

Dairy

Pregnant women can consume between two to three servings of dairy products every day. One serving of milk (approximately one cup), one serving of yogurt (approx. one cup), one serving of tofu (approx. half a cup), or one serving of pasteurized cheese (approx. 1.5 ounces).

Fluids

During pregnancy, it is recommended to intake approximately 2.4 litres of fluids daily, which roughly equals 10 glasses of 250ml.

Nutritional Facts and Concerns

Pregnant woman usually gains the weight between 10 to 15 kilograms during pregnancy. Those who do not gain enough weight may face some complications like lung and heart problems and even premature birth. Some discomforts are common during pregnancy, such as heartburn, nausea, or constipation. However, if you choose to eat healthy food regularly, drink lots of water, cut down on excess sugar and fat, and exercise, you may reduce those discomforts. You can walk or swim during pregnancy, but consult your doctor before you start. Avoid consuming alcohol, smoking, and using drugs. Avoid the caffeine that is present in soda or coffee. If you eat meat, make sure that it is properly cooked, as it might contain harmful bacteria such as salmonella. Also, there are some fish varieties that contain high levels of mercury. It can harm the nervous system of the unborn baby, so always check before you eat.

REFERENCES :RCOG



Nutrition In Pregnancy



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Portions to Eat for Various Foods

During pregnancy, various foods should be included in the diet for optimal maternal health and the reduced risk of birth defects.

Whole Grains

They are good source of energy and provide carbohydrates and fibers, which help to prevent constipation, a common problem during pregnancy. Eat lots of bread and cereals, including rice, pasta, and other grains during pregnancy. Other varieties include spaghetti, oatmeal, macaroni, cornmeal, and buckwheat. Pregnant women should eat up to nine servings or portions every day. One serving or portion includes: Cooked pasta (spaghetti or macaroni, etc.) – $\frac{1}{2}$ cup, cooked cereal (Rice, oatmeal or buckwheat) – $\frac{1}{2}$ cup, one large slice of bread (30 to 40 g), and one cup of ready-to-eat cereals. Food in this group contains important nutrients such as iron, zinc, calcium, and various vitamins.

Green Leafy Vegetables

Green leafy vegetables contain many protective components that help to keep us healthy, especially during pregnancy. It is said that no tablets of vitamins and minerals can replace vegetables that you eat. Therefore, pregnant woman should consume up to four servings of these vegetables each day. One serving means approximately one cup of green leafy vegetables (cabbage, turnip, lettuce, collard, spinach, broccoli, etc.), half a cup of other vegetables – raw or cooked, or fruit juice – $\frac{3}{4}$ cup. It is advised to cook vegetables in a minimal amount of water, boiling for approximately five to ten minutes. As vitamin C might get lost during the preparation, it is better to steam, microwave, bake the vegetable instead of boiling it. Try to eat fresh (raw) or lightly cooked vegetables.

Meat

During pregnancy you can consume approximately two servings of meat varieties such as beef, poultry, and seafood every day. One serving comprises approximately two to three ounces. One serving, approximately three ounces, of salmon can also be consumed, as it is rich in calcium, as well as one serving of eggs (one large egg), or 2 tablespoons of peanut butter. Other varieties include seafood, fish which is properly cooked, chicken, pork, lamb, lean beef, and liver. Nuts that are rich in calcium and proteins, especially almonds, should be consumed during pregnancy. One serving of nuts is approximately one third of a cup.

Fruits

Fruits are rich sources of vitamins and minerals. Therefore, pregnant woman should consume two to three servings of fruits daily. One serving is approximately half a cup chopped fruits, one medium-sized banana or apple, or fruit juice – $\frac{3}{4}$ cup. Citrus fruit varieties such as grapes, guava, strawberries, oranges, kiwis, tomatoes, melons, mangoes, lemons, potatoes, and peppers should also be consumed during pregnancy.

Legumes

Two servings of legumes should be consumed every day. One serving is approximately half a cup. Black beans, kidney beans (red and white), navy beans, chick peas, split peas, and black-eyed peas are some of the examples that can form part of your daily diet. White beans are quite rich in calcium.

