

Practical Advice For Healthy Eating Before, During, and After Pregnancy

Healthy eating is essential for women before, during, and after pregnancy. Eating nutritious foods can help to ensure a healthy pregnancy, a healthy baby, and a healthy mom. This article will provide practical advice on what to eat before, during, and after pregnancy.

Before Pregnancy

Before pregnancy, it is important to eat a healthy diet that is rich in fruits, vegetables, and whole grains. These foods provide the nutrients that are essential for fertility and a healthy pregnancy. Some specific nutrients that are important before pregnancy include:

- **Folate:** Folate is a B vitamin that is essential for preventing birth defects of the brain and spinal cord. Good sources of folate include leafy green vegetables, fruits, and beans.



Eating Expectantly: Practical Advice for Healthy Eating Before, During and After Pregnancy by Bridget Swinney

★★★★☆ 4.1 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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- **Iron:** Iron is essential for carrying oxygen throughout the body. Good sources of iron include red meat, poultry, and fish.
- **Calcium:** Calcium is essential for building strong bones and teeth. Good sources of calcium include dairy products, leafy green vegetables, and fortified foods.
- **Protein:** Protein is essential for building and repairing tissues. Good sources of protein include lean meats, poultry, fish, beans, and nuts.
- **Healthy fats:** Healthy fats are essential for hormone production and cell growth. Good sources of healthy fats include olive oil, avocados, and nuts.

During Pregnancy

During pregnancy, it is important to eat a healthy diet that provides the nutrients that are needed for both the mother and the baby. The amount of food that a woman needs to eat during pregnancy will vary depending on her activity level and stage of pregnancy. In general, women should eat about 300 extra calories per day during the first trimester, and about 500 extra calories per day during the second and third trimesters.

Some specific nutrients that are important during pregnancy include:

- **Folate:** Folate is still essential for preventing birth defects of the brain and spinal cord.
- **Iron:** Iron is still essential for carrying oxygen throughout the body.

- Calcium: Calcium is still essential for building strong bones and teeth.
- Protein: Protein is still essential for building and repairing tissues.
- Healthy fats: Healthy fats are still essential for hormone production and cell growth.

In addition to these nutrients, pregnant women should also make sure to get enough fluids. Fluids help to prevent dehydration and can help to reduce the risk of certain pregnancy complications, such as pre-eclampsia.

After Pregnancy

After pregnancy, it is important to eat a healthy diet that helps to restore the body's nutrient stores and to support breastfeeding. The amount of food that a woman needs to eat after pregnancy will vary depending on her activity level and whether or not she is breastfeeding.

Some specific nutrients that are important after pregnancy include:

- Iron: Iron is still essential for carrying oxygen throughout the body.
- Calcium: Calcium is still essential for building strong bones and teeth.
- Protein: Protein is still essential for building and repairing tissues.
- Healthy fats: Healthy fats are still essential for hormone production and cell growth.

In addition to these nutrients, women who are breastfeeding should also make sure to get enough fluids. Fluids help to produce milk and can help to

prevent dehydration.

Tips for Healthy Eating

Here are some tips for healthy eating before, during, and after pregnancy:

- Make half of your plate fruits and vegetables.
- Choose whole grains over refined grains.
- Limit saturated and unhealthy fats.
- Choose lean protein sources.
- Drink plenty of fluids.
- Limit added sugars.
- Talk to your doctor or a registered dietitian about your specific nutritional needs.

Eating a healthy diet is essential for women before, during, and after pregnancy. By following the tips in this article, you can help to ensure a healthy pregnancy, a healthy baby, and a healthy mom.



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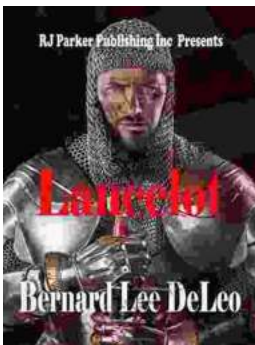
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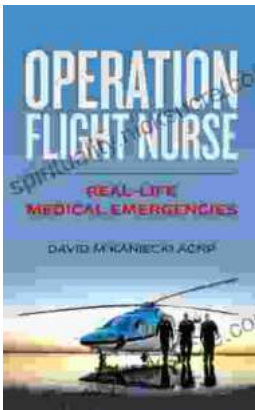
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