

# Unhealthy foods during pregnancy adversely impact baby: Experts

Pregnant women should be careful of what they eat for the sake of the health of the baby.



Dr. Archana Dhawan Bajaj, Gynaecologist & Obstetrician, Nurture IVF Centre

BS RAWAT  
@drugtodayonline.com

Maintaining a healthy diet regime is essential, whether it is summers or winters, especially when it comes to pregnant women. They must follow the dos and don'ts, despite their cravings.

Doctors advise them to observe utmost caution in choice of the food they eat because babies they incubate depend on them for their nutrition, health and growth.

According to experts, pregnant women must

exercise utmost control on their craving for food. Unhealthy foods taken by pregnant women may even predispose babies for later lifestyle diseases.

Wrong diet can cause health issues like gastric problems, malnutrition, weakness, stomach upsets, cold and cough etc. From conception till the time of delivery, they must pay attention to their diet and make healthy choices. Healthy foods are central to the right development of the fetus.

Speaking to DTMT, Dr. Archana Dhawan Bajaj,

Gynaecologist & Obstetrician, Nurture IVF Centre, said, "During winters, pregnant women need to increase intake of dry fruits as they contain more essential nutrients like folate, potassium and iron. Dates, almonds and walnuts are some dry fruits which pregnant women are advised to include in their diet. Intake of winter fruits like oranges and kinnow are also advised as they contain high vitamin and fibre content. Avoid intake of too much fried food, too much sweets and ghee".

Tanu Arora, Head of Department, Clinical Nutrition and Dietetics, Aakash Healthcare, said, "Mother has to nurture the fetus health of the newborn. Additional energy is required to support

the fetus, development of placenta and maternal tissues and to meet the needs for increased BMR. Good sources of energy are cereals and fats. Healthy and balanced diet is recommended for a good pregnancy outcome which is based on balanced diet."

According to fertility experts, pregnant women should avoid some foods and beverages that include alcohol and high-mercury fish, soft cheeses, cold deli meats, unpasteurized foods and caffeine. Most importantly, junk foods should be avoided as high amounts of fats and sugars during pregnancy may predispose the offspring to diabetes. Drinking adequate amount of water should always be on the priority list of pregnant women.

