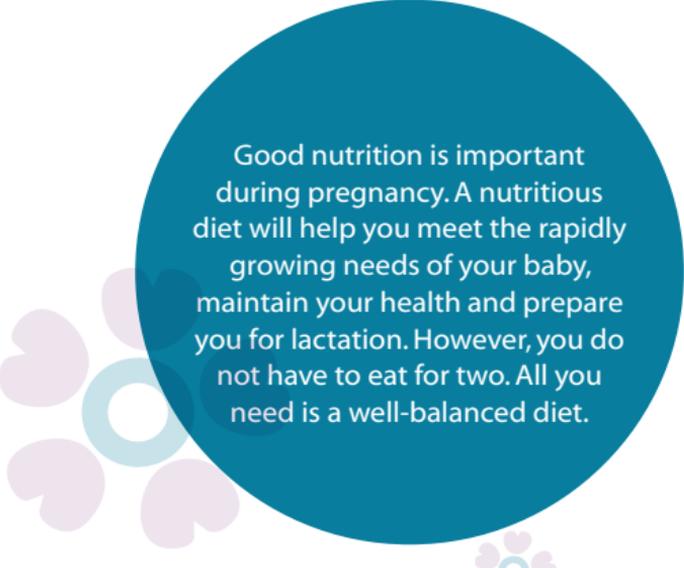




EAT SMART
FOR A HEALTHY
PREGNANCY

A NUTRITION PLAN FOR EXPECTANT MOTHERS





Good nutrition is important during pregnancy. A nutritious diet will help you meet the rapidly growing needs of your baby, maintain your health and prepare you for lactation. However, you do not have to eat for two. All you need is a well-balanced diet.

Here's what Apollo Cradle recommends, based on a wealth of experience and scientific evidence.

A BALANCED DIET

Mothers should eat a variety of food from the four food groups - rice & alternatives, fruits, vegetables, and meat & alternatives. This is because nutrients vary between food groups. For instance, meat & alternatives are rich in protein but have no Vitamin C. Choosing a variety of foods ensures that you get the right balance of nutrients from all the food groups.

The table in the next page serves as a guide for pregnant mothers on the types and portions of food to consume.

- Foods in this group provide energy as well as fiber, vitamins and minerals. The amount of energy an individual needs varies with age, weight and activity level. Usually, 6 - 7 servings will be required.
 - The requirement for most minerals and vitamins increases during pregnancy. These are necessary for the normal functioning of the body such as blood formation and the building of body resistance. Fruits are good sources of vitamins and minerals, as well as dietary fiber. Two servings a day are required.
 - Like fruits, vegetables are good sources of vitamins, minerals and dietary fiber. Two servings a day are required, at least one of which should be a green leafy vegetable like spinach, for adequate folic acid.
 - This food group provides protein, necessary for the growth and repair of body tissues such as those that make up the muscles, heart, lungs, eyes and skin.
 - Pregnant women require more protein, which is used for the formation of the fetus' organs. In our affluent society however protein deficiency is rarely a concern.
 - You should have two servings of protein per day. Try to have at least one serving from a plant source such as bean curd or lentils (dal).
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FOOD	RECOMMENDED NO. OF SERVINGS P/DAY	SIZE OF 1 SERVING	REMARKS
Rice & alternatives	6 - 7	Medium bowl Rice/Noodles 2 slices Bread 3 pieces Chapatti 1 medium Potato 1 cup Oats/Cereal	
Fruits	2	Honeydew 1 small Apple/Pear/Orange	
Vegetables	2	$\frac{3}{4}$ mug (100 gm) cooked vegetables 1 medium Drumstick	Include at least one green leafy vegetable daily
Protein	2	100 gm (1 palm-sized piece) lean Meat/Fish 1 Egg = 1/3 serving $\frac{3}{4}$ cup cooked Beans/Lentils	Limit egg yolks to 4 a week if you have high cholesterol levels
Milk & alternatives	2-4	2 small squares Bean curd 1 cup milk or high Calcium Soybean milk 2 slices Paneer 1 small tub Yoghurt	Choose low-fat or non-fat dairy products

ADDITIONAL NUTRIENTS NEEDS

- Iron is essential during pregnancy to prevent the mother from being anaemic (a condition of insufficient red blood cells or haemoglobin in the blood). An anaemic mother tends to look pale and feels tired easily.
- Additional intake also helps to build up the baby's iron stores during the first six months of life. Iron is found in liver, meat, fish, bean curd, wholegrain cereals, green leafy vegetables and eggs.
- This is needed for cell growth and cell reproduction. Cells are basic building blocks for tissues. Since folic acid is involved in the formation of blood, a deficiency in folic acid can also cause the mother to be anaemic.
- Folic acid is found in green leafy vegetables, liver, yeast extract, eggs, nuts, wholegrain cereals and oranges.
- We need this vitamin every day because our body cannot store it. Vitamin C increases your body's ability to absorb iron. It is important to note that Vitamin C and folic acid are easily destroyed by cooking and heat. Vitamin C can be found in fruits especially oranges, guavas, papayas, kiwis, lemons, as well as vegetables.
- To prevent destruction of Vitamin C, avoid storing fruits and vegetables for long periods of time. You should also avoid peeling and cutting them as Vitamin C is lost with prolonged exposure to air.





- Vegetables should also be cooked in small amounts of water to prevent water-soluble nutrients like Vitamin C to be leached out into the cooking water, and in as short a time as possible.
- During pregnancy, you need more calcium to maintain your own calcium stores as well as for the development of your baby's bones and teeth. Your calcium requirement during pregnancy is 1000 mg a day, which can be met through consuming 2 - 4 servings of milk & alternatives a day.

Mothers should not gain excessive weight during pregnancy. During pregnancy, an additional of just 300 calories per day is required. You can obtain the additional 300 calories from any one of the following:

- 2 slices of bread with fruit jam & butter
- ½ extra bowl of rice for lunch and dinner
- 1 chicken curry bun & 1 bowl paneer

It is not necessary to calculate your calorie intake per day. Use your weight gain as a guide. Pregnant women should aim at putting on an average of 0.45 kg a week during the 2nd and 3rd trimesters for a total weight gain of 11 - 15 kg. However, if you were overweight before your pregnancy, you should only gain 6 - 9 kg.

To control excessive weight gain, you should limit sugary foods such as sweets and sweetened drinks. You should also reduce your fat intake by eating less fried foods and chocolate.

Other ways of reducing fat intake include - removing the skin and fat on poultry and removing fat from meat before eating, opting for soup noodles instead of fried noodles, and boiling, steaming or grilling foods instead of deep frying.



A BRIEF DIETARY GUIDE FOR YOUR NEWBORN...

Sugar

Too much sugar can cause tooth decay and obesity in later life. If you use baby food, pick up those without added sugar.

Salt / Spices

An infant's system is not geared to cope with more salt. Avoid giving your baby salty foods. A tiny amount of mild spices, e.g. coriander and cumin, can be used for older babies.

Gluten containing foods

Gluten is a sticky protein found in wheat and related products, especially bread. Since it has been seen to cause allergic reactions in some babies, you should wait until 6 months before adding bread, cereal, biscuits in the diet. Do continue to breastfeed while introducing these foods.

Milk and Milk products

It is best to use breast milk or formula milk for drinks until the baby crosses the 12 month milestone. After which, whole buffalo / cow's milk can be used.

Eggs

Eggs should be totally avoided till the age of 6 months or 26 weeks. Ensure to cook them well until the white and yolk are hard to avoid the risk of salmonella food poisoning.

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