



Eat Rrite

Health & Fitness

A Guide on Nutrition
for Pregnancy and
the Lactation Period





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Contents

- Introduction
- Major changes in pregnancy
- Nutrition in Pregnancy
- Micronutrients in Pregnancy
- Postpartum care
- Dealing with Postpartum depression

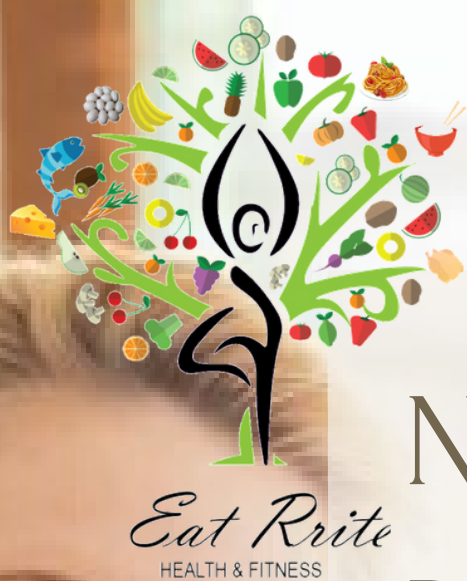




What is the importance of having good nutrition ? Let us find out in this guide



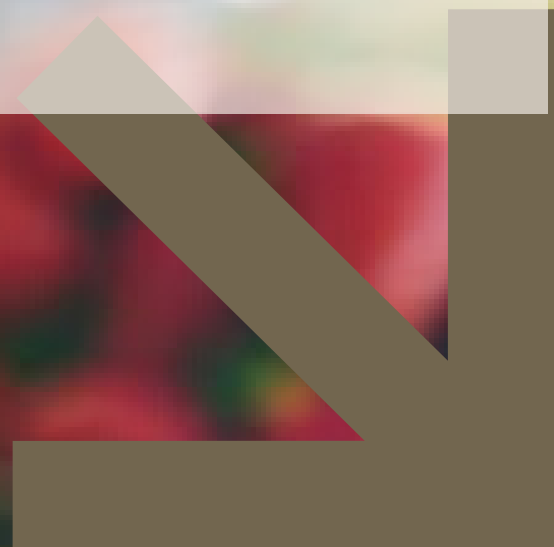
Nutrition for Pregnancy and Lactation Period



NUTRITION FOR PREGNANCY AND LACTATION PERIOD!

Mother hood is a challenging period for a woman. The body sees a lot of ups and downs in the hormones being produced and a change in the physical form too. There is both, emotional and physical stress on the body for an entire period of 9 months. Apart from this there is also the postpartum depression to be considered.

While most changes are triggered due to the surge and drop of the progesterone and estrogen hormones, a few could be the result of added stress and unhealthy, sedentary lifestyle habits. It is when these changes are addressed with proper nutritional care and emotional support, is when both the mother and child are healthy and happy.





Our bodies change with pregnancy. How they change, and what happens during the change?



Major Changes in Pregnancy



Changes in Body



The first major change that the body undergoes is that of pumping in extra blood to support both the Mother and the growing baby.

1

2

Increase in blood volume doesn't indicate a sure shot rise in hemoglobin.

3

Hemoglobin is an important component of the blood. It is required for the life processes of the different organs. A lack of hemoglobin which is the oxygen carrier can disrupt the body's metabolic processes, there by further disrupting other functions.



Changes in Body

Contd..



Tip: Take the Iron supplements and Iron Rich foods like Green leafy vegetables, Organ Meats and Fruits like Banana.

4

5

The second major change happens when the backbone changes shape to accommodate the weight of the growing uterus. The body produces a hormone called relaxin which helps loosen the joints and increase the spinal cord curvature. A calcium supplement over here is absolutely necessary to ensure that the bone density is maintained throughout the pregnancy.



Changes in Body

Contd..



The third is the obvious weight gain and fluid retention, slowing down of blood circulation. This can even result in the fluctuation of the blood pressure, where it can shoot up or fall down below the normal levels for a pregnant woman.

9

7

Sensitivity to taste, smell of certain foods as well as other odors in the surrounding vicinity.

Sluggish and slow digestion, acid reflux and bloating.

8



What to eat, and how to
take care of one self is very
important during pregnancy.



Nutrition in Pregnancy



Structure your day to day meals in times of pregnancy

Early morning:

- A glass of freshly squeezed lime juice.(helps keep morning sickness at bay)

After half an hour

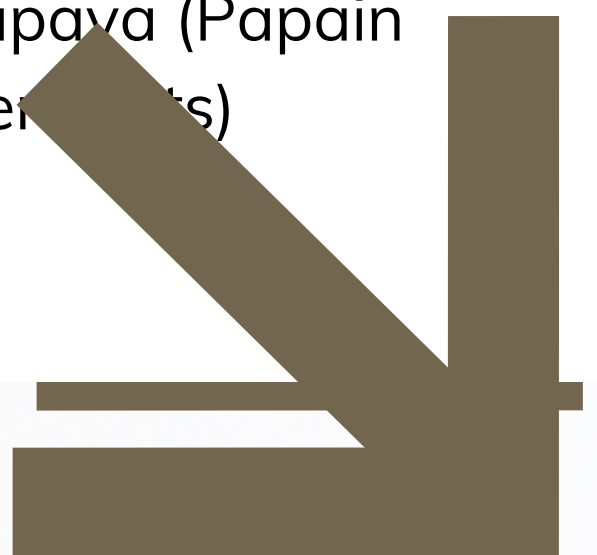
- A glass of milk with a supplement like mothers Horlicks added to it along with some toast or biscuits

Around 9 am

- Breakfast: Idly, Dosa, Upma, Poha, Paratha, Muesli, with berries and fruits.

Around 11 am.

- A bowl of fresh fruits. (Avoid Papaya (Papain +Latex) and Pineapple (unproven fruits))







Structure your day to day meals in times of pregnancy

Between 1 and 1:30

- Lunch: A bowl of salad, roti, sabji, dal, rice and about 5 gms of ghee drizzled from the top. The vegetable must have an addition of any source of protein (fish, chicken, egg, paneer) and curd.

At 4pm

- One laddoo (if snack is made at home)/oast/biscuits along with a glass of milk.

At 6pm

- A bowl of fresh fruits.

At 8pm

- Dinner as in lunch.

At 10pm

- Some buttermilk





During pregnancy there is an additional demand of vitamins and other nutrients. Find out more



Micronutrients in Pregnancy



Micronutrients that are most critical during pregnancy include:

Folate
Vitamin B12
Vitamin C
Vitamin A
Vitamin D
Calcium
Iron
Zinc
Sodium
Iodine





How should you care for your well being after your delivery? Find out in the following section



Postpartum Care



Postpartum Care

After the delivery, the mothers body still requires complete care and extra nutrition.

Extra nutrition will support both the lactation process and the fact that the body's physiological functions need extra support to return back to normal.

Hence the energy needs and the meal pattern remain the same, except for the fact that at this stage it would be good to include a little bit of extra milk in the diet.





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How should you care for your well being after your delivery? Find out in the following section



Postpartum Depression



Dealing with Postpartum Depression

Dealing with Postpartum Depression.

Often times we forget that there is steep drop in hormones after the delivery. This can trigger mood swings and depression in many mothers. This is yet another phase where along with good nutrition it needs to be supported with extra love and care.

Here are a few foods which can help you cope up with postpartum depression.





What foods help overcome Postpartum depression? The following sections helps understand



Foods to overcome Postpartum Depression



Postpartum food to combat depression

Pregnancy is nine-month long stress on the body which can be coped up with only good nutrition. The sharp drop in hormones like progesterone and estrogen are known to trigger this. List of Foods that can help with depression

70 percent dark chocolate (5gms a day)

Fresh fruits

Fresh salads

(Broccoli/Zucchini/Cabbage/Cauliflower)

Sweet Potatoes

Red Pumpkin

Soy milk(unsweetened)

Tofu

Dried dates, prunes and apricots

Nuts and seeds

Avocados,

Herbal teas (not green tea)





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Motherhood is a beautiful journey to embark on. It's made even more beautiful when you give it the gift of nutrition. So, Eat Rrite, Stay Fit and Join me in the following book for care on Gestational Diabetes.

Schedule a consultation with us

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