

Now that I'm pregnant, I get to
"eat for two," right?



Nutrition
at hand

V.A Sape & K.S Medupe
Registered Dieticians
Hons.Bsc Dietetics (Smu)

Pr. No: 0690163

Tel: 081 279 8717 / 073 490 0757

Email: admin@nutritionathand.co.za

No!



WHY?



**LET'S
FIND OUT**



Eating still remains an important aspect in time during which one or more offspring develops inside a women.

“However a healthy diet and varied diet is important at all times in life particularly so during pregnancy, the maternal diet must provide sufficient energy and nutrients to meet mothers needs as well as needs for the growing foetus”

A Need Or A Want ?



Eating for two ?

Some of Factors increasing Desire To Eat

- Cravings
- Environment
- Peer Pressure
- Health
- Situation
- Stress
- Increased Nutrition Needs



INCREASED NUTRITION NEEDS

Physiological Changes During Pregnancy

-Changes in body composition (blood composition, iron, folic acid etc) and weight gain : pre pregnancy weight vs post pregnancy weight.

-increased energy needs and nutritional requirements: macronutrients, and micronutrients for both mother and foetus, but this doesn't mean we need to take up as much as we can :

“Remember Too Much Of A Thing Is No Good”

Two plates ??

“No need to eat
for two”



Risks Of Eating For Two “Excessive Intake”

Eating for two does not mean twice the
calories

1st trimester no need for addition of calories

2nd trimester you need about 350 calories more

3rd trimester you need about 500 calories more

Example 1

- A sample small breakfast includes one large scrambled egg, one slice of whole-wheat toast, 1 teaspoon of tub margarine, 1/2 cup of plain, low-fat yogurt and one small orange.

This small meal contains **294 calories**, 17 grams of protein, 31 grams of carbohydrates and 12 grams of fat.

Example 2

- **Breakfast:** Tea and handful of strawberries – 45 calories
- **Lunch:** 100g chicken breast with green salad with tomatoes – 165 calories
- **Dinner:** 100g steak (271 calories) large handful of spinach (15) 1 slice of bread (14) calories

Total calories: 510

Con't

Weight gain: putting on too much weight during pregnancy, you increase your risk of gestational diabetes, backaches, high blood pressure, and needing a caesarean birth because your baby is very large.

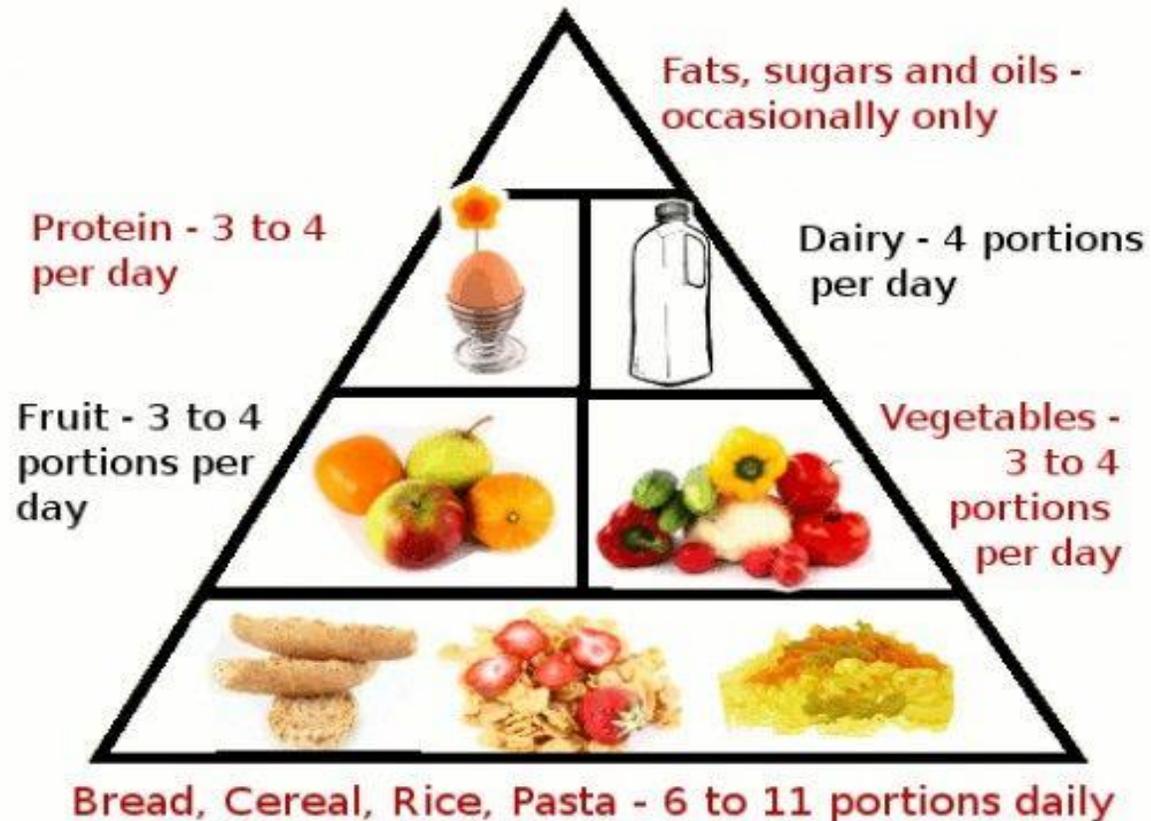
Weight In Pregnancy

	PRE-PREGNANCY BMI	RECOMMENDED WEIGHT GAIN (kg)
Underweight	less than 18.5	12.7-18.7
Normal weight	18.5 – 24.9	11-15
Overweight	25.0 – 29.9	6-11
Obesity	30.0 and greater	4-9

“For women with a normal pre-pregnancy weight, an average weight gain of 12 kg (range 10–14 kg) is associated with the lowest risk of complications during pregnancy and labour, and with a reduced likelihood of having a LBW infant.”

Importance Of Eating Healthy During Pregnancy “Balanced Diet”

Pregnancy Food Pyramid

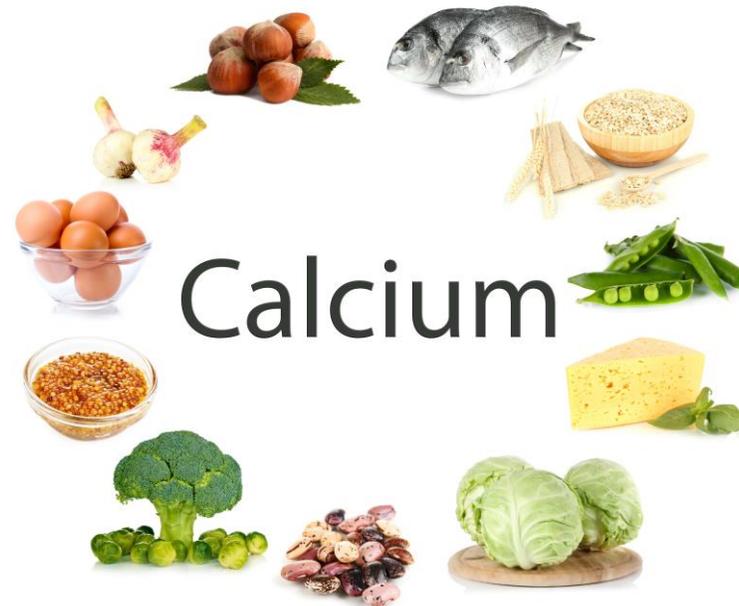


Some Important Micronutrients

Calcium

Calcium helps with the development of healthy teeth and bones. It also plays a role in heart health, muscle and nerve development. Getting enough calcium and iodine throughout your pregnancy is important for both mom and baby as calcium gets taken up from your bones and given to your baby. Aim to include at least 2 servings of dairy every day.

Sources: milk, cheese, yoghurt



Iron

- Plays an important role during pregnancy and lactation as it helps build new red blood cells and also helps them to carry oxygen. When you are pregnant the amount of blood you carry increases to support both your and your baby's needs. The iron you consume during pregnancy will help your baby store enough for when he/she is born.

Food sources rich in iron include:

- Lean meat, poultry, and iron-fortified cereals
- Cooked organ meats, beans, lentils



FOLATE

- Folic acid falls in the B-vitamin group. The synthetic form is vitamin B9 also called folate. This helps your body to make new cells It helps to make normal red blood cells and to prevent a type of anaemia. It is essential for the functioning, production, and repair of DNA, getting enough folate is important for the rapid cell growth of the placenta as well as your developing baby. It also helps prevent Neural Tube Defects (NTDs) The part of the embryo from which your baby's spine and brain develop is called the neural tube.

Sources: Lentils and dried beans like chickpeas, black, beans, sunflower seeds, peanuts, vegetables like broccoli, asparagus, spinach, Brussel sprouts, mustard greens, some fruits like papayas and avocados and enriched pasta

Con't

- **Reduces pregnancy complications**-risk of , obesity high blood pressure and gestational diabetes.
- **Reduces incidents of birth defects**-Lack of nutrients can lead to the baby being born with birth defects e.g. malformed of vital organs and deformed physical features.
- **Ensures good health for your baby throughout its life.**
- **Ensures you recover stronger and healthier after delivery.**
- **Helps you lose weight faster.**

Thank you

Healthy Mother, Healthy Baby

“Pregnancy is a great time to improve your diet and take care of yourself. A healthy mother is more likely to give birth to a healthy baby, so if you are pregnant or planning to get pregnant, now is the best time to adopt these healthy points



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