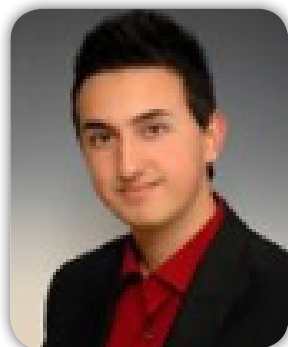


Satellite Symposium for Euro Global Summit & Medicare Expo on

Weight Loss



The importance of proper nutrition for pregnant women in the prevention of malnutrition, including obesity

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Pregnancy is one of the best periods for each woman but is associated with physiological changes that result in increased plasma volume and red blood cells and decreased concentrations of circulating nutrient-binding proteins and micronutrients. To maintain a healthy pregnancy, it is necessary to take care of proper nutrition.

The best time to refer to the dietitian is when there is a desire to become pregnant, or upon becoming pregnant in combination with:

Underlying disease: diabetes, elevated risk of gestational diabetes, based on family history, cardiovascular disease, thyroid disease, muscle diseases, bowel diseases, chronic constipation, eating disorders, food sensitivities, (imminent) kidney failure;

High risk factor: overweight/obesity, unwanted substantial weight gain in a previous pregnancy, hypertension/gestational hypertension, underweight condition, experience with underweight condition in a previous pregnancy, elevated risk of gestational diabetes, based on family history, persistent nausea and morning sickness, specific problems and/or questions related to food.

In the diet, pregnant women need macronutrients and micronutrients that are essential for life and life that mothers carry in their womb. Micronutrients and macronutrients that are to be ingested on regular basis are: carbohydrates, proteins, fats, vitamins, minerals and water. Some nutrients are particularly important during pregnancy and need to be consumed as a prenatal supplement. Folic acid is the most important nutrient during pregnancy because its deficiency can lead to the occurrence of spina bifida.

This paper aims to provide an overview of the distinctive nutritional need of pregnant women.

Biography

Davor Daniloski is a student of Nutritional and Food Sciences, and now he is a Student Assistant at Faculty of Technology and Technical sciences (study of Nutrition). He worked on several projects supported by the results obtained from experiments in laboratories:

- Examination of the total number of bacteria in waste water "fifth channel" - Bitola
- Biochemical analysis of cow milk (protein, fat, carbohydrates, pH, acidity, dry matter).
- Biochemical analyzes of apples (oxidative processes)

This is his first author's publication.

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