



# Pregnancy and Lactation

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some vegetables have left.

► **Iron:** According to the ACOG, pregnant women need 27 mg of iron per day is twice as much as women. It is needed to provide more blood oxygen to the baby. To increase iron absorption, include a good source of vitamin C in the same meal when eating iron-rich foods.

► **Food sources of iron:** meat, poultry, fish, dried beans and peas, iron-fortified cereals.

Tips for gaining weight during pregnancy  
Weight gain recommendations to support a healthy pregnancy are on BMI or Pregnant

► **Maternal Body Mass Index based:**

► BMI is normal between 11.5 to 16 kg is allowed to gain weight.

► BMI less than 18.5 and a person who is thin between 12.5 to 18 kg is allowed to gain weight.

► BMI between 26 and 29.9 and overweight person between 7.5 to 11 kg is allowed to gain weight.

► BMI above 30 and the person is obese between 5 to 9 kg is allowed to gain weight.

► **Breastfeeding mothers**

Mother's proper nutrition during breastfeeding contributes to the baby's health and maintains the mother's reserves.



Frequent feeding is one of the most important ways to increase milk production and secretion. This way stimulates the nipple to send messages to the brain. The brain increases the secretion of the hormone prolactin, which causes milk secretion. Dietary recommendations during breastfeeding are the same as during pregnancy.





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► **Nutritional needs during pregnancy**

Nutritional needs during pregnancy mean weight gain during this period that can be easily measured.

► **Fiber:** Daily bread, whole grains, green leafy vegetables, and fresh and dried fruits should be encouraged to provide more vitamins and



minerals. The required amount of fiber in pregnancy is 14 grams per 1000 kcal per day.

Providing this amount of fiber to relieve common constipation in pregnancy is very helpful.

► **Dairy:** Pregnant women should have 3 to 4 servings of dairy daily. Dairy food is known as a good source of calcium, protein, and vitamin D.

► **Calcium:** Pregnant women aged 19 years and older need 1000 mg of calcium per day. According to the ACOG, pregnant teens ages, 14 and 18 need 1,300 milligrams a day.

► **Food sources of calcium:** Milk, yogurt, cheese, juices, and foods containing calcium, sardines, or salmon with bones,

Proper nutrition in the pre-fertilization period helps to have successful fertilization. Sufficient amounts of all the necessary vitamins and minerals and energetic macronutrients are necessary for the diet. The developing fetus is dependent on the transfer of raw materials from the mother. There is no other way to feed the uterus.

► **A healthy diet during pregnancy has four main goals:**

- Meeting the nutritional needs of pregnant women
- Preparing the mother for childbirth
- Meet the child's nutritional needs
- Ensure energy storage in the form of fat for breastfeeding
- Need to consume calories during pregnancy