Pregnancy - Common Symptoms and Care Tips
Article

# Pregnancy Care Tips - Staying Healthy for You and Your Baby

**JUN 7, 2022**

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.[3-6]



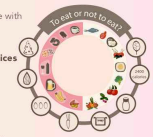
## How much food should you eat?

- 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.[7,8]
  - 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:** [9]
  - 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.**[9]
- 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 .[8] 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"[2], **move your body and enjoy the magical time of pregnancy.**

## REFERENCES


1- WHO/Europe | Nutrition - Benefits of a balanced diet
2- Eating for Pregnancy: The Essential Nutrition Guide and Cookbook for Today's ... - Catherine Jones, Rose Ann Hudson - Google Books
3- Maternal overweight and obesity and risk of congenital heart defects in offspring - PubMed (nih.gov)
4- Maternal obesity and occurrence of fetal macrosomia: a systematic review and meta-analysis - PubMed (nih.gov)
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7- Eat Healthy During Pregnancy: Quick tips - MyHealthfinder | health.gov
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9- Eating Right During Pregnancy (eatright.org)
10- Staying Healthy During Pregnancy (for Parents) - Nemours KidsHealth
11- Pregnancy And Exercise - StatPearls - NCBI Bookshelf (nih.gov)
12-Exercise During Pregnancy: Safety, Benefits & Guidelines (americanpregnancy.org)
13- Exercise in pregnancy - NHS (www.nhs.uk)

# 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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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.

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- Proteins:Lean meat, poultry, fish, eggs, legumes, and nuts.
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- Fat: Olive oil, avocado, seeds, and nuts.

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- 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[3]

*"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”* [2], move your body and enjoy the magical time of pregnancy.

## References:


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