

NUTRITION DURING PREGNANCY & LACTATION

Nutrition of Pregnant Women

❖ A Pregnant women needs

- An adequate nutritious diet
- Adequate rest and sleep
- Iron and Folic Acid tablets throughout the pregnancy
- Immunization

❖ Diet

- Increase food intake-around 1/4th time extra than the normal diet.
- Whole gram, pulses and legumes, sprouted pulses, dark green leafy vegetables, jaggery, dates, groundnuts, gingelly seeds are foods of plant origin having good iron content. These may be included in the daily diet. Consume IFA tablets along with iron rich foods to prevent anaemia.
- Include green leafy vegetables in daily diet right from the beginning as all foliage provide 'folic acid' much needed during early months.
- Consume one seasonal fruit daily. Take fruits like amla, oranges, guava, and lemon as it helps in iron absorption.
- Consume milk & milk products like curd, butter milk. If possible consume egg, meat, & fish.
- Iodised salt should be consumed as pregnant women require sufficient iodine for brain development of the child in the womb.
- Take plenty of fluids/water. Take small and frequent meals.



Remember

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- ✦ It is important that woman should gain 10-12 kg weight during pregnancy.
- ✦ Avoid tea, coffee or taking tobacco especially within 1 hour of meal as it interferes with iron absorption.
- ✦ Refrain from chewing or smoking tobacco during pregnancy and after delivery
- ✦ Heavy work should be avoided throughout the pregnancy.
- ✦ Rest (in lying down position) is important to enable adequate flow of nutrients from mother to the child. Two hours rest in addition to sleep of 8 hrs during day time.
- ✦ IFA tablets should be consumed during pregnancy (daily one tablet for 100 days).
- ✦ A single dose of 400 mg of albenbdazole is recommended during 2nd trimester of pregnancy.
- ✦ The pregnant woman should be given two doses of tetanus toxoid (TT) at an interval of 4 weeks.
- ✦ Avoid any misconception and common myths about any food. For e.g. avoiding papaya during pregnancy.
- ✦ Avoid consumption of alcohol and cigarette smoking during pregnancy & after delivery.



Nutrition of Lactating Mothers

- ❖ A lactating mother requires to eat more than what she was eating during pregnancy.
- ❖ A lactating mother requires to eat one extra meal and snack to meet the needs of production of breast milk for the new born baby.
- ❖ A good nutritious diet prepared from low cost locally available foods, family support and care, and a pleasant atmosphere in the family helps improve lactation and ensures health of both the mother and the baby.
- ❖ Include more of cereals, pulses and green leafy vegetables like mustard, spinach, chulai, cauliflower greens, amaranth etc. in daily diet.
- ❖ Take milk, butter milk, fluids and a lot of water.
- ❖ Egg, meat, fish are beneficial include in the diet if affordable.
- ❖ Use of energy-dense foods like ghee/oil/sugar is necessary to meet the increased energy needs. Traditional preparations like panjiri, laddoo are useful.
- ❖ In between the meals, snack-roasted channa, ground nuts, cashew nuts, and seasonal fruits like orange, papaya, amla, mango, banana, guava etc. may be consumed.



Rest: Breastfeed in a relaxed state. Any type of mental tension decreases milk secretion

Role of AWW

- ❖ Identify all pregnant/lactating women in your village/area and provide SNP to all pregnant & lactating mothers
- ❖ Advise pregnant woman to eat twice the amount that she normally eats.
- ❖ Dispel the myths and misconceptions regarding various foods and convince the mother about the importance of taking it.
- ❖ Counsel the husband and mother-in-law regarding the recommended diet for the pregnant woman.
- ❖ Encourage and advise pregnant & lactating mothers to eat locally available, affordable and seasonal fruits and vegetables.
- ❖ Throughout her pregnancy, women should be advised to avoid smoking and drinking of alcohol.
- ❖ Provide counseling and support for exclusive breastfeeding.
- ❖ Counsel lactating mothers on complementary feeding and referral for undernourished child & regular growth monitoring.
- ❖ Encourage women to take IFA supplements regularly and in Soil Transmitted Helminth areas give single dose of 400 mg of albenbdazole to all pregnant women after first trimester (preferably during the 2nd trimester).