

# NutriConnect - Nutrition during Pregnancy

## Nutrition



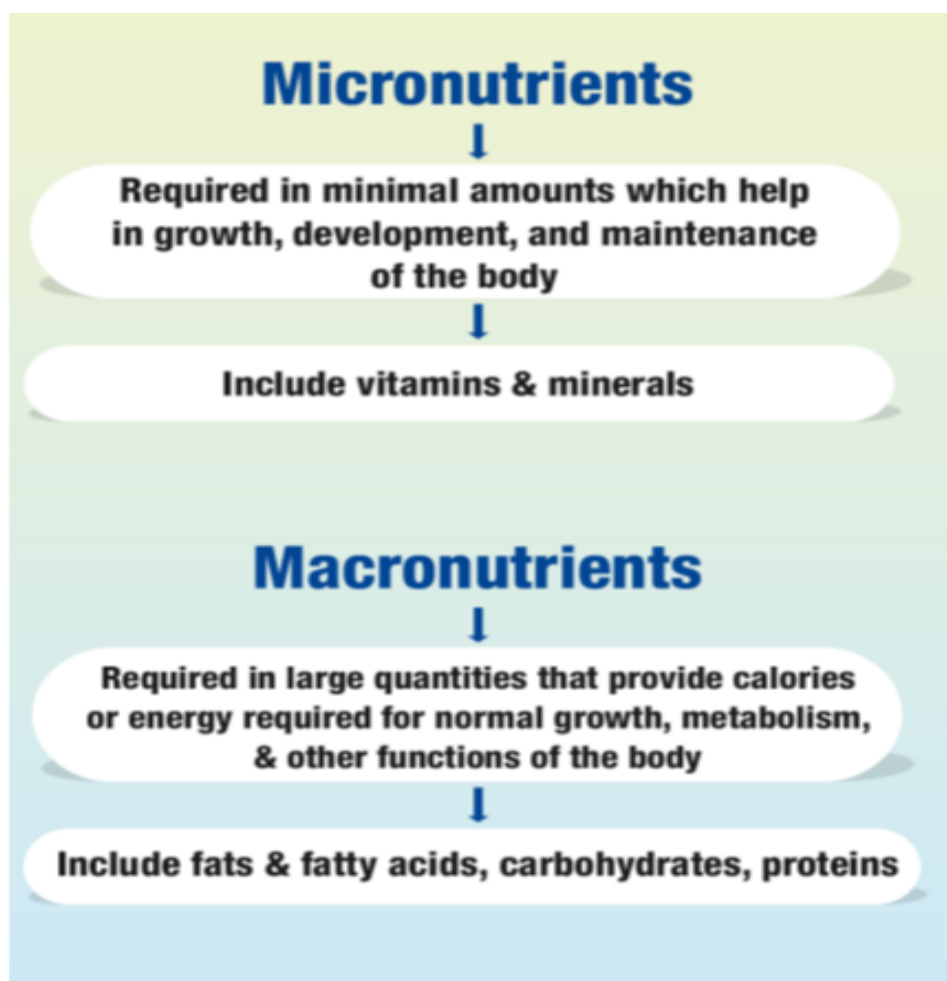
Nutrition is the process of providing or obtaining the food necessary for health & growth

Better nutrition is related to improved infant, child & maternal health, stronger

immune systems, safer pregnancy & childbirth, lower risk of non-communicable diseases (such as diabetes & cardiovascular disease), & longevity

Improving the mother's diet before and during pregnancy reduces the risk of medical problems for her and her infant

## Food Groups



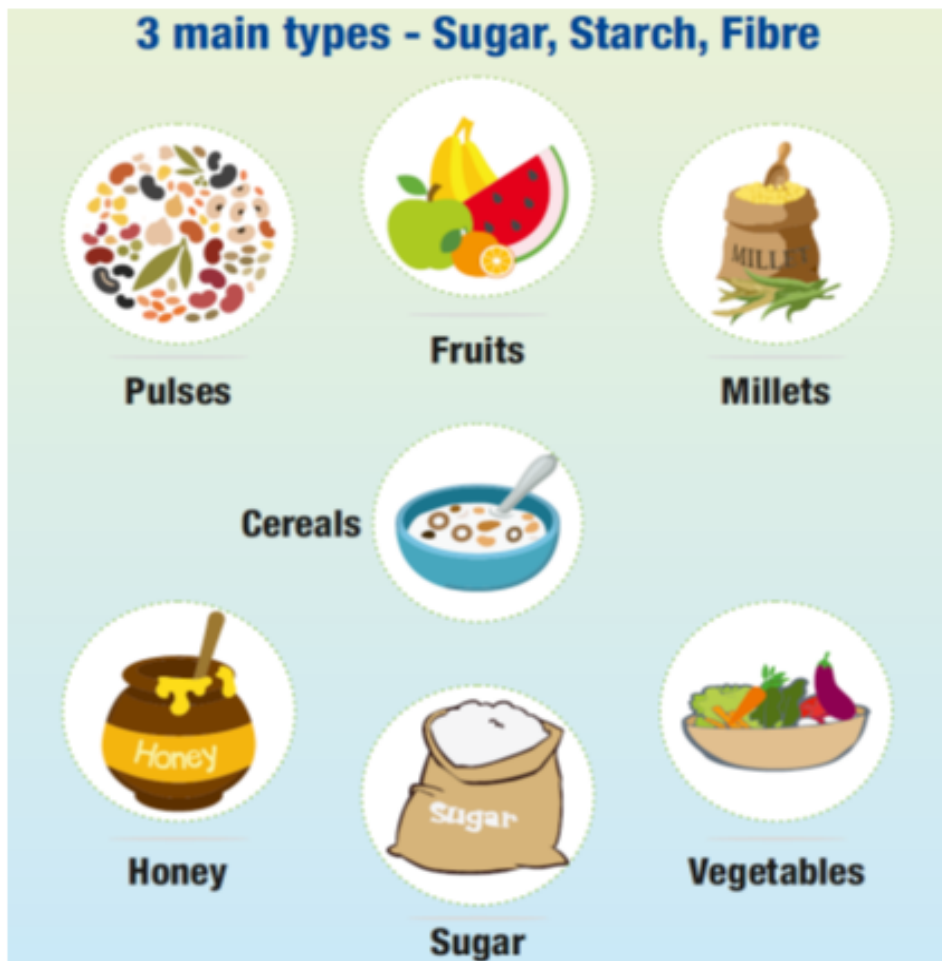
## Proteins

Building blocks of the body



## Carbohydrates

Major source of energy in all diets; either simple or complex- breakdown into glucose



## Fats

Concentrated source of energy made up of fatty acids; helps absorb fat-soluble vitamins



## Folic Acid

Reduces risk of congenital malformations and increases birth weight



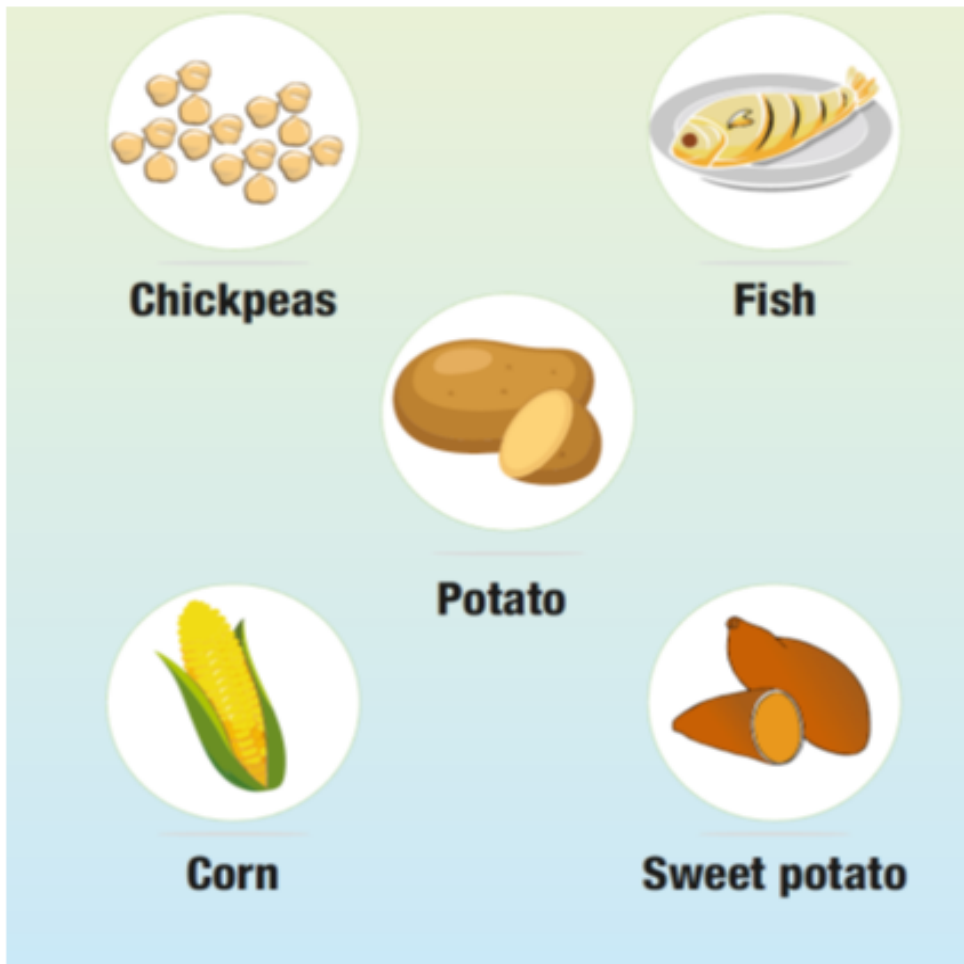
## Vitamin B12

Helps keep body's nerve and blood cells healthy and helps make DNA



## **Vitamin B6**

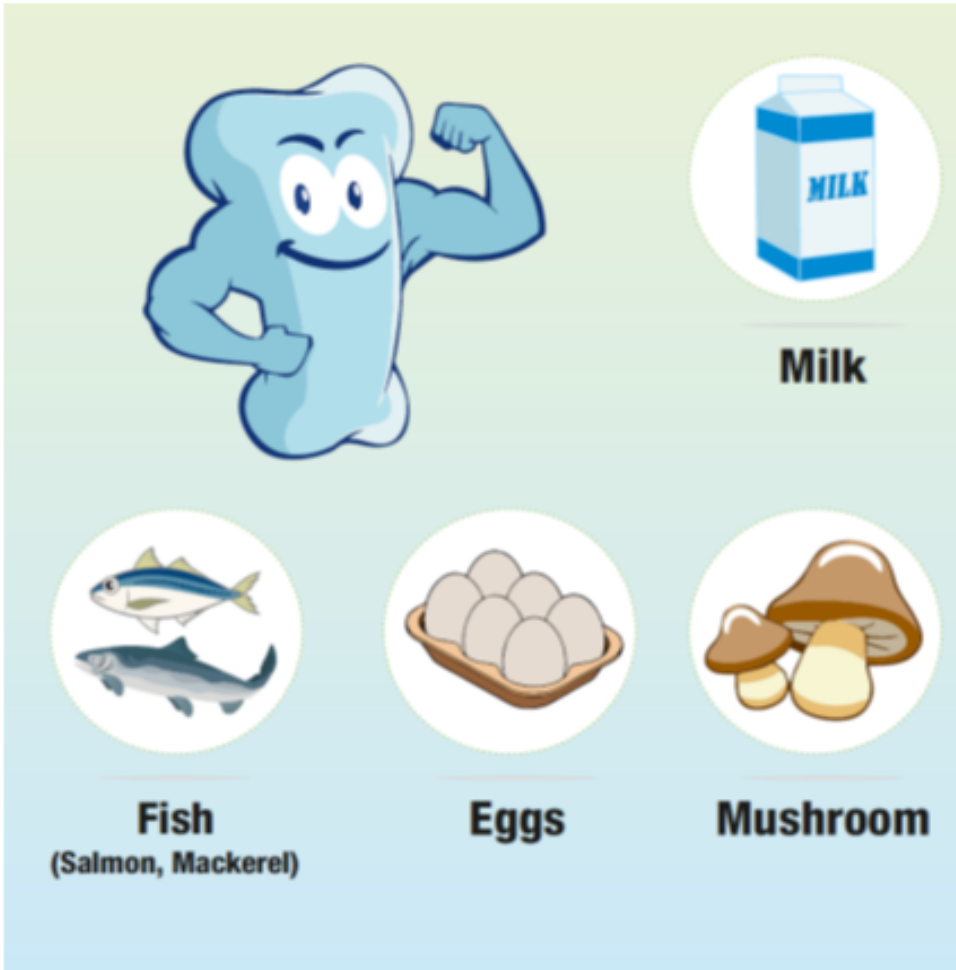
Required for metabolism, brain development of baby, & to reduce nausea & vomiting during pregnancy



## **Vitamin D**

Helps absorb calcium for strong bones, also required for muscle, nerve and immune function.

Made by body when bare skin is exposed to sun.



## Iron

Needed for hemoglobin synthesis, mental function & to provide immunity against diseases



## Calcium

Essential, both during pregnancy & lactation, for proper formation of bones & teeth of the offspring, for secretion of breast-milk rich in calcium and to prevent osteoporosis in the mother.



## Water & Salt



**Drink at least 8 -12 glasses  
of water per day**



**Iodine intake ensures proper mental  
health of the growing fetus and infant**

**Points to Ponder**



## Importance of Nutritional Supplements

Nutritional supplements or dietary supplements are intended to provide nutrients that may otherwise not be consumed in sufficient quantities in the diet; e.g., vitamins, minerals, proteins, amino acids or other nutritional substances. Products are usually ingested in capsule, tablet or liquid form.

Though it is possible to meet the requirements for most of the nutrients through a balanced diet, pregnant/lactating women are advised to take daily supplements of iron, folic acid, vitamin B and calcium.



Always consult your doctor before taking any medicines

## References

1. <https://www.sciencedirect.com>
2. <https://www.who.int/health-topics/nutrition>
3. <https://www.nin.res.in/downloads/DietaryGuidelinesforNINwebsite.pdf>
4. <https://www.nature.com/subjects/nutritional-supplements>

5. <https://ods.od.nih.gov/factsheets/list-all/>

6. <https://medlineplus.gov/healthtopics.html>