

Pregnancy Care Tips - Staying Healthy for You and Your Baby

PREGNANCY - COMMON SYMPTOMS AND CARE TIPS

ARTICLE

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Healthy eating and balanced diet are important steps towards a happy and healthy lifestyle.¹

THE 4 DOS AND DON'TS FOR A HEALTHY PREGNANCY

- Healthy eating and balanced diet are important steps towards a **happy and healthy lifestyle**¹. Good eating habits during pregnancy are more important than ever and pregnancy is a critical period for you and your baby.² **In fact, maternal pre-pregnancy weight and maternal food intake may affect the short- and long-term health of the baby** and may be associated with the baby's food intake during childhood and adulthood.^{3,4}



How much food should you eat?

- Being pregnant **doesn't mean** that you will be eating for two or doubling your calories per day.
 - During the 1st trimester, **most woman will still be eating the same calories that you used to before getting pregnant** and no extra calories are needed.^{5,6}
 - During the 2nd trimester, **most woman will need an extra 340 calories per day as your baby will start growing and developing.**⁷
 - During the 3rd trimester, most woman will need an **extra 450 calories per day** is needed as your baby will be growing in size and weight.⁷
- The additional calories should come from **nutrient dense foods such as whole-wheat breads**, lean proteins, low-fat dairy products, fruits, and vegetables and not from **fruit juices, high sugary beverages, junk foods or sweets.**⁸

Which foods should you eat, and which should you avoid?

- It is recommended for you to **be eating a balanced, varied diet that includes all food groups.**¹
 - Grains: Breads, cereals, pastas that are made with **wholegrain flour, brown rice and all types of wholegrain toasts and tortillas.**
 - Fruits: All types of fruits. **Try limiting fruit juices and dried fruits** with added sugar
 - Vegetables: Fresh, frozen, or **canned with no added salt.**
 - Proteins: **Lean meat, poultry, fish, eggs, legumes, and nuts**
 - Dairy: **Low fat or fat free milk, cheese, and yogurt**
 - Fat: **Olive oil, avocado, seeds, and nuts**



- The following types of foods are recommended to be **avoided for your baby's safety and yours:**⁹
 - Raw or undercooked seafood
 - Unpasteurized soft cheeses (like feta, Brie, and goat cheese)
 - Raw meats, poultry, or eggs
 - Unpasteurized juices or milk
 - Cold cuts (deli meat, hotdog...)
 - Raw sprouts, including alfalfa, clover, radish**Your appetite might change during pregnancy affecting your mood and food cravings.** Don't deprive yourself from pleasurable food such as sweets and junk food but make sure to enjoy them in moderation.

Which drinks are allowed, and which are to be avoided?

- • Make water your best mate by **drinking plenty of it**, it will help in preventing dehydration, constipation.¹⁰
- Limit your caffeine intake to no more than **2 cups per day**. Gradually reduce the amount of caffeine and remember that caffeine is not only in coffee but **also in tea and soft drinks.**⁴
- Avoid drinking alcohol as **"No safe amount"** is set to be consumed during pregnancy, and it was shown to **cause severe abnormalities in newborns.**¹⁰

Should you exercise?

- Exercise is always recommended for pregnant woman as it contributes to the **maternal and fetal well-being.**¹¹ It is usually recommended to exercise for **150min a week by aiming for 30 minutes of moderate exercise on most**, if not all, days of the week.⁴ Always consult with your doctor before engaging in any new type of exercise.¹² Exercising during pregnancy has been shown to have different benefits:¹³
 - Managing weight gain and decreasing the risk of retaining the weight gained after pregnancy
 - Improving your mood and energy
 - Reducing backaches, constipation and swelling
 - Improving your posture, promoting muscle tone and strength
 - Strengthening your pelvic muscles can help with labor



- "Strike a balance between healthy weight gain and nutritional intake. Try to keep in mind that you are not eating for two, you are eating carefully for one"¹⁴, **move your body and enjoy the magical time of pregnancy.**

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Healthy Pregnancy Tips: The 4 Dos and Don'ts

Healthy eating and balanced diet are important steps towards a happy and healthy lifestyle.¹ Good eating habits during pregnancy are more important than ever and pregnancy is a critical period for you and your baby.² In fact, maternal pre-pregnancy weight and maternal food intake may affect the short- and long-term health of the baby and may be associated with the baby's food intake during childhood and adulthood.^{3,4,5,6}

Let's explore the **healthy pregnancy tips** together.

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- Strengthening your pelvic muscles can help with labor³

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