

# Pregnancy Diet Plan

*Have a Fit & Healthy Pregnancy*

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## First Trimester: A Diet to Get You Started



The first trimester is very important for the mother and the baby. For most women it is common to find out about their pregnancy after they have missed their menstrual cycle. Since, not all women note their menstrual cycle and dates of intercourse, it may cause slight confusion about the exact date of conception. That is why most women find out that they are pregnant only after one month of pregnancy.

It is generally good practice to note the dates that you have had unprotected sexual intercourse on. This will greatly help the doctor in calculating the date of conception and the date of delivery. Plus, it will help you create a healthy diet plan for yourself and the baby.

As mentioned earlier the first trimester is the most important and critical one in every pregnancy. A baby develops its vital organs like lungs, brain and heart, in this trimester. Care taken in this trimester really pays off during the whole pregnancy and even after delivery.

You are able to have a healthy baby and keep your body healthy during the whole pregnancy and post-pregnancy period.



## List of Foods

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During the first trimester you will gain some weight, but you don't really need a lot of extra calories. Just increase the daily intake by 200-300 calories. You should be

eating foods that are rich in folates. Folate-rich foods contain folic acid, which assists in the baby's growth.

Aside, from eating folate-rich foods, you should also take a daily supplement of folic acid of 400 mcg. Folic acid helps with the baby's physical development. Examples of folate-rich foods are broccoli, asparagus, oranges, eggs, bran flakes, etc.



Another nutrient that is important during the first trimester is Vitamin A. It helps with the development of the baby's organs and respiratory, nervous and circulatory systems. This nutrient should be taken throughout the pregnancy.



Though, the first trimester is crucial for the baby's growth, the mother is usually feeling too nauseous to eat anything. Therefore, snacking may be a good idea. Vitamin B6 may be helpful in this case to ease the queasiness of morning sickness. Examples of Vitamin B6-rich foods are bananas, black eyed beans, wholegrain toast, salmon, etc.

## Meal Plans

Making a meal plan helps you stay on the right track. Here are three meal plans, perfect for each month of the first trimester:

### First Month

Meals Days	Breakfast	Lunch	Dinner
Monday	1 glass of orange juice. A bowl of Porridge made with milk. Flavored with 1 tbsp apple puree and pinch of cinnamon.	1 Banana. Smoked Chicken with some Avocado Salad on the side.	Chicken cacciatore with brown rice.
Tuesday	1 glass fruit smoothie. Scotch Pancakes topped with Greek yogurt, ginger and chopped fresh fruit.	A bunch of grapes. Baked potato with cottage cheese.	Beef and black eye bean casserole.
Wednesday	1 glass of Cranberry Juice. A bowl of bran flakes with semi-skimmed milk and a sliced banana.	1 apple. Broccoli and pea soup with a crusty whole-wheat roll.	Sausage and apple casserole
Thursday	1 cup of green tea. A bowl of Porridge made with milk. Flavored it with 1 tbsp of tinned berries.	A bowl of papaya. Feta salad couscous.	Creamy fish pie salmon and haddock with Asparagus.
Friday	Wholegrain toastspread with peanutbutter	A slice of melon. Soft cheese and Cranberry wrap with watercress.	Lamb chops with potatoes, peas and broccoli.
Saturday	A bowl of Greek yoghurt mixed with 1 tbsp chopped dried fruit and muesli.	1 kiwi. Watercress and Salmon salad.	Pasta with low-fat garlic bread.
Sunday	Scrambled eggs on toasted bagel.	Roast chicken with potatoes, carrots and broccoli. Apple and pear crumble.	Tofu and butternut squash flan.







## Second Month

Meals Days	Breakfast	Lunch	Dinner
Monday	1 glass of orange juice. A Bowl of muesli with plain yoghurt and chopped apple.	1 Banana. Smoked Chicken with some Avocado Salad on the side.	Spanish chicken with couscous.
Tuesday	A yoghurt drink. A bowl of bran flakes with semi-skimmed milk and a sliced banana.	1 orange. Broccoli and pea soup.	Grilled pork chop with sweet potato mash, asparagus and green beans.
Wednesday	A fruit smoothie. 2 slices of wholegrain toast with low-fat soft cheese.	A bunch of grapes. Soft cheese and Cranberry wrap with watercress.	Brown rice chicken and mushroom risotto.
Thursday	A cup of green tea. A bowl of Greek yoghurt mixed with ginger, chopped mango and 1 tbsp granola.	1 Apple. Minestrone with a crusty wholegrain roll.	Baked salmon with potatoes, sweet corn and broccoli.
Friday	A fruit smoothie. 2 toasted crumpets with peanut butter.	A slice of melon. Baked potato with cherry tomatoes and cottage cheese, chopped cucumber and spring onions.	Beef and black bean casserole.
Saturday	1 glass of apple juice. 2 rashers of grilled bacon and tomatoes on a slice of wholegrain toast.	Chopped mango and pineapple. Sardine mince on wholegrain toast with sliced tomatoes.	Macaroni and cheese with spinach and cherry tomatoes.
Sunday	1 glass of orange juice. A bowl of porridge with 1 tsp of honey and 1 tbsp of sultanas.	Roast beef with roasted parsnips and carrots, with a peas and onion gravy. Apple and raspberry fool.	A Welsh rarebit.







### Third Month

Meals Days	Breakfast	Lunch	Dinner
Monday	1 glass of cranberry juice. Toasted wholegrain bagel with low-fat soft cheese and sliced tomato.	1 Orange. Edam and pickle wholegrain sandwich.	Griddled chicken breast with mango salsa, new potatoes and peas
Tuesday	A fruit smoothie. A bowl of wholegrain cereal with semi-skimmed milk and 1 tbsp of chopped dried fruits.	1 Apple. Baked potato with spring onions and cottage cheese.	Creamy fish pie of haddock and salmon with peas.
Wednesday	1 glass of Apple juice Greek yoghurt with ginger, with dried fruit and nuts and 1 tbsp of muesli.	1 Pear. Smoked chicken and avocado salad with rye crackers.	Pork with a baked potato and mushroom, low-fat crème fraiche sauce.
Thursday	A fruit smoothie. 2 slices of wholegrain toast with 1 boiled egg	A slice of melon. Pumpkin soup and a crusty roll.	Baked salmon with sweet potato wedges and corn on the cob.
Friday	A yoghurt drink. Bran flakes with semi-skimmed milk and sliced banana.	1 kiwi. Egg, watercress and tomato baguette.	Moussaka.
Saturday	Fruit smoothie and a low-fat berry muffin	1 banana. Soft cheese and Cranberry wrap with watercress.	Penne with turkey strips, green beans and peas.
Sunday	1 glass of orange juice. Toasted bagel with peanut butter.	Roasted pork with green beans. Apple and pear Crumble.	Tofu and butternut squash flan.



## Second Trimester: A Diet for Those Cravings

The second trimester of pregnancy is known as the most enjoyable and relaxed period. It is often called pregnancy's 'honeymoon phase'! The worst is over, there is no more nausea and you are starting to get used to being pregnant.

This trimester is full of physical changes for your entire body. You will notice your breasts getting larger and your belly growing as the baby makes room in your uterus. You will notice stretch marks around your breasts and belly. It is common to have occasional leg cramps and dizziness. This is just your body adjusting to the pregnancy.



Along, with these body changes the craving for food also grows. This is because the baby is growing inside of you and needs nutrition. During this trimester you should normally gain 3 to 4 pounds every month. Gaining weight is sign of a normal pregnancy, so don't be afraid of it.

During the last month of this trimester, you will even start to feel your baby move. You may even experience an occasional kick or jab. Fetal movements are sign of a healthy baby and are necessary for the baby's growth at this stage.

## List of Foods

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The second trimester is the easiest for the mother. Nausea and morning sickness have passed and you will feel a lot more relaxed and energized. Gaining weight is an important part of this trimester.

During this trimester Calcium and Vitamin D are very important for the mother's body. These will help your baby to grow strong bones. Examples of Calcium rich foods are milk, almonds, yoghurt, rice and cheese.



Examples of Vitamin D rich foods are fish, egg yolk, soy and orange juice.



Omega 3 fatty acids also need to be an important part of your diet. They help in the development of the baby's brain. Fishes like salmon and mackerel are an excellent source of Omega 3 fatty acids.

Iron-rich foods are important throughout the entire pregnancy. Iron will help your body produce red blood cells which are important for the growing baby. Dried fruits, porridge, chicken, lamb, spinach and green vegetables are a good source of iron.



To avoid gaining more weight than is required, you should follow a good diet plan. This will help you gain the right amount of weight required for the growth of the baby. Gaining too much weight is not a healthy sign either.

## Meal Plans

A meal plan is the best way to keep your pregnancy diet right on track and receive all the nutrition required for the baby in this trimester. Here are three meal plans, perfect for each month of the second trimester:

### Fourth Month

Meals Days	Breakfast	Lunch	Dinner
Monday	1 glass of Apple juice. Porridge made in milk with 1 tbsp of sultanas and almonds.	1 Orange. Ciabatta bread with halloumi, sundried tomatoes and basil.	Chicken stir fry with noodles.
Tuesday	1 glass of Papaya smoothie. Wholegrain toast with sliced banana and peanut butter.	1 Pear. Broccoli and pea soup crusty wholegrain roll.	Creamy fish pie of haddock and salmon with Broccoli.
Wednesday	1 glass of Orange juice. Greek yoghurt with Wheat cereal and mixed berries.	A bowl of Chopped papaya. 1 Baked potato with coleslaw and tuna.	Mushroom and celery baked pasta.
Thursday	A cup of Herbal tea. Fromage fraise (white cheese) mixed with 1 tbsp berry compote. Toasted bagel with peanut butter	1 Kiwi. Smoked chicken and avocado salad.	Pan-fried tuna steak. Sweet potato wedges and snap peas on the side.
Friday	1 glass of Yoghurt drink. Porridge made in milk with sliced bananas.	1 Apple. Ham and cheese wholegrain sandwich.	Sweet apple lamb with couscous and spinach.
Saturday	Scrambled eggs with toast and spread Orange juice	Toasted bagel with smooth peanut butter and mashed banana	Vegetable curry with mushroom rice.
Sunday	1 glass of Yoghurt drink. Scotch pancakes with blueberries.	Roast pork with roast parsnips, spring greens and potatoes. Rhubarb crumble and custard.	Watercress and celery soup with 1 wholegrain roll.



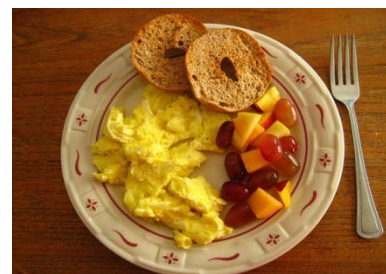




## Fifth Month

Meals Days	Breakfast	Lunch	Dinner
Monday	1 glass of Apple juice. Porridge made in milk with 1 tbsp of apple puree and a pinch of cinnamon.	1 Apple. Pizza muffins.	Chicken cassoulet with spinach.
Tuesday	1 Papaya smoothie A large bowl of fromage frais mixed with your choice of fresh fruits chopped and 1 tbsp of almonds. Served with scotch pancakes.	A few tinned peaches in juice. Baked potato with pineapple and cottage cheese.	Salmon with sweet potato wedges, sweetcorn and pine nuts.
Wednesday	1 glass of Apple juice. Wheat cereal with milk and sliced bananas.	1 Orange. Salad of grapefruit, avocado, pomegranate, salad leaves, walnuts and feta cheese.	Pork and apple meatballs served with mashed potatoes and mange touts.
Thursday	1 cup of Herbal tea. Porridge made in milk with 1 tbsp of berry compote.	1 Kiwi. Baked potato and beans.	Grilled plaice fish with watercress and low-fat oven chips.
Friday	1 glass of Orange juice. Wholegrain toast with smooth peanut butter.	1 Pear. Smoked chicken and avocado salad.	Beef and black bean casserole.
Saturday	1 cup of Herbal tea. A large bowl of Greek yoghurt with chopped dried fruits of your choice, almonds and 1 tbsp muesli.	Healthy BLT with grilled lean bacon, lettuce, thick slices of beef and tomato on granary bread.	Spaghetti with sardines, topped with oranges.
Sunday	1 Yoghurt drink. Scrambled eggs served on toasted bagel.	Roast chicken with Broccoli, potatoes and carrots. Baked apple with custard.	Tortilla with spicy tomato sauce, ham, spring onions and cheese.





## Sixth Month

Meals Days	Breakfast	Lunch	Dinner
Monday	1 glass of Apple juice. Porridge made in milk with 1 tbsp of sultanas and almonds.	1 Pear. Baked potato with cheesy baked beans Pear	Chicken korma (spicy Indian chicken curry) with steamed rice.
Tuesday	1 Papaya smoothie Wholegrain toast with sliced bananas.	1 Orange. Cheddar cheese and tomato in a wholegrain roll	Pan-Fried salmon with pine nuts, potatoes and watercress.
Wednesday	1 glass of Orange juice. Wheat cereal with mixed berry compote and Greek yoghurt.	Asmall bunch of grapes Ciabatta bread with halloumi cheese, basil and sundried tomatoes.	Sweet apple lambwith mashed potatoes and broccoli.
Thursday	1 cup of Herbal tea. Fromage frais with 1 tbsp of berry compote. Toasted bagel with peanut butter.	1 Apple. A bowl of chopped papaya. Salad of grapefruit, avocado, pomegranate, salad leaves, walnuts and feta cheese.	Smoked mackerel and mushroom fishcakes, served with spinach and cherry tomato salad.
Friday	1 Yoghurt drink. Porridge made in milk with sliced banana.	1 Kiwi. Smoked salmon, soft cheese on bagel.	Chilli con carne served with rice.
Saturday	1 glass of Orange juice. Scrambled eggs served ontoasted bagel	1 bowl of chopped papaya. Mushroom and celery baked pasta.	Homemade burgers with salad and fruity coleslaw.
Sunday	1 Yoghurt drink. Scotch pancakes with blueberries.	Fruit salad. Roast beef, potatoes, cauliflower and carrots with Cheese.	Watercress and celery soup with wholegrain roll.





## Third Trimester: A Diet to Keep Your Energy High

The third trimester is the most emotionally and physically challenging part of a pregnancy. The position and size of your baby may make it difficult for you to feel comfortable in any position. To top that, there is the anxiety of the approaching delivery date.

During this trimester you will experience continued growth of your breast, backaches, swelling of your feet and legs, and heartburn. As the delivery comes close you will also experience Braxton Hicks contractions. These are not real contractions, but rather a warm-up for the real thing.



Through all of this, your emotions will most likely be high as the anticipation and fear of childbirth grows inside of you. You may want to start spending time talking to your baby and plan ahead for the due date. Divert your thoughts into the planning process of choosing a healthcare provider for your baby and a hospital for your child's birth. Staying calm is important. You may find it helpful to take childbirth classes.

## List of Foods

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The third trimester is once again a little tough for the expecting mother. This is the final stretch and soon you will be able to hold the baby in your hands. Most important throughout the pregnancy period is to maintain a healthy diet. It benefits you and the growth of your baby.

In this trimester you can expect to gain at least a pound every week. The baby will show some drastic growth in weight and size in this trimester. Near the end of the third trimester you can expect to weight 25 – 35 pounds more than you had before you were pregnant. Most of this weight is accounted for the baby, but other reasons are enlarged breasts, amniotic fluids and extra fat.



You may not be able to eat a full meal at a time because your stomach is being pressed by the enlarged uterus, so you can divide it into smaller meals. You need to eat food that will

boost your energy and provide at least 1,000 mg of Calcium every day. Energy boosting food can be fruits, cheese, baked beans, peanut butter, etc.

Vitamin K is important for the birthing of your child and breastfeeding. It helps the blood to clot. Examples of Vitamin K rich foods are watercress, melon, wholemeal bread, green beans, wholegrain and broccoli.



Since, you will be able to move around less, you will be more prone to indigestion. Therefore, cut back on coffee and spicy food. Snacking can help as you will need an extra 200 calories every day during this trimester.

## Meal Plans

You need more energy in the third trimester to keep up with your body. The baby growing inside of you needs plenty of nutrition as well. It may become difficult to digest three whole meals in a day, which is why healthy snacking in between meals is recommended. Here are meal plans to get you through the last trimester of your pregnancy:

### Seventh Month

Meals Days	Breakfast	Morning Snack	Lunch	Evening Snack	Dinner
Monday	1 glass Apple juice Porridge made in milk with 1 tbsp apple puree and a pinch of cinnamon.	1 small roll with peanut butter.	1 Satsuma Couscous and egg salad with currants and pine nuts.	Hummus with carrot sticks.	Smoked mackerel pasta with baby spinach.
Tuesday	A papaya smoothie Fromage frais mixed with fresh fruits and 1 tbsp flaked almonds. Serve it on scotch pancakes.	1 Muffin with 1 slice of edam cheese.	A Small bunch of grapes Roast beef in a baguette with rocket.	1 thick slice of banana bread.	Creamy curry of chickpeas.
Wednesday	1 glass Apple juice Wheat cereal, skimmed milk and sliced bananas.	Yoghurt with blueberries and melon.	A Bowl of melon. Beetroot soup.	Rye crackers with sardine paste.	Chicken risotto.
Thursday	1 cup of herbal tea Porridge made in milk with 1 tbsp of tinned berries.	1 thick slice of a fruited malt loaf.	1 Sliced mango Pita with lamb's lettuce, gruyere and grapes.	2 or 3 mini falafels.	Creamy fish pie of haddock and salmon with green beans.
Friday	A yoghurt drink Wholegrain toast with smooth peanut butter.	2 handfuls of dried fruits, including walnuts.	1 Apple Salad of watercress and salmon.	Fruity flapjacks.	Lamb chops with mange tout and sweet potato wedges.
Saturday	1 glass Orange juice. Greek yoghurt with a tbsp of dried fruits and muesli.	A rice pot.	1 Pear Toasted ham and cheese sandwich.	Wholemeal toast topped with baked beans.	Beef lasagna made with sauce from Ragu and salad on the side.
Sunday	A yoghurt drink Scrambled eggs on a toasted bagel.	1 glass of strawberry milkshake.	Roasted lamb, green beans	Cheese on wholegrain toast.	A quiche of cheese and spinach.



## Eighth Month

Meals Days	Breakfast	Morning Snack	Lunch	Evening Snack	Dinner
Monday	Apple juice. Porridge made in milk with 1 tbsp of sultanas. 1 wholemeal toast with peanut butter.	Melon and blueberries with yoghurt.	1 Kiwi. Beetroot soup, a crusty wholegrain roll on the side.	1 Cheese scone.	Creamy curry of chickpeas with rice.
Tuesday	1 Strawberry milkshake. Wholemeal toast with peanut butter and sliced bananas.	Hummus with pita bread.	1 Orange. Couscous and egg salad, with currants and pine nuts.	Rye crackers spread with low fat cheese.	Creamy fish pie of salmon, haddock, sweetcorn and peas.
Wednesday	Orange juice Wheat cereal, mixed berry compote and Greek yoghurt with 2 scotch pancakes.	Oat, orange and cranberry cookie.	1 bowl of chopped Melon. Tuna salad wrap.	Fruity flapjacks.	Pasta tubes with spinach, ricotta and Ragu sauce.
Thursday	1 cup Herbal tea. Fromage frais, 1 tbsp of tinned Berries. Toasted teacake.	Wholemeal bread with peanut butter.	1 Apple. Soft cheese and smoked salmon bagel.	Hummus with pita bread.	Chicken stir fry noodles.
Friday	1 Yoghurt drink. Porridge in milk with sliced bananas.	Rice pot	1 Pear. Baked potatoes with chili.	1 slice of gingerbread.	Sweet apple lamb, mashed potatoes, carrots and green beans.
Saturday	Orange juice. Scrambled eggs and a wholemeal toast.	Fruity flapjacks.	Cheese and cauliflower pasta with fruit salad.	2 Wholemeal toasts with baked beans.	Grilled beef steak and broccoli with butternut squash and sweet potato mash.
Sunday	1 Yoghurt drink. Scotch pancakes with blueberries.	1 Papaya smoothie with an apple and bran muffin.	Roasted gammon, potatoes, mange tout and baby sweetcorn. Poached pear.	Cheese on wholegrain toast.	A quiche of cheese and spinach with salad.









## Ninth Month

Meals Days	Breakfast	Morning Snack	Lunch	Evening Snack	Dinner
Monday	Apple juice. Porridge made in milk with 1 tbsp of sultanas. 1 wholemeal toast with peanut butter.	Melon and blueberries with yoghurt.	Beetroot soup with a crusty wholegrain roll with spread Kiwi fruit	1 Fruit scone.	Creamy curry of chickpeas with rice.
Tuesday	1 Strawberry milkshake. Wholemeal toast with peanut butter and sliced bananas.	Hummus with pita bread.	1 Orange. Couscous and egg salad, with currants and pine nuts.	Rye crackers spread with low fat cheese.	Creamy fish pie of salmon, haddock, sweetcorn and peas.
Wednesday	Orange juice. Wheat cereal, mixed berry compote and Greek yoghurt with 2 scotch pancakes.	Oat, orange and cranberry cookie.	1 bowl of chopped Melon. Tuna salad wrap.	Fruity flapjacks.	Pasta tubes with spinach, ricotta and Ragu sauce.
Thursday	1 cup Herbal tea. Fromage frais, 1 tbsp of tinned Berries. Toasted teacake.	Wholemeal bread with peanut butter and a rice pot.	1 Apple. Sardines on toast.	Hummus with pita bread.	Lamb and mushroom casserole.
Friday	1 Yoghurt drink. Porridge in milk with sliced bananas.	Fruity flapjacks	1 Pear. Baked potatoes with chili.	1 slice of gingerbread.	Grilled pork chops with mashed potatoes, carrots and green beans.
Saturday	Orange juice. Scrambled eggs and a wholemeal toast.	1 Papaya smoothie. Apple and bran muffin.	Cheese and cauliflower pasta with fruit salad.	Wholemeal toast with baked beans.	Grilled beef steak and broccoli with butternut squash and sweet potato mash.
Sunday	1 Yoghurt drink. Scotch pancakes with blueberries.	2 handfuls of dried fruits.	Roasted chicken, potatoes, mange tout and baby sweetcorn. Poached pear crunch.	Cheese on wholegrain toast.	A quiche of cheese and spinach with salad.





## Exercising While Pregnant

No diet plan can work without the appropriate exercise. The same is true for a pregnancy diet plan. Contrary to popular belief, exercising during pregnancy can also help you cope better with the physical and mental changes you are experiencing.



Exercise is essential for a healthy pregnancy. During pregnancy most women commonly suffer from fatigue, backache and constipation. An effective exercise routine can help you keep these niggles at bay. Your back is strengthened and there are less backaches. It can also help you avoid developing problems like gestational diabetes or pre-eclampsia.

The most obvious benefit of exercising during pregnancy is that it will help you keep a firm hand on the weight gain. You won't gain excessive weight and your baby will receive maximum nutrients.

Also, physical exercise releases endorphins in your body that generally lift your mood. You will have less mood swings and your partner will be more than happy about it.

Many women find it hard to sleep at night during pregnancy, which results in even more fatigue. After a workout in the day, you will be so exhausted at night that you



will easily fall asleep.

Exercise makes the body stronger. This will also help your body prepare for the time of child birth.

## Some Precautions

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The best form of exercise during pregnancy is one that fulfills these conditions:



Keeps you fit.



Helps you manage weight.



Gets your heart pumping.



Prepares your body's muscles to bear labor and child birth.



Does not cause any sort of stress on you or your baby.

Avoid forms of exercise in which you may be at the risk of falling down hard or losing balance. Examples of these types of exercises are skiing, football, tennis, gymnastics and horse-riding.



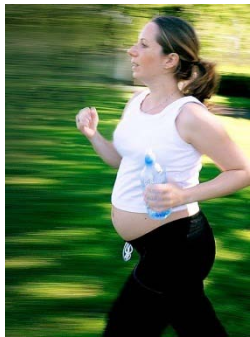
Before undertaking any type of exercise during pregnancy, make sure that you consult your obstetrician/gynecologist and only do the type of exercise that is suitable for your condition.

## Best Forms of Exercise in Pregnancy

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All exercise routines need to be altered as your pregnancy progresses. Stressful exercise is not prescribed in the beginning of the pregnancy because your body is still adapting to change and you need more rest. Here are some of the best forms of exercise for pregnant women:

### Walking, Jogging or Running



Walking provides you an excellent cardio workout without putting you at any kind of risk. It is also completely safe through your entire pregnancy. You can incorporate it into your daily routine. Even if you are unable to get any other form of exercise, you can always go for a walk.

Jogging and running are the most efficient ways to get a good workout to get your heart pumping. However, if you were not a jogger or runner before you got pregnant, it is not the right time to start it now. Go for a walk instead.

### Swimming

Swimming and walking are the safest forms of exercise during pregnancy. Swimming lets you exercise your muscles and gets your heart pumping. It is safe to carry out swimming throughout your pregnancy.



Aquanatal classes have also become very popular lately. You may want to consider joining one of those if you don't like to swim alone. Exercise routines in aquanatal classes are good for the joints and can also help ease the swelling from your feet and legs.

## Pilates

This form of exercise helps you strengthen your pelvic floor muscles and tummy. Pilates classes for pregnant women include exercise routines that are safe for your condition.

Your instructor will guide you through a series of physical and breathing exercises that will help you relax your mind and body. This will help you with breathing in labor at the time of child birth. It is safe to carry out as long as you can in your pregnancy.



## Yoga



Women endure a lot of physical and emotional stress during pregnancy. Without attaining relief, your body may not be able to handle pregnancy, physically and especially emotionally.

Yoga is incredibly beneficial for pregnant women. As you know, you need to relax your body, calm your mind and breathe deeply during yoga poses. This can help reduce the physical strain on the body and can help significantly during labor.

If you take yoga classes on a regular basis, just remember to let your instructor know that you are pregnant. Also, ensure that they know which trimester you are in. That will give them an idea of what exercises are good for you.

If you are doing yoga for the first time, it is a good idea to join prenatal yoga classes. Additionally, contact your doctor and make sure yoga is safe for you.

## Weight Training



If you are an active woman, you probably perform weight-training exercises at least 3-4 times a week. It helps improve your muscles and improves blood circulation. It also keeps the body toned.

Unfortunately, as a pregnant woman, there will be a few restrictions placed on your weight-training exercises. There will be cases where you cannot perform certain exercises.

There will also be times when you cannot lift the same weights you used to. For one, you cannot lift heavy weights as this could cause your child harm. Instead, try using half the weights you used to lift and increase the repetitions.

You cannot lie down and do bench presses anymore as it reduces the amount of blood going to your child; it is detrimental if done too often or for too long. If you still need to do your chest exercises, do them on an inclined bench. This significantly reduces the risk to you and your child.

One of the worst things you can do is bring your dumbbells close to your abdomen. Many exercises require that you bring the dumbbells close to your abdomen. In fact, there are many exercises in which that happens naturally. You need to avoid these exercises as they can harm your child.

Although walking lunges are great for your legs and pelvic muscles, it is dangerous during pregnancy. The last thing you want is damaged pelvic muscles during labor.

Before performing any weight training exercise, make sure you consult with your doctor first. They will be able to tell you what is right for you and what isn't.

## Cycling



At first, you may think that cycling is the last thing you would want to do when you are pregnant. The seat will feel uncomfortable, the bumps can hurt you and your child and then there is the danger of falling.

However, most of these dangers exist when you are driving a car as well.

If you are a frequent bike rider, there is absolutely no problem if you ride your bike every now and again. Just make sure that your seat is well padded and properly angled. Furthermore, ensure that you do not ride uphill, in groups or on the main road as this can increase the chances that you fall off your bike.

When pregnant, riding your bike can be one of the most relaxing things you can do. It helps strengthen your muscles, improves your breathing and helps relax the body. You also get a chance to enjoy the outdoors. The combined effects help to alleviate emotional stress.



## List of Healthy & Unhealthy Foods

### A Quick Introduction

Just because you are pregnant does not mean you get to eat anything, at any time you want. As a pregnant woman, there are a few restrictions in place to help keep you and your baby safe and healthy. There will be times when you will crave for certain food and you will have to show a lot of willpower.

There will also be many different types of food that you should eat but will not want to do so because they taste bland. We will show you how to manage such food and make them tastegreat.

In fact, the information in this chapter also will help you make a shopping list that will make it almost impossible for you to eat the wrong types of food. During pregnancy, the key to a healthy body and a healthy child is eating simple and eating right.

You need a lot of nutrition during pregnancy because a lot of the nutrition you absorb goes to your child. However, that does not mean you eat everything in sight. Although you should eat more, rules of moderation and variety still apply.

### Foods to Have

Nutrition already holds a lot of value to women. This fact is amplified during pregnancy. When you are pregnant, you not only need to fulfill the nutritional requirements of your own body, you need to provide nutrition to your child as well.

## Omega-3 Rich Fish

Eating fish rich in omega-3 fatty acids, especially DHA, is a great way to improve the development of your baby's brain. Salmon and lake trout are just two examples



of fish rich in omega-3.

Furthermore, with the right amount of omega-3, not only will your child sleep better, you will experience less, if any, postpartum depression.

## Meat

Meat is very important for pregnant moms, especially lean meat as it contains a low amount of fat and a high amount of protein. This essential nutrient is required to help your baby's body grow. A protein deficiency could result in birth defects.

However, you must remember to eat lean meat and stay away from any meat that has a high amount of fat in it. If you are a bacon lover, say goodbye to it.



Meat is also high in iron; an essential component of blood. Without an adequate blood supply, your child will not get enough oxygen. The development of your child's teeth and bones will also be affected.

Meat will also:

- ❖ Keep the placenta healthy.
- ❖ Your baby's hormones in check.
- ❖ Improve the metabolism of the baby.
- ❖ Enhance the formation of breast milk.

## Vegetables

Vegetables are an important part of any pregnant woman's diet because they provide the body with a high amount of carbohydrate. Carbohydrate is the number one nutrient that any pregnant woman requires.

Carbohydrate is the single most important fuel source for the body. Without an ample supply of carbohydrate, your body will tire out faster.

Additionally, your child will not get its required amount of energy; resulting in poor growth. Vegetables also contain calcium, another essential vitamin during pregnancy.

However, moms-to-be need to remember that they require simple, not complex carbohydrates. Simple carbs are broken down much more efficiently by the body and are thus essential to keeping off the excess baby fat.



## Milk

Milk is an exceptionally important component of any pregnancy diet because milk contains a high amount of calcium, essential for proper structural growth. Calcium is essential for your baby's growing heart, muscles, bones and nervous system.



Calcium is not only essential for your baby, it is essential for the pregnant mom too. Sufficient calcium levels reduce blood pressure and back pain, nullify muscle cramps, and even reduce the pain experienced during labor.

This is one of the biggest reasons why moms-to-be are not allowed to skip breakfast. A healthy whole grain cereal with a few fruits, and a glass of freshly squeezed juice, is one of the best breakfast ideas for any pregnant women.

## Foods to Avoid

When you are pregnant, there are many different foods you should avoid. Pregnancy is not a license that allows you to feast on anything you want. Here is a list of foods that you need to avoid at all costs.

## Fast Food

If there is one thing you need to avoid at all costs during pregnancy, it's fast food. Everyone knows fast food is a greasy, fat-filled and cholesterol packing monstrosity.



The last thing any pregnant woman needs is significant weight gain and to bear an obese baby. Remember women, the more fat you eat, the harder the time you will have during labor.

### Ready-to-eat



Anything that is ready to eat is completely off limits to pregnant women. You will be doing nothing but packing on calories; possibly the only thing such food is good for.

Ready-to-eat meals and snacks have very little nutritional content in them and should be avoided. All you will be doing is gaining weight.

Contrary to popular belief, even ready-to-eat salads are out of the question. Many contain a lot of additives. Furthermore, many contain fattening and unhealthy salad dressings. Although tasty, you are better off making your own salad. It does not take long and it is definitely a lot more nutritious.

### Soft Cheese

Soft cheese and pregnancy do not go well together. This is primarily because soft cheese can contain large amounts of saturated fat; a pregnant woman's worst enemy. Although this is not always the case, it is better to be safe than sorry.





## Ice-cream

Even though the picture on the side looks absolutely tempting, this is yet another type of food that you will have to stay away from.



This one is particularly for women who have gestational diabetes. During pregnancy, the last thing you need is sugary ice-cream. All it will do is pack on the extra pounds.

## Making Shopping Lists

When most of us go shopping, we can hardly remember what we need to buy. We end up buying items we don't need because they were on sale. As a pregnant woman, you cannot afford to buy food that you don't need or should avoid.



If you are looking for a way to avoid unhealthy food and feast on healthy food, there is only one thing you can do; make a shopping list. Making a shopping list will ensure that you only buy what you need to buy and are not tempted to buy the big 2 liter soft ice-cream on sale.

To be honest, most of us can hardly remember what food we need to eat and which ones we need to avoid. We end up writing unhealthy food on our shopping list and this can be hazardous, for both you and your baby.

Therefore, if you want to ensure that you never put the wrong kind of food on your shopping list, have a friend (who has undergone pregnancy) check it for you. She will ensure that you have the right items on your list. In case you have put 'extra' items on your list, she will make sure they are off the list.

## Do's & Don'ts for Diabetic Pregnant Women

Being diabetic is not easy when you are pregnant. A pregnancy where the expecting mom is diabetic is termed as a high-risk pregnancy. Fortunately, in no way does this mean that you won't have a healthy baby. It simply means that you need to watch out for more things than regular pregnant women.

Regardless of whether you have been diagnosed with type 1 or type 2 diabetes, it is important that you understand a few do's and don'ts. They will ensure that your pregnancy goes smoothly and that you give birth to a healthy baby.

Being diabetic is not a cause for alarm. You don't need to worry about a million and one things. In fact, the ensuing stress of doing so will prove problematic for both you and your baby.

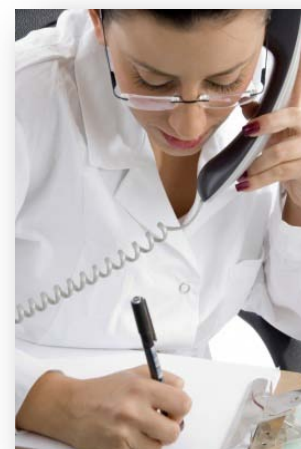
Millions of diabetic women become pregnant and give birth to healthy babies without causing problems for the mom. All you need to do is keep a few things in mind and you will be fine. In other words, simply follow the do's and don'ts outlined below and I promise you will have a happy and healthy pregnancy.

### Do's

#### Talk to a Gynecologist, Obstetrician or Perinatologist

Talking to a gynecologist or an obstetrician is the obvious choice for pregnant women. In fact, it is the smart choice. However, when you have diabetes, it is an even better idea to talk to a perinatologist.

Perinatologists are your normal gynecologists and/or obstetricians who have completed further training,



specializing in high-risk pregnancies. This also includes diabetic pregnancies.

## Eat in Moderation



Although this really does go without saying, as a diabetic, it is even more crucial to eat in moderation. As a diabetic, you need to maintain your blood glucose level all day long. If your blood glucose level drops or increases too much, it could prove harmful for you. However, when you are pregnant, it could harm your baby too.

Your baby's only supply of glucose comes directly from your own supply. If you do not have enough glucose to spare, your baby will not be able to grow properly.

If you have a high blood glucose level, you can experience a varied number of problems. However, your child can experience more, with the biggest problem being obesity. A high blood glucose level increases the risk of bearing an obese child. This can prove highly problematic for many women during labor.

## Exercise



One of the biggest mistakes that most pregnant women make is avoiding exercise. Not only does this lead to a higher postpartum weight, it could also result in an obese baby. During a diabetic pregnancy, not exercising is the worst thing you can do.

The only 2 ways to really keep your blood sugar levels down is by either exercise or insulin. Considering the

many advantages that exercise has, it makes sense to choose it over the injections.

However, make sure you visit your health care provider and get an exercise plan made. The last thing you need to do is exercise too much as this will significantly lower your blood glucose levels.

Don'ts

### Snack on Sweets of any **Kind**

The worst thing you could actually do during your pregnancy is snack on a multitude of sweets. Not only does this raise your blood glucose level, it adds empty calories to your body.



If you have diabetes, you need to pay close attention to the food you eat in terms of the amount of sugar they contain.

### Keep your Carbohydrates Down

During pregnancy, the first thing that most health care providers will recommend is that you keep your strength up by consuming a lot of carbohydrates. Unfortunately, carbohydrate is a molecule that easily turns into glucose. This becomes a diabetic's worst nightmare. To overcome this issue, the easiest thing to do is plan your meals.



The key is to control the amount of carbohydrates that you consume down to a minimum. Though, knowing the amount of carbohydrates you should consume is something that only your doctor can accurately tell you as they know about your condition and medical history.

They will be able to tell you, roughly, how many carbs you should consume every day. They will also let you know of any special diets that you should be on. This information should be taken to a dietician in order to obtain a proper diet plan.

### Skip a Meal

If you are diabetic, and are pregnant, the worst thing you could do for yourself is skip a meal. Breakfast is the most important meal of the day and by skipping it, you lower your blood glucose levels significantly. Not only does this ensure you have no energy for the day, it can be harmful for your baby too.

### Exercise too much

Exercise is a great way to let loose, lose a pound or two and maintain a healthy lifestyle. When you are a pregnant, you should exercise in order to keep your mood elevated and your body and child happy.

However, too much exercise and you risk lowering your blood glucose level too much, causing weakness, mental disturbances, emotional frustration and possibly physical collapse. Therefore, never exercise more than you have to.

# Post Partum

## Breast Feeding

### Introduction



Breastfeeding is the act of a mother giving her child milk directly from her breast. This is also known as lactation.

Babies latch themselves onto the mother's breast, aided by the mother, and suck the breast milk. The truth is that there is no better milk for a child than breast milk.

Breast milk should be given to the baby for at least 6 months. The mother can continue for a year if she desires.

Health organizations, such as the American Academy of Pediatrics (AAP) recommend that mothers continue

supplemental breastfeeding for at least a year after the first 6 months. However, the World Health Organization (WHO) recommends a period of 2 years.

### Changes

During breastfeeding, the breast itself enlarges as it fills with breast milk. In other words, the breasts seem fuller. For first time moms, the nipples may feel a little sore or tender after the first breastfeeding session.

The areola (area around the nipple) will also enlarge. The nipple will also slightly increase in size, allowing the baby to easily latch onto the nipple and suck the breast milk.

## How to Breast Feed your Child

For new moms, it is a good idea to latch the baby in a cradle position. You should bring the baby to your nipple rather than the opposite. It is a good idea to put a pillow under the baby to support his/her weight. Remember that your child can breast feed for anywhere between 5 minutes and an hour.

In many cases, the nipples of new moms will feel a little sore after a breastfeeding session. This is normal. However, if it feels this way after a few sessions, it is highly likely that you are not latching your baby properly. The easiest way around it is to consult your primary health care provider or a lactation specialist.

## Post Partum Depression

Practically every woman will experience post partum depression. Although the reason behind the cause of post partum depression is not well understood, it is thought that a hormonal change brings up the changes. Post partum depression can last up to a year.

The symptoms of post partum depression include:

- ❖ Guilt
- ❖ Sleepy
- ❖ Sadness
- ❖ High irritability
- ❖ Hopelessness
- ❖ Impaired motor functions
- ❖ Fatigue
- ❖ Anxiety
- ❖ Emptiness
- ❖ Panic attacks

❖ Disturbances during sleep

❖ Decreased Libido

❖ Anger

However, not every case of post partum depression is the same. Here are a few factors that affect the intensity and duration of post partum depression.

❖ Guilt over not breastfeeding the child.

❖ A long medical history of clinical depression.

❖ Smoking.

❖ Alcohol.

❖ Low self-esteem.

❖ Low social, financial and emotional support.

❖ Anxiety as a new parent.

❖ Poor marriage.

❖ Stress.

❖ The fact that the child was unplanned.

## Final Words

Pregnancy is an amazing time in any woman's life. It is the time when you give birth to a human child. From the day you find out you are pregnant to the day you hold your child for the first time in your hands, you will enjoy and treasure every moment of your beautiful journey.

There will be times where you will feel like the happiest person in the world, as you should. There will be times where you feel like screaming at everything and everyone around you. Remember, you are never alone.

Aside from all the joy, don't forget that you need to control your diet throughout the pregnancy. Ensure that your diet is full of a variety of fresh and healthy food. I know it will be hard to fight the cravings but you need to stay away from unhealthy, greasy and fat-filled food.

Most importantly, do not forget that daily exercise also incorporates a good pregnancy diet. Whether you go for a brisk walk in the morning or perform yoga throughout the day, ensure that you keep your body mobile.

By following this guide, you will have a happy and healthy pregnancy. Remember, this guide is in no way an alternative to a consultation. It is a guide to help you decide which foods to eat during a pregnancy. Always consult your primary health care provider before starting any new diet.

I hope this book has been helpful to you and I wish you all the best. Have a safe and happy pregnancy!