

NUTRITION & LIFESTYLE FOR A HEALTHY PREGNANCY OUTCOME



Maternal nutrition and lifestyle choices are major influences on both mother and child's health. According to the Academy of Nutrition and Dietetics, women of childbearing age should adopt a healthy lifestyle to help reduce the risk of **birth defects, suboptimal fetal development** and **chronic health problems** in mother and baby.



HEALTHY PRE-PREGNANCY WEIGHT & APPROPRIATE WEIGHT GAIN

Pre-pregnancy body mass index (BMI) is an independent predictor of many adverse outcomes of pregnancy.



Nearly two thirds of women of childbearing age were classified as **overweight or obese (BMI ≥ 25)** from 1999 to 2004.

Women should weigh within **normal BMI range when they conceive** and gain within ranges recommended by the Institute of Medicine pregnancy weight guidelines.

Overweight during pregnancy results in short- and long-term maternal health risks, such as:

- **obesity**
- **diabetes**
- **cardiovascular disease**

| Body Mass Index (BMI) | Total Weight Gain Range |
|-------------------------------|-------------------------|
| Underweight (<18.5) | 28 lbs to 40 lbs |
| Normal (18.5-24.9) | 25 lbs to 35 lbs |
| Overweight (25.0-29.9) | 15 lbs to 25 lbs |
| Obese (≥30.0) | 11 lbs to 20 lbs |

PHYSICAL ACTIVITY & EXERCISE



150 min. aerobic activity spread out per week

OR

30 min. moderate exercise most days per week.

WIDE VARIETY OF FOOD



Helps to meet energy and nutrient requirements. Most (who aren't overweight or obese) will require **2,200-2,900 calories per day.**

Recommended total beverage intake: **10 cups per day**

VITAMIN & MINERAL SUPPLEMENTS



A health care provider may recommend supplementation for some pregnant women.

- Iron** prevents anemia.
- Folic acid** prevents neural tube defects.
- Choline** prevents fetal brain development problems.
- Iodine** helps fetal brain growth.
- Calcium** helps fetal bone growth.

NO ALCOHOL OR HARMFUL SUBSTANCES



Alcohol consumption may result in behavioral or neurological defects.

Energy drinks are not recommended during pregnancy.

Caffeine intake should not exceed 200 mg daily (i.e. 12 oz. cup of coffee).

SAFE FOOD HANDLING



Pregnant women and their unborn children are **more susceptible to food poisoning.**

Cook foods to minimum safe internal temperatures. **Avoid unpasteurized** juice, milk and soft cheeses.

ROLE OF THE HEALTH PROFESSIONAL

Regardless of a client's socioeconomic status, registered dietitian nutritionists and dietetic technicians, registered, need to implement multiple strategies to provide nutrition and lifestyle advice to all women before, during and after pregnancy.