



Your Health During Pregnancy

It is important to take good care of both your physical and mental health during pregnancy. You have control over your diet and exercise habits which can improve your sense of well being during pregnancy and have a direct affect on the health of your baby.

Nutrition

A nutritious diet is essential for good health, especially during pregnancy when there are added demands on your body. The U.S. Department of Agriculture suggests a diet that is low in fat, sugar, and cholesterol yet high in vegetables, fruits, and whole grains.

Each day you should eat a variety of foods which include proteins, carbohydrates, vitamins, minerals, and fats. A prenatal vitamin helps to ensure you are supplementing these nutrients in your diet. Adequate folic acid is vital for normal development of your baby's brain and spinal cord. Iron is necessary to help make the extra blood needed for pregnancy. Proteins also help to make blood and build your baby's tissues and muscles. Calcium is essential to maintain your own bone mass and to help build your baby's bones and teeth.

Key Nutrients in Pregnancy	
Nutrition	Sources
Protein	meat, fish, eggs, beans, dairy products
Carbohydrates	bread, cereal, rice, potatoes, pasta, vegetables, oatmeal
Fat	meat, eggs, nuts, peanut butter, margarine, oils
Vitamins	
A	green leafy, yellow/orange vegetables, milk
Thiamin	whole-grain/enriched breads & cereals, fish, pork, poultry, lean meat, milk
Riboflavin	milk, whole-grain/enriched breads & cereals, liver, green leafy vegetables
B6	beef, pork, ham, whole-grain cereals, bananas, fish, bran
B12	animal foods (liver, milk, poultry, beef, fish, eggs)
C	citrus fruit, strawberries, broccoli, tomatoes
D	fortified milk, fish, liver oils, cheese, sunshine
E	vegetable oils, whole grain cereals, wheat germ, nuts, seeds, green leafy veg.
Folic acid	green leafy vegetables, yellow/orange fruits & vegetables, legumes & nuts, fortified breads & cereals
Niacin	meat, liver, poultry, fish, whole-grain/enriched cereals
Minerals	
Calcium	dairy products (milk, yogurt, cheese), green leafy veg., fortified orange juice
Iodine	seafood, iodized salt
Iron	red meat, fish, legumes, whole-grain/enriched breads and cereals, pork, poultry, dried fruit (raisins, apricots), spinach
Magnesium	legumes, whole-grain cereals, milk, meat, green leafy vegetables, nuts
Phosphorus	dairy products, meat, poultry, fish, whole-grain cereals, legumes
Zinc	beef, seafood, milk, whole-grain/enriched cereals, green leafy vegetables, pork, cashews, legumes

PAYSON
15 S1000 E Suite 125
Payson, Utah 84651
Phone : 801-465-2559

SPANISH FORK
325 W Center
Spanish Fork, Utah 84660
Phone : 801-465-2559

Visit -
CanyonViewWomensCare.com
for additional information on other
interesting health topics.



Here are a few tips to help you eat healthy:

- 1** Keep yourself hydrated by drinking at least two liters of water each day. Avoid “sugar water”. A typical 12 oz can of soda (or juice) may contain more than 200 calories from sugar. That’s equal to about 15 teaspoons of table sugar!
- 2** Most of the starches in your diet (such as potatoes, rice, flour and corn) are readily converted to sugar in your body. This causes the sugar level in your blood to rise quickly. Changing most of the bread and pasta to whole-grain versions (or complex carbohydrates) is essential to help your body maintain more gradual changes in blood sugar and keep you feeling full longer. Whole grains and beans (legumes) are also great ways to add fiber, protein and folic acid to your diet. Fiber helps you to feel full longer and is beneficial in treating constipation, which is a common complaint during pregnancy.
- 3** *Stay away from “funny fats”.* Food manufacturers discovered they could cut costs, improve texture and taste and significantly increase the shelf-life of food products by chemically altering the vegetable oil in their products. These fats are known as *partially hydrogenated or trans fatty acids*. The human body is not able to break down these fats in a healthy manner and they are essentially “toxic” to cell membranes. Trans fatty acids are frequently found in crackers and commercially prepared cookies. Read the nutrition label and list of ingredients to identify these fats in food products.

Weight

This is not a time to cut calories to lose weight, but an essential time to maintain proper nutrition and continue with regular exercise. The average woman should gain 25–35 pounds during pregnancy. Those who are overweight should gain less.

If you keep up the good eating habits you began in pregnancy, you’ll be close to your normal weight within a few months after giving birth. Combining healthy eating with exercise will help this process.

Exercise

Exercise is critical to help strengthen muscles. This will lessen some of the discomforts of pregnancy and may shorten the length of your labor. Exercise often boosts your energy and improves your sense of well being. Most women should exercise at least 30 minutes a day, five to six days per week. As your uterus grows, your center of gravity shifts and extra care should be taken to keep your balance while exercising. The demands of pregnancy may cause you to tire more easily and require longer recovery time.

During exercise you should drink plenty of water and avoid outdoor exercise in hot weather to prevent getting overheated. Be sure to wear supportive shoes and bra to minimize injury and discomfort. Some good choices of activity are swimming, brisk walking and prenatal exercise classes.

Studies have shown that obesity, having a BMI ≥ 30 , increases your risk of preterm delivery, birth defects, diabetes & high blood pressure during pregnancy.

20 minutes on a treadmill or a simple one mile walk burns about 100 to 150 calories. There are many other physical activities that can be enjoyed, particularly outdoors.

It is critical to evaluate how much “screen time” you participate in daily. This includes time spent watching TV, reading emails, paying bills on the computer, surfing the internet, playing video games, reading articles, text messaging, etc. Even though your mind is active, your body is not. Very few calories are required to perform any of these tasks.

It is also helpful to evaluate how much time you spend sitting; whether this means commute time to work or car-pooling for other children. Reversing a sedentary lifestyle will be of great benefit to you during pregnancy and will create good habits for you and your child.

Travel

Most of the time, women can travel safely until the last month of pregnancy. During the second trimester, women often have more energy, less nausea, and are more comfortable traveling. Make sure you use safety belts appropriately, get up to walk frequently (every 30 to 60 minutes), and drink plenty of fluids.

Medications

In general, the less medication you take during pregnancy, the better. However, you should discuss this before stopping a prescribed medication.

If you have cold symptoms, generally it is safe to take regular Tylenol, plain Robitussin, and/or Sudafed.

Alcohol, Tobacco, and Other Drugs

No amount of alcohol is considered safe to your growing baby. Smoking has been linked to prenatal complications, stillbirths and decreased fetal growth. Newborns exposed to smoke are at increased risk for asthma and SIDS. If you or other family members smoke, now is a good time to quit.

Illegal drugs can also harm the fetus. Use of these drugs can cause birth defects, problems with the placenta or preterm birth. The baby may have learning problems and be addicted to drugs.

Abuse

In some relationships, abuse may begin or increase during pregnancy. If you are in a questionable relationship please tell us so we can help you connect with support services. This will also allow us to monitor for specific risks to you and your baby.

Depression

Many emotional changes take place with pregnancy. Women with a history of depression need special care.

Seek help if you have any of the following symptoms:

- depressed mood most of the time
- loss of interest in work or other activities
- feeling guilty, hopeless, or worthless
- thinking about death and suicide
- sleeping more than normal or lying awake at night
- feeling very tired or no energy
- loss of appetite or weight gain from eating too much
- having trouble paying attention or making decisions
- having aches and pains that do not get better with treatment

Now is the time to establish healthy habits that will sustain you not only during your pregnancy, but also as you begin your new journey as a mother.

A general rule of thumb with flying is for every hour you spend in the air you should drink 8 ounces of water.