

Important Diet during Pregnancy

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Good nutrition during pregnancy and enough of it is very important for healthy baby to grow and develop. Women should consume about 300 more calories per day than you did before you became pregnant. During pregnancy time women have to need lot of vitamins, minerals, folic acid and iron. If need a few more calories during pregnancy as well. Women should take right diet for pregnancy is more about what we eat than about how much. Limit junk food, as it has lots of calories with for or no nutrients. Steady weight gain during pregnancy is normal and important for of the mother and baby.

However it is also important not to gain too much weight. Good approach is to eat to satisfy pregnant women appetite and continue to monitor your weight. For women who are a healthy weight, it is recommended that pregnant women gain between 11.5 and 16 kg. If pregnant women gain overweight during pregnancy is not the time to start dieting or trying to lose weight however it is recommended for women who are overweight to gain less weight during pregnancy between 5 and 11.5kg. To maintain appropriate weight gain during pregnancy it is important to choose healthy foods. Otherwise delivery time pregnant women have faced serious condition. Good diet is wealth for pregnant women and healthy baby.

Eat the main source of nutrients for growing baby. Diet start with these pregnancy super foods.

Whole grains

Enriched, whole-grain breads and cereals are fortified with folic acid and iron and have more fiber than white bread and rice. Work whole grains into your day: oatmeal for breakfast, a sandwich on whole-grain bread at lunch, and whole-wheat pasta or brown rice for dinner.

Beans

Add black beans, white beans, pinto beans, lentils, black-eyed peas, and kidney, garbanzo, or soy beans to your diet. Try them in chili and soups, salads, and pasta dishes. Besides providing protein and fiber, they are also good sources of key nutrients, such as iron, folate, calcium, and zinc.

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Salmon

Omega-3 fatty acids are good for your baby's brain and eyes, and salmon is a great source. Plus it provides protein and B vitamins. Salmon is also relatively low in mercury compared to other fish. Try it grilled, broiled, or on a salad. You can safely eat up to 12 ounces of low-mercury fish, such as salmon, per week.

Eggs

Eggs are versatile and a good source of protein that provides amino acids you and your baby need. They contain more than a dozen vitamins and minerals, including choline, which is good for baby's brain development. However, be sure not to eat undercooked or raw eggs.



Essential Nutrients During Pregnancy



Essential
Nutrientst



Folic Acid Rich
Foods



Iron Rich Foods



Calcium Rich
Foods



Protien Rich
Foods



Vitamin C
Rich Foods



Fibers Rich
Foods



Controlled
Calorie Intake

Healthy Mommies
Healthy Babies

Berries

Blueberries, raspberries, and blackberries are delicious snacks and taste great in pancakes and on top of cereal. Berries are packed with vitamin C, potassium, folate, and fiber.

Low-fat yogurt

One cup of plain, low-fat yogurt has more calcium than milk, is high in protein, and doesn't have the added sugar of flavored yogurts. Dress it up with fruit or crunchy, whole-grain cereal.

This foods are maximum healthy for pregnancy Women

Indian women try to carry out fasts during pregnancy which is not good for health.

Avoid eat left over, frozen & deep-frozen food.

Avoid cold drinks, mutton, cocoa, chicken, eggs, alcohol, smoking, tobacco, betel nut, pan-masala but tea, coffee & ice-creams can be taken in small quantity.

Remember, the baby inside depends on the proper nutrition. So, the pregnancy women will take healthy & balanced diet your child will become healthy.

During pregnancy, mother must focus on supplemental nutrients while maintaining a balanced and nutritious diet. They must get a list of healthy Indian foods and meal planning tips from doctor to eat well during a pregnancy.

Indian women must maintain a high quality diet during their pregnancy to get a healthy, fit & fine baby. Now start following your diet chart to become a healthy mom.

WHAT NOT TO EAT

While Pregnant

(or any other time for that matter)



Sugar



Artificial Sweeteners



High Fructose Corn Syrup



Caffeine



Alcohol



Soft Cheeses



MSG & free glutamates



Deli meats & Hotdogs
Unpasteurized dairy &
Uncooked meats



Raw Sprouts,
Eggs & Fish



High Mercury seafood



Soy



Wheat

Thank You!

