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What and how much do you have to eat to be healthy during pregnancy? You want to pay special attention to certain nutrients and add about 300 extra calories to your diet. The average recommended daily calorie intake varies depending on your activity level and normal weight. Your weight gain is a good guide to how well you are meeting your calorie intake. Protein You should increase your protein intake to 60 grams during pregnancy to ensure the growth of your baby and breast, uterus and placenta; To increase blood volume; and for the production of amniotic fluid. Iron advertising is an important nutrient during pregnancy for three main reasons. First, iron is necessary for the formation of maternal and fetal haemoglobin, an oxygen-carrying component of blood. Since your blood volume increases significantly during pregnancy and your baby manufactures blood cells, too, your need for iron increases. Secondly, during the last trimester, your child draws from you some of the iron reserves that help prevent anemia during the first four to six months of your child's life. Third, the increase in blood volume and iron reserves help your body adjust (to some extent) to the blood loss that occurs during childbirth. If your doctor recommends iron supplements, it probably contains 60 milligrams of iron, although the recommended amount during pregnancy is 27 milligrams per day. Because the iron from the supplements is not fully absorbed, you should ingest about 60 milligrams of iron to make sure that you actually absorb the recommended daily amount of 27 milligrams. Iron supplements are best absorbed when taking foods rich in vitamin C, such as orange, grapefruit or tomato juice. Absorption is impaired if you take them with antacids or calcium-containing foods such as milk and cheese. Iron supplements sometimes cause indigestion, constipation, or nausea. If this is the case for you, remember that you can get most of the iron you need from iron-rich foods such as meat makers, red meat, egg yolk, and legumes (dried peas and beans). See your doctor before you stop the iron supplement, however. Calcium during pregnancy, many doctors usually recommend you get between 1200 and 1500 milligrams of calcium per day. Calcium is essential for the development and growth of your child's skeleton, heart, muscles and kidneys. Insufficient intake leads to the depletion of their own calcium reserves. Milk and dairy products (such as yogurt and cheese) are the best sources of dietary calcium. Tofu and canned whole fish (with bones) are good secondary sources. If you are lactose intolerant, that is can't digest lactose found in dairy products, try lactose-free or lactose-free dairy, soy milk, acidophilic milk, buttermilk or cultured yogurt. If everything else fails, your doctor may prescribe calcium supplements. Vitamins Recommended consumption of almost all vitamins increases from 25 to 50 percent for pregnant women. The daily recommendation for folic acid (folation) is doubled. A high quality, varied diet will supply most of the vitamins you need, with the likely exception of folic acid. Folic acid supplementation of 400 micrograms is usually recommended to provide an increased need for folic acid. Folic acid is important for the synthesis of all cells and for the production of DNA and RNA, the building blocks of cells. Deficiency can cause megaloblast anemia (development of abnormal red blood cells) in the mother and neural tube defects in the fetus. Since adequate folic acid intake is so important to your child and you, choose a diet high in foods containing this essential vitamin. Liver, lean beef, legumes, egg yolks and dark green leafy vegetables are good sources of folic acid food. Common guidelines are to use fresh foods that you can, choose a varied, high-quality diet, and prepare foods carefully to make sure you get the most nutritional value from your food. Vitamins, especially water-soluble vitamins (folic acid, niacin, vitamin C and B vitamins), are easily destroyed by digestion. Raw vegetables and fruits have the highest vitamin content. The next best is to use very little or no water for cooking and cook for a very short time. For many of us, daily meal planning takes place in the grocery store as we choose the foods that are the best buys and the most appealing. One trick for healthy shopping is to choose food mostly around the perimeter of the store, in other words, where you will find fruits, vegetables, meat and dairy products. The inner aisles contain the bread and grain you need, but try to avoid the heavily processed and highly salty foods that you see. And remember: often foods that are more convenient do not reach nutrient density. It is important to note that the consumption of excess supplementation of certain nutrients, especially vitamins A and D, iodine and zinc, can lead to toxic effects and congenital abnormalities (congenital defects). To keep track of the food you eat and to ensure you and your baby get all the essential nutrients you need, consider keeping a food diary periodically throughout your pregnancy. Keep your daily intake of dairy, protein, grains and bread, fruits and vegetables, fats, liquids and foods consisting mainly of non-nutritious calories (simple sugars). After a few days, assess where you need to make changes to get the nutrients you need. If you find it hard to eat well Healthy eating, talk to your doctor about how you can improve your eating habits, or consult a nutritionist. Sometimes your capacity or appetite is diminished, especially during late pregnancy or if you experience heartburn or nausea. Eat a few small meals during the day instead of three big meals to help you get the nutrients you have Your child needs to. Talk to your doctor about any problems you have about the amount of food you need. Some doctors prescribe prenatal vitamins, while others may prescribe only folic acid supplements or iron supplements. Remember that these supplements are not a substitute for a good diet. They supply only some of the nutrients necessary for health. The rest you should get from the food. There are also food and harmful things to avoid during pregnancy. We'll find out about it in the next section. This information is intended solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the editors of Consumer Guide (R), Publications International, Ltd., nor the author nor the publisher take responsibility for any possible consequences of any treatment, procedure, exercise, dietary changes, actions or use of drugs that are the result of reading or following the information contained in this information. Publishing this information is not a practice of medicine, and this information does not replace the advice of your doctor or other health care provider. Before pursuing any treatment, the reader should seek advice from his doctor or other health care provider. This material should not be used for commercial purposes, or in any hospital or medical facility. Non-compliance can lead to legal action. Obesity can make it harder for you to get pregnant. You may also have trouble getting pregnant if you choose to have fertility treatments in vitro to get pregnant. Once you get pregnant, your risk of having health problems during pregnancy is higher if you are obese. Your baby would also be at increased risk of certain health problems. You can reduce your chance of having problems during pregnancy by doing the following: Lose weight. Your primary care physician can help you lose weight safely. He or a nutritionist can also help you develop a healthy eating plan to help you lose weight. Ask your health care provider how much weight you should lose before you get pregnant. Exercise regularly. Exercise can help you lose weight and it can help improve your health. Ask about the best exercise plan for you. Take folic acid supplements. Folic acid is a B vitamin that helps reduce the risk of certain birth defects such as spina b. You should have enough folic acid in your body before and during pregnancy to reduce this risk. Birth defects can occur in the early part of pregnancy when you may not know that you are pregnant. You may need 400 to 800 micrograms of folic acid every day. How can affect my pregnancy? Obesity may increase the risk of following health problems: high blood pressure and pre-eclampsia (high blood pressure and kidney and other organ problems) Gestational diabetes diabetes during pregnancy, such as urinary tract infections Longer caesarean delivery (C-section) and problems with anesthesia during caesarean section Problems after caesarean section, such as infection, loss of too much blood, or blood clots What ways of obesity can affect my child? Obesity may increase your child's risk from the following health problems: Birth defects such as heart defects and neural tube defects (brain and spine defects) such as spina bifida (more than 9 pounds 15 ounces), which may increase the risk of injury during childbirth Premature birth miscarriage (loss of the fetus before 20 weeks of pregnancy) a stillbirth (a fetus that shows no signs of life after 20 weeks) such as diabetes, heart disease and obesity What can I do to have a healthy pregnancy? You can have a safe and healthy pregnancy. The following can help increase your chances of having a healthy pregnancy: Seeing your provider or obstetrician regularly for prenatal care. Your doctor will examine you and do tests to check your and your baby's health throughout your pregnancy. Don't diet or try to lose weight during pregnancy. You need extra calories and nutrients during pregnancy. Eat a variety of healthy foods and take vitamins in the antenatal as directed to get the nutrients that you need. Work with your health care provider or nutritionist to develop a healthy eating plan that is right for you. Ask your health care provider how much weight you should gain during pregnancy. It can recommend you get 11 to 20 pounds. Exercise at a safe level throughout pregnancy. Ask your doctor what types of physical activity are good for you. It may recommend walking or swimming. If you haven't exercised before, you may need to start slowly and then increase the amount over time. Care agreement you have the right to help plan your treatment. Learn about your health and how it can be treated. Discuss treatment options with health care providers to decide what kind of care you want to get. You always have the right to refuse treatment. The above information is only educational help. It is not intended as a medical consultation for individual conditions or treatment. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you. © IBM Corporation 2020 Information is only used for end users and cannot be sold, redistributed otherwise used for commercial purposes. All illustrations and images included in CareNotes® are owned by A.D.A.M., Inc. or IBM Watson HealthFurther InformationAlways to ensure that the information displayed on this page is relevant to your personal circumstances. Medical Denial More on Obesity in Pregnancy Associated Drugs Drugs

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