



Nutrition during and post pregnancy

Parenting Awareness for Young people

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OPEN EUROPE

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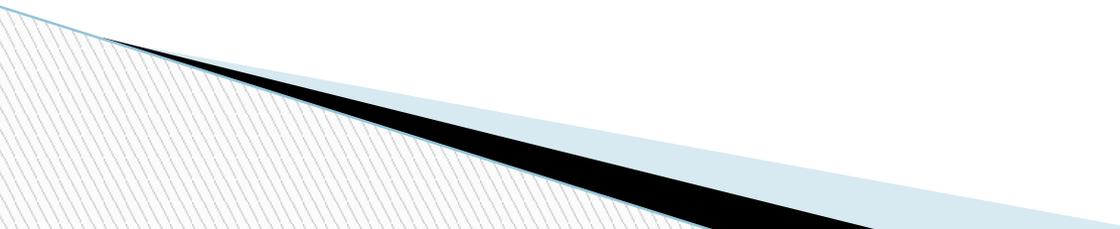


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OBJECTIVES

- Improve maternal and fetal health, in addition to covering nutritional needs.
 - Decrease the risk of:
 - Birth defects
 - Suboptimal fetal development (e.g. low birth weight)
 - Prevent to develop chronic diseases in the future for the mother and the fetus
- 



Promote good health



- Optimize nutrition and lifestyle
- Stop smoking and alcohol consumption
- Increase physical activity



Normal body weight

BMI < 25 KG/m²



Risk of unhealthy pregnancy
outcomes for both

**Excessive gestational weight
gain**

WHY BMI < 25KG/M2 ?

- IMC : <25 Kg/m² x < 30 kg/m² □ overweight

WHY BMI < 25KG/M2 ?

□ IMC : ~~<25 Kg/m² x~~ >30 kg/m² □ overweight

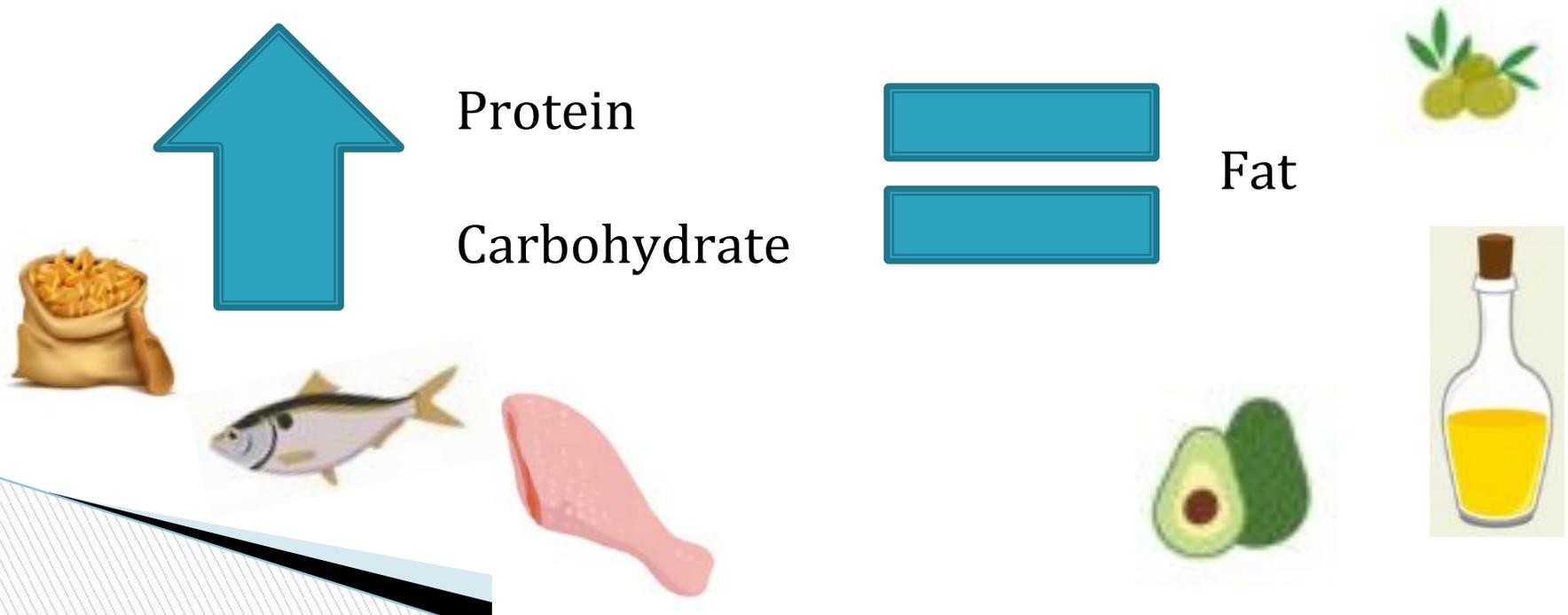
clinically obese



- Gestational diabetes
- Develop preeclampsia
- Caesarean section
- Postpartum haemorrhage
- Still-born
- Might be too big (macrosomia)
- Hypoglycemia

NORMAL WEIGHT GAIN

- Between 10 and 16 kilograms over the whole pregnancy



NORMAL WEIGHT GAIN

- Between 10 and 16 kilograms over the whole pregnancy



Protein

Carbohydrate



linoleic and alpha linoleic acid !
(2 portions fish/week or oily fish)

KEY MICRO NUTRIENTS

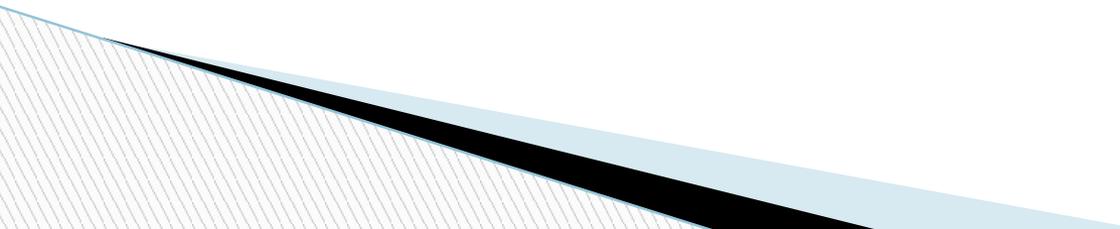
- ▣ **Folate**
- ▣ **Calcium**
- ▣ **Iodine**
- ▣ **Vitamin D**
- ▣ **Vitamin B12**
- ▣ **Iron**



FOLIC ACID (VITAMIN B9)

- Essential to healthy fetal development
- Needs folate to :
 - Synthesize and repair DNA
 - Cell division and growth
 - Produce healthy red blood cells □ prevent anemia

Folates are essential nutrients



FOLIC ACID (VITAMIN B9)

18-26 days after conception the neural tube is closed.



Very difficult to arrive with only
dietary intake



Supplement

(400 μg per day) before and
during the first 12 weeks

CALCIUM

- The same for the general population

1000-1300 mg/day

Maternal
skeleton

CALCIUM

Fetal bone
development and
growth



- Dairy products
- Green leafy vegetables
- Fortified soy products or cereals
- Sardines and anchovies (ate with thorns)



VITAMIN D

- Development of bone mass and bone health.
- The fetus is totally dependent on the maternal pool of vitamin D.



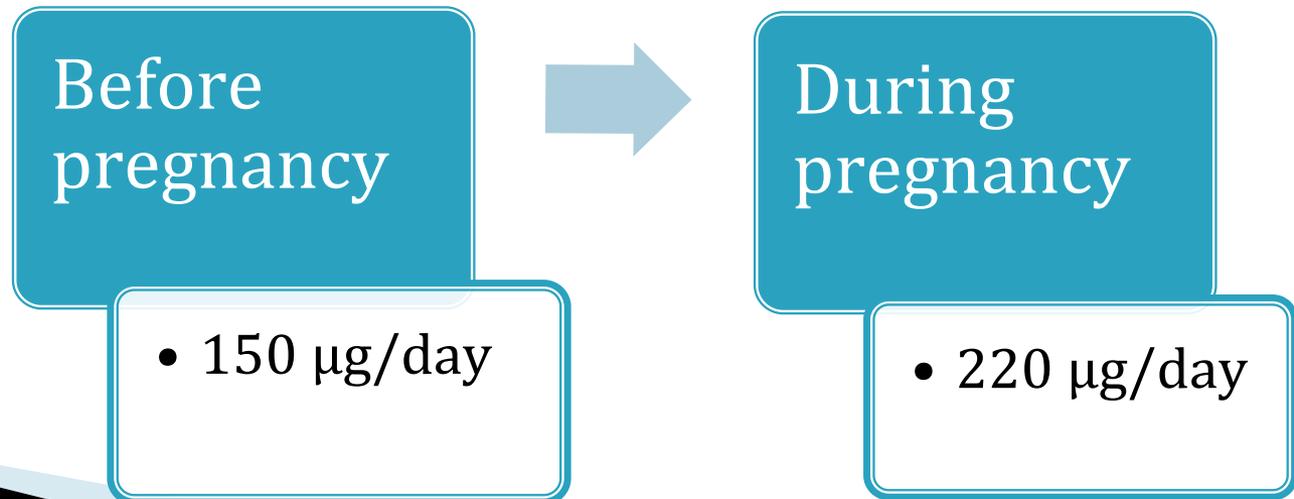
- Oily fish
- Eggs
- Fortification foods (e.g some breakfast cereals)



10 μg vitamin D supplement throughout pregnancy.

IODINE

- Important role in fertilization and mental development, placental growth and increasing blood volume of the mother .
- Increased demand of thyroid hormones during pregnancy.



IODINE



iodized salt



Seafood naturally rich in iodine



Fortified food products

VITAMIN B12

- Essential for the formation of red blood cells.
- Normal neurological function.
- ONLY in animal products:
 - Fish
 - Meat
 - Eggs
 - Dairy products
 - + fortification food



Vegan and vegetarian diet

Supplementation

IRON



- Needed to:
 - Fetal growth and development
 - Growth of the placenta
 - Increase of maternal red blood cells

- **NOT** recommended **supplementation** for all pregnant women!

Individually

- Iron deficiency □ increased the risk for low birth weight

RDA PRECONCEPTION

150 µg

RDA PREGNANCY

220 µg

RDA PRECONCEPTION

15-18 mg

RDA PREGNANCY

27 mg

RDA PRECONCEPTION

≥ 400 IU

RDA PREGNANCY

≥ 600 IU

IODINE

FOLATE

IRON

**VITAMIN
B12**

**VITAMIN
D**

CALCIUM

RDA PRECONCEPTION

≥ 400 µg

RDA PREGNANCY

400-600 µg

RDA PRECONCEPTION

2.4 µg

RDA PREGNANCY

2.6 µg

RDA PRECONCEPTION

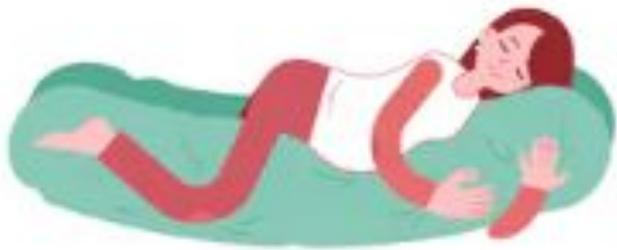
1000-1300 mg

RDA PREGNANCY

1000-1300 mg

POSTPARTUM

- ❑ Not do weight loss diets.
 - ❑ Diet as varied as possible
 - ❑ Consumption of liquid (more if you are breastfeeding)
 - ❑ Eat foods rich in fiber, such as vegetables, fruits, whole wheat bread, in order to avoid the constipation.
 - ❑ Reduce sugars
 - ❑ Intake of iron-rich foods or a supplement to avoid the possible anemia .
- 



An illustration featuring ten hands clapping in a circular arrangement. Each hand is shown with motion lines radiating from it, indicating the sound of clapping. The hands are attached to various colored sleeves: pink and white striped, teal, purple with black polka dots, light blue, yellow and white striped, and purple. The central text 'THANK YOU!' is written in a bold, black, sans-serif font, positioned over the hands.

THANK YOU!