

NUTRITION & LIFESTYLE FOR A HEALTHY PREGNANCY OUTCOME

Maternal nutrition and lifestyle choices are major influences on both mother and child's health. According to the Academy of Nutrition and Dietetics, women of childbearing age should adopt a healthy lifestyle to help reduce the risk of birth defects, suboptimal fetal development and chronic health problems in mother and baby.



HEALTHY PRE-PREGNANCY WEIGHT & APPROPRIATE WEIGHT GAIN

Pre-pregnancy body mass index (BMI) is an independent predictor of many adverse outcomes of pregnancy.



Nearly two thirds of women of childbearing age were classified as **overweight or obese** (BMI ≥ 25) from 1999 to 2004.

Women should weigh within **normal BMI range** when they conceive and gain within ranges recommended by the Institute of Medicine pregnancy weight guidelines.

Overweight during pregnancy results in short- and long-term maternal health risks, such as:

- obesity
- diabetes
- cardiovascular disease

Body Mass Index (BMI)

Total Weight Gain Range

Underweight
(<18.5)

28 lbs
to 40 lbs

Normal
($18.5-24.9$)

25 lbs
to 35 lbs

Overweight
($25.0-29.9$)

15 lbs
to 25 lbs

Obese
(≥ 30.0)

11 lbs
to 20 lbs



PHYSICAL ACTIVITY & EXERCISE



150 min.
aerobic activity
spread out
per week

OR

30 min.
moderate exercise
most days
per week.

WIDE VARIETY OF FOOD



Helps to meet energy and nutrient requirements. Most (who aren't overweight or obese) will require

2,200-2,900
calories per day.

Recommended total beverage intake:

10 cups
per day

VITAMIN & MINERAL SUPPLEMENTS



A health care provider may recommend supplementation for some pregnant women.

Iron prevents anemia.

Folic acid prevents neural tube defects.

Choline prevents fetal brain development problems.

Iodine helps fetal brain growth.

Calcium helps fetal bone growth.

NO ALCOHOL OR HARMFUL SUBSTANCES



Alcohol consumption may result in behavioral or neurological defects.

Energy drinks are not recommended during pregnancy.

Caffeine intake should not exceed 200 mg daily (i.e. 12 oz. cup of coffee).

SAFE FOOD HANDLING



Pregnant women and their unborn children are **more susceptible to food poisoning.**

Cook foods to minimum safe internal temperatures.
Avoid unpasteurized juice, milk and soft cheeses.

ROLE OF THE HEALTH PROFESSIONAL

Regardless of a client's socioeconomic status, registered dietitian nutritionists and dietetic technicians, registered, need to implement multiple strategies to provide nutrition and lifestyle advice to all women before, during and after pregnancy.



Academy of Nutrition
and Dietetics

www.eatright.org

SOURCES:

Position of the Academy of Nutrition and Dietetics: "Nutrition and Lifestyle for a Healthy Pregnancy Outcome" (July 2012)

Practice Paper of the Academy of Nutrition and Dietetics: "Nutrition and Lifestyle for a Healthy Pregnancy Outcome" (July 2004)

Guide Information Pregnancy

Siddappa N.Byrareddy



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Reviewing **Guide Information Pregnancy**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Guide Information Pregnancy**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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