

NUTRITION DURING PREGNANCY

WEBINAR ON NUTRITION DURING PREGNANCY

A webinar on “nutrition during early pregnancy” was recently arranged by the Section of Maternal and Foetal Medicine, Women’s Healthcare Service Line. The speaker was Professor Dr. Caroline Fall, an eminent researcher, who is leading projects in developed and developing countries to study the origins of disease patterns.

Dr. Fall has worked with the proposer of Barker’s Hypothesis, Dr. David Barker, according to whom, development of hypertension, diabetes and cardiac problems in adult life can be linked to retardation of growth in the womb and premature birth.

In addition, she independently led a research on the effects of poor nutrition in early pregnancy and the resulting load of diseases, including diabetes, hypertension and cardiovascular risk in different population segments, especially the disadvantaged communities across the globe.

KEY POINTS FROM THE WEBINAR

- What a mother eats during pregnancy can impact her child well into different stages of his/her lifecycle.
- Raw material for different body systems in an unborn foetus is laid down in genetic codes that are inherited from mothers from as early as three months before pregnancy.
- Apart from diet, environmental and behavioural factors including pollution, quality of water, smoking, medication, immunization family income, distribution of food on the table and family hierarch, all affect the outcome.

IDEAL DIET DURING PREGNANCY

Diet during pregnancy should include a variety of foods from all food groups e.g. meat, cereals, fruits, vegetables and dairy products. Apart from diet, the doctor may prescribe supplements such as folic acid, calcium, iron and multivitamins on need basis.

NUTRITION ADVICE FOR HYPERTENSIVE MOTHERS

Mothers, who are hypertensive, should avoid consumption of excess salt in food and limit their use of preserved products like sauces and pickles which are high in salt content.

MANAGING DIABETES DURING PREGNANCY

Diabetes during pregnancy (gestational diabetes) can be controlled by checking consumption of excessive sweets, bakery products, soft drinks and juices. Eating whole wheat products, fruits and vegetables during pregnancy is beneficial for the health of the mother and the child.



References:
<https://my.clevelandclinic.org/health/articles/good-nutrition-during-pregnancy-for-you-and-your-baby>