

Nutritious Diet Plan during Pregnancy

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DESCRIPTION

Nutrition and pregnancy is Planning a person's diet before, during, and after becoming pregnant. "At fertilisation, the foetus starts to get nutrients. As a result, nutrition for the mother is essential before pregnancy, as well as during pregnancy and breast-feeding. Numerous studies have shown that a mother's nutrition affects her child's health, including the likelihood that the child would develop diabetes, cardiovascular disease, or cancer. Malnourished mothers run a risk of neurological abnormalities and disabilities, as well as deformities or medical problems in the foetus from insufficient or excessive levels of specific nutrients. An estimated 24% of infants worldwide are born with birth weights that are below optimal due to insufficient nutrition.

Prior to pregnancy, diet like with other diets, there is a possibility of over-supplementing; nonetheless, as general guidance, both governmental and medical recommendations advice women to follow the directions on each vitamin suggested daily dosage Recommended Dietary Allowances (RDA). Iron supplementation daily throughout pregnancy significantly increases birth weight, potentially lowering the risk of low birth weight. Prenatal folic acid supplementation is advised to stop the occurrence of spina bifida and other neural tube abnormalities. In addition to eating foods high in folic acid, such as green leafy vegetables, it should be consumed as at least 0.4 mg/day during the first trimester of pregnancy, 0.6 mg/day throughout the pregnancy, and 0.5 mg/day while nursing. Pregnant women typically have iodine levels that are too low, despite the fact that iodine is essential for appropriate thyroid function, foetal brain development, and even the prevention of cretinism. Expectant mothers should take prenatal supplements that include iodine. The amount of solar exposure affects vitamin D levels. While it was once believed that supplements were only required in high-latitude regions, recent studies of vitamin D levels across the United States and many other nations have revealed that many women have low levels. A growing body of research supports the idea that pregnant women should take 1000 IU of vitamin D daily as a supplement. Vitamin B12 deficiency has been discovered in many pregnant

women, but there is currently no evidence that supplementation improves either the pregnancy's outcome or the baby's health.

Vitamin and mineral guidelines for pregnancy and breastfeeding have been set by the European Union and the United States, respectively. Recommendations for nursing and pregnancy are listed separately in order to Recommended Dietary Allowances (RDA), Population Reference Intakes (PRI) are set higher than what has been proven to be the average requirement. Since there isn't enough data to make recommendations for particular nutrients.

Food safety

In order to lower the danger of exposure to drugs or bacteria that could harm the growing foetus, pregnant women are encouraged to pay attention to the foods they consume during pregnancy. This may contain pathogens that have the potential to be hazardous, including *listeria*, toxoplasmosis, and *salmonella*. Retinol consumption in high doses has been associated with birth defects and abnormalities.

Water: A woman's mass increases by roughly 12 kg while she is pregnant (26 lb). The European Food Safety Authority advises non-pregnant women to increase their daily water intake by 300 mL, bringing their total recommended water intake from food and fluids to 2,300 mL, or roughly 1,850 mL/day from fluids alone.

Caffeine: Consuming caffeine while pregnant increases the risk of miscarriage and low birth weight, which is defined as weighing less than 2500 grammes (5.5 pounds). The American Congress of Obstetricians and Gynecologists and the European Food Safety Authority both agree that daily caffeine intake of up to 200 mg by pregnant women poses no safety risks to the foetus.

After giving birth, proper nutrition is crucial to the mother's recovery to feed the new born baby Iron supplements may be necessary for women with serum ferritin levels below 70 g/L to avoid iron deficiency anaemia during pregnancy and postpartum.

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Water consumption may need to be increased during lactation. Since water makes up 88% of human milk, the IOM advises breastfeeding mothers to increase their daily water consumption by around 300 mL to a total of 3000 mL (from food and drink), with about 2,400 mL/day coming from fluids.

CONCLUSION

Before conception, during pregnancy, and after delivery, the woman needs proper nutrition. Spina bifida and other

abnormalities of the neural tube should be avoided by taking folic acid supplements throughout pregnancy. Daily iron supplementation throughout pregnancy significantly increases birth weight, potentially reducing the risk of low birth weight. The European Union and the United States have established vitamin and mineral recommendations for pregnancies and nursing mothers. The sources individually cover breastfeeding and pregnancy instructions.