

NUTRITION & EXERCISE DURING PREGNANCY

Lecturer

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Nutrition and exercise during pregnancy

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Why is eating healthy important during pregnancy

:For the fetus

Provides nutrients for proper growth and development

Prevents prematurity and low birth weight

:For the mother

To prevent excess weight gain

To prevent heartburn, nausea and constipation

To prevent anemia, infection & poor healing

What do these nutrients do for you?

-1Fiber

-2Calcium

-3Protein

-4Folic Acid

-5Iron

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Healthy Eating during Pregnancy



Grains

Fruit

Vegetables

Milk

**Meat &
Beans**

Oils

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Preparation for pregnancy

A mother brings to her pregnancy, all of her previous life experiences; diet, food habits,

.Birth defects occur before the 10th week of pregnancy

The outcome of her baby's health depends on mother's .nutritional state

:Bad diet can cause

1-Premature birth

-2Low birth weight

-3Babies have fewer brain cells

-4Inability to breast feed

-5Deformed babies

-6Complications at birth

-7Depression

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- **BREAKFAST**

- 1/2 grapefruit
 - 3/4 cup oatmeal
 - 1 tsp raisins
 - 1 whole wheat
English muffin
 - 1 tsp margarine

- **LUNCH**

- Salad with:
 - 1 cup romaine lettuce
 - 1/2 cup kidney beans, cooked
 - 1/2 fresh tomato
 - 1 oz skim mozzarella cheese
 - 2 tbsp low calorie Italian
dressing
 - 1 bran muffin
 - 1/2 cup cantaloupe chunks

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- **AFTERNOON SNACK**

2 rice cakes

6 oz low-fat yogurt, plain

½ cup blueberries

- **DINNER**

¾ cup vegetables soup with

¼ cup cooked barley

3 oz chicken, w/o skin

1 baked potato

½ cup cooked broccoli

1 piece whole wheat bread

1 tbsp margarine

1 fresh peach

- **BEDTIME SNACK**

1 apple

2 cups popcorn, plain

¼ cup peanuts

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:Foods to avoid



Exercise during Pregnancy

=:Benefits of exercise during pregnancy

- 1 Helps reduce backaches, constipation, and swelling
- 2-May help prevent or treat gestational diabetes
- 3 Increases energy, improves mood and sleep
- 4Improves your posture, promotes muscle tone and strength

Warning Signs to stop exercise

- 1-Vaginal bleeding, uterine contractions, decreased fetal movement, fluid leaking from the vagina
- 2 Dizziness , increased shortness of breath
- 3Chest pain, headache, muscle weakness, calf pain or swelling