked seafood

## **Common guidelines:**

- Fried food should be avoided and replaced with grilled food.
- It is recommended to eat thoroughly washed fruits and vegetables.
- Starting a diet to lose weight during pregnancy should be avoided, because it may prevent the mother and fetus from getting important nutrients.
- It is advisable to limit your salt intake, as it causes fluid retention, which leads to high blood pressure.

