

Time	Narration
00:00	Welcome to the spoken tutorial on essential nutrition actions for pregnant women.
00:08	In this tutorial we will learn about:
00:11	Nutrient requirements during pregnancy.
00:15	Nutrition actions required during pregnancy.
00:20	Essential nutrition actions are also known as ENA .
00:26	ENA is an approach to improve the nutritional status of women and children.
00:34	During pregnancy, a woman's body undergoes physical
00:38	and hormonal changes.
00:41	Her nutritional needs also increase.
00:45	Nutrition in this period is important for the health of the mother and child.
00:52	A baby in the mother's womb is dependent on its mother for nutrition.
01:00	Time span from conception to the baby's second birthday is the first 1,000 days.
01:08	This is the period of rapid growth and
01:11	mental development.
01:14	It also determines the present and future health of the baby and it's mother.
01:21	For the mother a nutritious diet provides her relief from nausea and weakness.
01:29	It helps in brain development of the fetus.
01:33	It also helps in reducing risk of birth defects in babies
01:39	and anemia in mothers.
01:42	Let's discuss the nutrients and
01:45	nutrition actions required during pregnancy.
01:50	There are many essential nutrients required during pregnancy.
01:56	Protein is one of them.
01:59	To meet the protein requirements it is advised to eat protein rich food.
02:06	Meat, fish, chicken, and eggs are excellent sources of protein .
02:14	Pulses, beans, nuts, seeds, milk and milk products are other good sources.
02:23	Essential fatty acids are also vital during pregnancy.
02:30	These are also called as good fats.
02:34	For example: DHA and EPA .
02:39	Fish, nuts and seeds are good sources of these fatty acids.
02:46	Let's move on to other nutrients required during pregnancy.
02:52	Folate is essential for DNA synthesis and
02:56	fetal cell development.
02:58	It also helps in reducing neural tube defects in infants.
03:04	Including folate in daily diet during pregnancy is essential.
03:11	Sprouts, green leafy vegetables, and chicken liver are good sources of folate .
03:19	Along with folate , Iron also plays an important role during pregnancy.
03:26	Iron is required for the production of red blood cells.
03:32	It helps in carrying oxygen to the entire body.
03:37	During pregnancy, there is a rise in blood volume.

03:42	Hence, women require a large amount of iron .
03:47	This helps in meeting the requirements of the growing fetus.
03:53	A reserve of iron is created in the fetus which can be used by them after birth.
04:01	Deficiency of iron can result in anemia .
04:06	To prevent anemia , the diet should include iron rich foods.
04:11	Chicken or goat's liver, brain, heart are good sources of iron .
04:19	Seafood, eggs and garden cress seeds are other examples.
04:26	Iron is also present in beans,
04:29	green leafy vegetables
04:31	and seeds.
04:34	Turmeric powder and coriander seeds also have some amounts of iron .
04:40	Anemia can also be caused due to parasite and
04:44	worm infections.
04:47	To prevent this, a pregnant woman should take deworming medicine.
04:52	One dose of deworming medicine is recommended during the second trimester.
04:59	Remember that tea and coffee should not be consumed along with meals.
05:05	This will interfere with the iron absorption.
05:10	Interestingly, Vitamin C improves the absorption of Iron in our body.
05:16	To do so, eat iron rich food and
05:19	supplements with vitamin C rich food.
05:24	Gooseberry, tomatoes, guava are rich sources of vitamin C .
05:30	Iron and folate requirements increase during pregnancy.
05:35	Diet alone does not fulfill these requirements.
05:40	Thus, Iron folic acid supplement is recommended.
05:46	However, a prenatal supplement does not replace a healthy diet.
05:52	A prenatal supplement is taken before and during pregnancy.
06:00	Pregnant women should ask for iron folic acid tablets from health workers.
06:07	These tablets are provided by anganwadi centers.
06:12	The tablet should be taken once a day.
06:16	Pregnant women should take precautions while taking iron folic acid tablet.
06:23	Tablets should be taken 2 hours after a meal to avoid nausea and discomfort.
06:31	At times, she may pass black stools after consuming these tablets.
06:37	Loose motion or constipation can also occur.
06:43	However, these symptoms will settle after a few days.
06:48	Also, iron folic acid tablet should not be taken along with calcium tablets.
06:55	They should be taken as morning and evening doses.
07:01	Calcium is another vital nutrient required during pregnancy.
07:06	Calcium deficiency in pregnant women causes high blood pressure.
07:12	It leads to swelling of the hand and feet.
07:17	To avoid deficiency she should include milk and milk products in her daily diet.
07:25	Seeds, nuts, green leafy vegetables and dried fish also contain calcium .
07:34	Calcium supplements are also recommended during and after pregnancy.
07:41	Calcium tablets are provided by ICDS centers

07:46	and primary healthcare centers.
07:49	ICDS is an integrated child development service .
07:56	These tablets are given from 14 weeks of pregnancy upto 6 months after delivery.
08:05	The tablet has to be taken twice a day.
08:08	Excess amount of calcium inhibits iron absorption.
08:14	Hence, two calcium tablets should not be consumed together.
08:19	One tablet should be consumed after breakfast or lunch.
08:25	The other tablet can be consumed after an evening snack or dinner.
08:31	Do not consume a calcium tablet on an empty stomach as it will cause gastritis .
08:38	Gastritis is the inflammation of the stomach lining.
08:44	Another nutrient that plays a vital role is iodine .
08:49	Iodine is required for good health throughout all stages of life.
08:56	Iodine cannot be stored well in the body.
09:00	Hence, small quantities of iodine is required daily.
09:06	Fish, prawns, milk, cheese, and iodized salt are good sources of iodine .
09:16	To prevent Iodine deficiency, iodized salt should be used.
09:22	Iodized salt is easily available in the local market.
09:27	While using iodised salt, a few precautions should be taken.
09:33	It should be added at the end of the cooking.
09:37	Iodised salt is sensitive to heat and light.
09:42	Excess exposure to heat and light could destroy the iodine in the salt.
09:49	Hence, store it in a tightly sealed dark container.
09:54	Other nutrients that play a vital role during pregnancy are choline and zinc .
10:02	Vitamin B12 and magnesium are also important.
10:08	Choline , folate and vitamin B12 together reduce neural tube defects .
10:15	Neural tube defects are birth defects that affect the brain and spinal cord.
10:23	Choline is also essential for brain development.
10:27	Whereas zinc helps in fetal development.
10:32	More information about these nutrients are explained in other tutorials.
10:39	Please watch individual tutorials of these nutrients
10:44	For example: importance of protein ,
10:47	importance of choline
10:49	and folate .
10:51	Also watch the importance of calcium and
10:55	B12 .
10:57	A healthy diet is critical for both mother and child's health.
11:03	Mother's diet must include different food groups.
11:07	The first food group is grains, roots, white tubers and plantains.
11:15	Pulses are second group and
11:18	nuts and seeds are third group.

11:22	Fourth group is dairy.
11:25	Meat, chicken and fish are the fifth group.
11:31	The sixth group is eggs.
11:34	Dark green leafy vegetables are the seventh group.
11:40	The eighth group is vitamin A rich vegetables.
11:45	Rest of the vegetables and fruits are ninth and tenth groups.
11:52	She should include at least 6 food groups in her daily diet.
11:58	From these groups, she should include protein rich food groups and good fats.
12:06	She should make sure to decrease consumption of starchy food.
12:12	Along with nutrients, water intake is also important.
12:17	It is recommended to include at least 8 glasses of water daily.
12:24	Processed sugary, salty food and caffeinated drinks should be avoided.
12:31	Even alcohol and smoking should be strictly avoided.
12:36	Remember all the nutrition actions mentioned in this tutorial.
12:42	They are important for a healthy pregnancy
12:45	and healthy fetal development.
12:49	This brings us to the end of this tutorial. Thanks for joining.