



مستشفى دانة الإمارات  
Danat Al Emarat Hospital  
النساء والأطفال WOMEN & CHILDREN



# Nutrition During Pregnancy



## Nutrition During Pregnancy

The amount of food you should eat during pregnancy is only slightly higher than normal. You should make sure to eat for two and not like two and to have a healthy, balanced diet.

How much you gain weight depends on your pre-pregnancy weight. Most women can expect to gain between 11.5-16kg.

During your 2nd and 3rd trimester you should add 300 kcal above the allowances from where you were not pregnant.

*300kcal = slice of bread + a serving of vegetables + 1 ounce of lean meat + a piece of fruit + cup of fat free milk*

You will need more calories if you are underweight, physically active or carrying twins/triplets (ask your dietician) and less if you are overweight or obese.

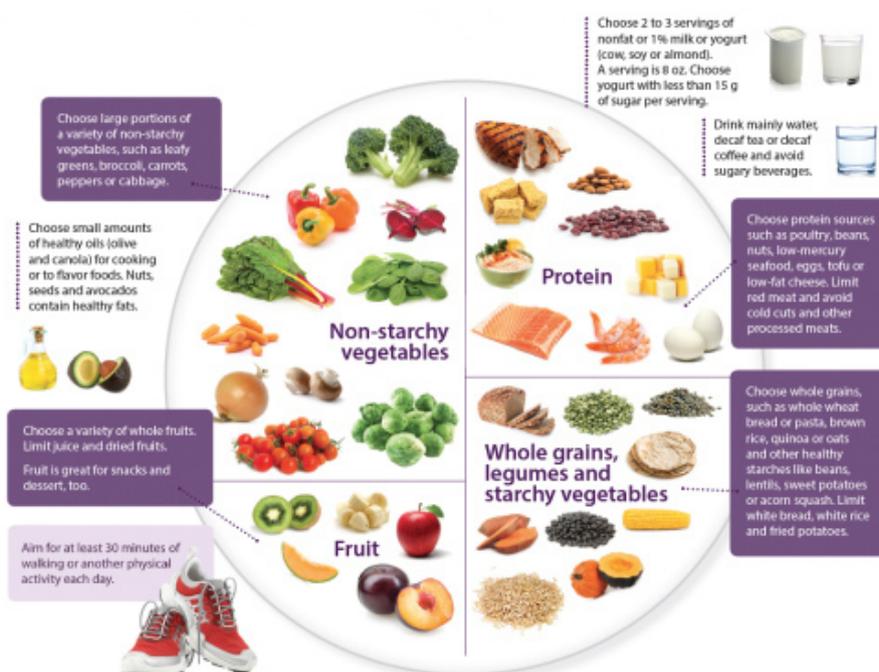
## Vitamins and minerals

A lack in the vitamin B9 or folic acid causes problems in the neural system of your child. That is why, before and at the beginning of the pregnancy your diet should be rich in this vitamin.

You can find it in green leafy vegetables, eggs, whole-wheat cereals. If this is still not enough you can take supplements with your doctor's approval.

You also need other vitamins and minerals to have a healthy pregnancy. Those vitamins and minerals are:

- Vitamin C: lemon, orange, grapefruit,
- Vitamin D: egg, butter, rice, milk and dairy products
- Vitamin B6: wheat, chicken breast, turkey, banana, potato, red beans
- Calcium: milk and dairy products, broccoli, spinach
- Iron: meat, green vegetables (add vitamin C to increase the absorption)



And if food is not enough than you can find them in the forms of supplements in a pharmacy (don't forget to consult your doctor!)



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## Exercise

Exercise helps carry the weight of the baby, reduces some of the stress and makes the labor easier

The types of sports that are suitable when you are pregnant are:

- Walking
- Jogging
- Swimming



## Food to avoid

- Sushi and sashimi
- Raw meat
- Unpasteurized juice
- Unpasteurized milk and dairy products
- Food that is not thoroughly cooked
- Unwashed fruits and vegetables
- Tea, coffee and cola contain caffeine. Large amounts of caffeine can increase the risk of miscarriage or having a baby with low birth weight. Try to drink no more than 1-2 cups/day



## Gestational Diabetes

It usually develops after 24-28 weeks.

It disappears after labor but could also appear again in a second pregnancy.

If not controlled it could cause serious damage to the baby:

- Macrosomia (fat baby)
- Shoulder dystocia (displaced)
- Problems in the respiratory system
- Hypoglycemia
- Prolonged Jaundice

That is why the mother has to be careful and monitor the food she is eating. It is better to consult your doctor or dietician





## Nutrition During Pregnancy

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### Hypertension:

During pregnancy there is a possibility that your blood pressure increases.

It disappears usually after the baby is born but if not controlled during pregnancy it could lead to preeclampsia, which is very dangerous for both the mother and her baby.

### Preeclampsia:

#### **Symptoms:**

- High blood pressure
- Headache
- Problem with your sight
- Stomachache
- Nausea

Sometimes these symptoms are accompanied by seizures: it is called eclampsia.

#### **It's effect on the baby:**

- Low weight birth
- Premature baby



That is why it is very important to consult your doctor

### Nausea and heartburn:

#### **To avoid nausea:**

- Chew a gum or suck some candies
- Before getting out of bed, eat a toast
- Take small meals
- Avoid food with strong smell
- Get up slowly from bed
- Don't drink: juice, milk, tea or coffee

#### **To avoid heartburn in the stomach:**

- Have small meals
- Sit when you are eating food
- Drink water between meals and not during
- Don't lay down right after eating
- Avoid high fat food and spices

### Hygiene

Cleanness is very important in the kitchen so avoid bacteria and diseases

In the pregnancy period, the immunity system of the mother and her child is weak that is why you should always:

- Wash your hands before cooking and eating
- Wash very well the fruits and vegetables
- Wash the kitchen utensils before using them

It is better to separate the utensils used for meats from the ones used for fruits and vegetables