

Lesson 4: Prenatal Care

Nutrition During Pregnancy



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Nutrition During Pregnancy



Nutritional counseling is an important aspect of prenatal care because maternal dietary composition and maternal nutritional status has an effect on fetal growth and development.

Nutritional Assessment

Taking a diet history

24 hour diet recall

Cultural and religious practices that influences food selection and preparation

Eating habits and preferences

Laboratory test for hgb and hct count at first clinic visit and repeated at 28 to 32 weeks to detect anemia.

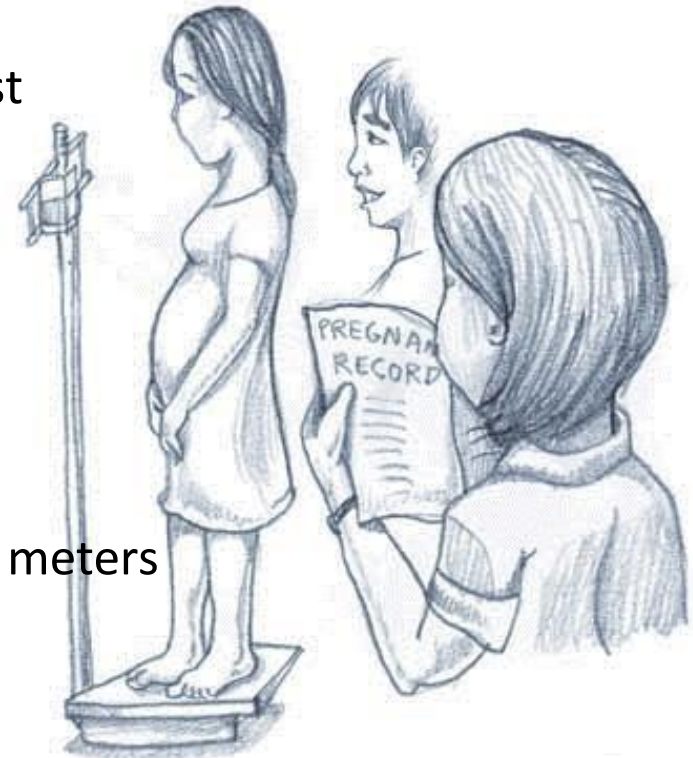
Calculation of Body Mass Index (BMI)

Convert weight to kilograms

Convert height to meters

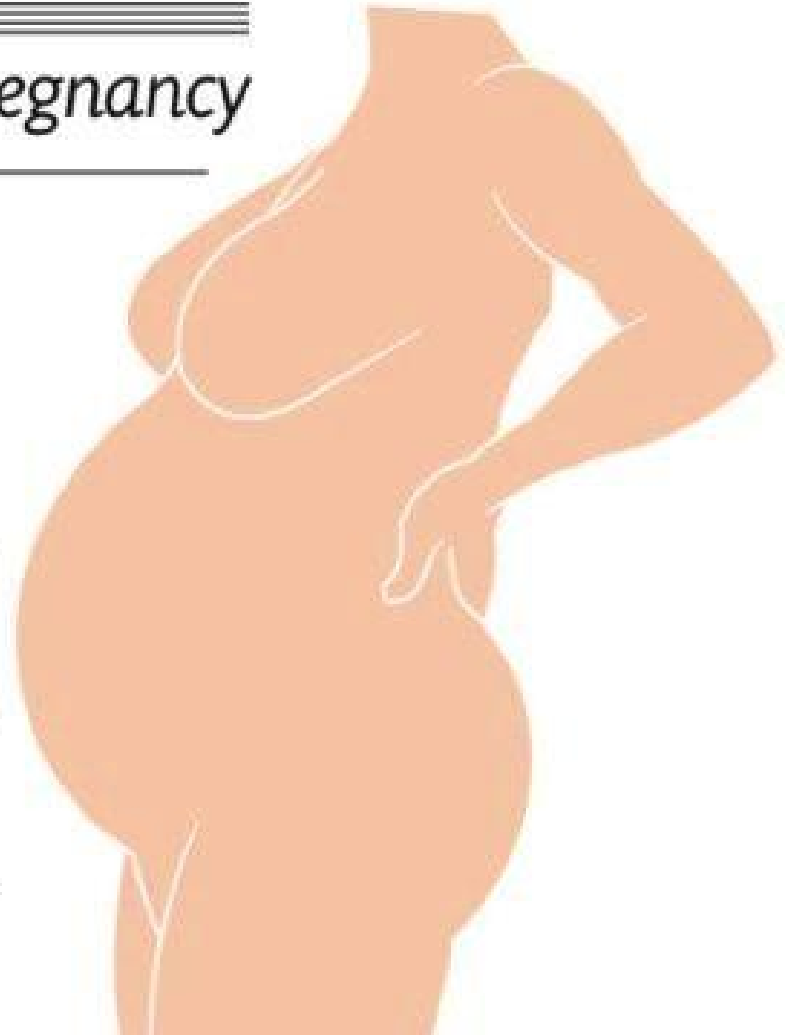
Square height in meters

Divide weight in kilograms by height in meters squared



Healthy weight gain during pregnancy

Pre-pregnancy BMI	Weight gain in kilograms	Weight gain in pounds
Underweight (under 18.5 BMI)	12.5-18	28-40
Normal weight (18.5-25 BMI)	11.5-16	25-35
Overweight (25-30 BMI)	7-11.5	15-25
Obese	5-9	11-20



Nutritional Risk Factors

Pregnant Adolescent

Successive Pregnancies

Maternal Weight

Low Income

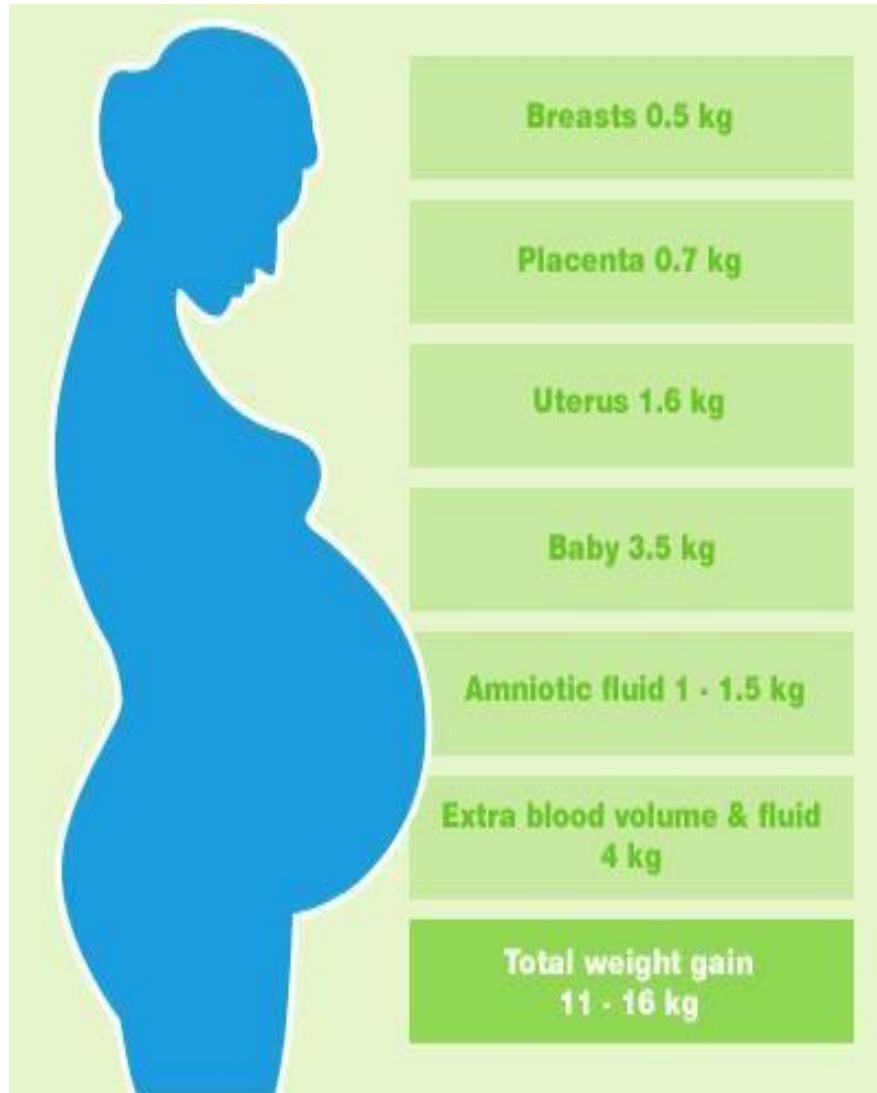
Pregnancy Complications and Existing Medical Conditions

Alcohol Consumption and Cigarette Smoking

Bizarre Food Patterns

Women on Vegetarian Diets

Weight Gain During Pregnancy



Infant birth weight is affected by maternal weight.

Although weight should be gained throughout pregnancy, it is most important in the second trimester and the manner of weight gain is more important than the amount of weight gain.

Recommended weight gain is **22- 35 lbs** depending on the woman's pre-pregnancy weight, number of fetuses and height.

Expected weight gain:

1st trimester

2-4 lbs

1 lb/month

2nd and 3rd trimester

10-12

lbs/trimester

1 lb per week

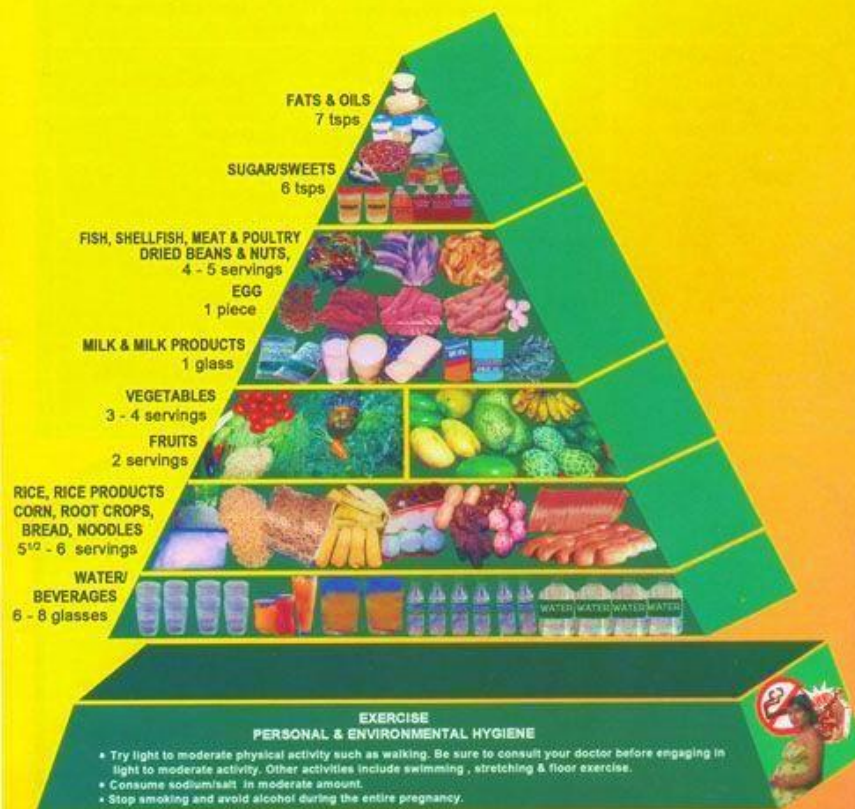


Example:

Julie missed 3 menstrual periods upon first prenatal visit. You weigh her and she is 99 lbs. What will be her expected weight on the next visit?

Answer: 103 lbs

Daily Nutritional Guide Pyramid for Filipino Pregnant Women



EATING PLAN FOR HEALTHY LIVING

Eat a variety of foods everyday to ensure that all nutrients are provided in proper amount and balance.

Use iodized salt and eat other fortified foods to increase the intake of micronutrients.

Source: Nutritional Guidelines for Filipinos (NGF) 2000



Family Welfare Committee
Organization of the Philippines



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Food Servings

Rice and alternatives	<p>5 ½ - 6 cups of cooked rice where: 1 cup of cooked of rice is equivalent to any of the following:</p> <ul style="list-style-type: none"> ▪ 4 pcs pandesal (17 grams) each ▪ 4 slices of loaf bread (17 grams) each ▪ 1 pack (30 grams) instant noodles ▪ 1 cup cooked macaroni or spaghetti ▪ 1 small-sized root crop (180 grams) ▪ 1 cup cooked, diced root crop
Fish, meat, poultry, dried beans or nuts	<p>At least 3 ½ servings where 1 serving of cooked meat is equivalent to:</p> <ul style="list-style-type: none"> ▪ 30 g or about 30 cm cube ▪ 2 pcs medium-sized fish ▪ 1 ½ cup cooked dried beans or nuts at least 3 times a week
Egg	1 pc 3-4 times a week
Milk	<p>1 glass whole milk</p> <ul style="list-style-type: none"> ▪ 4 tbsp powdered milk or ½ cup evaporated milk, diluted with ½ cup water
Vegetables	
Green leafy	¾ cup cooked
Others	1 cup cooked
Fruits	
Vit C rich	1 medium size fruit or 1 slice of big fruit
Others	1 medium size fruit of s slice of big fruit
Fats and oils	7 teaspoons
Sugar	6 teaspoons
Water and beverages	6-8 glasses, 240 ml per glass



Nutritionist

- Evaluates a client's nutritional needs.
- Provides nutritional counseling and advice to clients.
- Creates a clinical nutrition treatment plan for a client.
- Educates the public on nutrition issues.
- Researches the effects of nutrition on health and fitness.

