

## A Brief Note on Nutrition for Fetus During Pregnancy

Maria Jules\*

Department of Obstetrics and Gynecology, University of Amsterdam, Amsterdam, Netherlands

### DESCRIPTION

Nutrition is about eating a healthy and balanced diet so the body can get the nutrients that are needed. Nutrients are substances in foods that bodies need so they can function and grow. They comprise carbohydrates, fats, proteins, vitamins, minerals, and water. Nutrition is more essential than ever while a woman is pregnant. Mother needs more of many important nutrients than she did before pregnancy. Making healthy food choices every day will help the mother to give fetus what he or she needs to develop. It will also help make sure that the mother and fetus gain the proper amount of weight. Mothers do require more micronutrients and macronutrients to support their babies. Micronutrients such as vitamins and minerals that are only needed in small levels in the diet. Macronutrients are supplements that give energy as calories.

### Special nutrition during pregnancy

Mother needs more folic acid, iron, calcium, and vitamin D than she did before pregnancy:

Folic acid is a B vitamin that has been linked to the prevention of some birth abnormalities. When a woman is pregnant she needs 600 micrograms of folic acid each day. Because it's difficult to receive enough folic acid from diet alone, she should start taking a daily prenatal vitamin with at least 400 micrograms at least one month before conception and during the initial 12 weeks of pregnancy. Iron is important for a fetus growth and brain development. During pregnancy, the amount of blood in the mother's body increases, so she needs more iron for herself and her growing baby. The mother should get 27 mg of iron a day.

Calcium during pregnancy can reduce the risk of preeclampsia, a serious medical condition that causes a sudden increase in blood pressure. Calcium also builds up a fetus bones and teeth. Calcium intake for pregnant adults should be 1000 mg per day. The daily calcium requirement for pregnant teenagers (ages 14-18 years) is 1300 mg. To build up the fetus bones and teeth, calcium needs the help of vitamin D. All women, pregnant or

not, should be getting 600 IU (International Units) of vitamin D per day.

### Cravings and food aversions

During pregnancy, the mother may experience aversions to particular foods, meaning she won't like the smell or taste. The mother may also have cravings for at least one type of food.

**Pregnancy cravings:** It's mysterious why pregnant women have dietary cravings or aversions. It's fine to give in to these cravings sometimes, especially if she craves foods that are a part of a healthy diet. However, she should try to limit her intake of junk food and processed foods.

**Pregnancy aversions:** On the other hand, food aversions may only be an issue if they involve meals that are essential for a baby's development and progress. The mother should talk to her doctor if she has adverse reactions to foods she should be eating during pregnancy. The doctor can suggest other foods or supplements compensate for the lack of those nutrients in her diet.

**Pica:** Pica is a disorder that induces cravings for foods that don't have nutritional value. Among other weird foods, pregnant women with pica may wish to consume clay, cigarette ashes, or starch. Pica during pregnancy could suggest a deficiency in a specific vitamin or mineral. It's important to notify the doctor if craves non-food items or has eaten non-food items. Eating such items can be dangerous for a pregnant woman and her fetus.

### Ideal foods to eat during pregnancy

The following foods are beneficial to a mother's health and fetal development during pregnancy:

**Vegetables (for vitamin A and potassium):** Carrots, sweet potatoes, pumpkin, spinach, cooked greens, tomatoes and red sweet peppers.

**Fruits (for potassium):** Cantaloupe, honeydew, mangoes, prunes, bananas, apricots, oranges, and red or pink grapefruit.

**Correspondence to:** Maria Jules, Department of Obstetrics and Gynecology, University of Amsterdam, Amsterdam, Netherlands, E-mail: julesmaria9@gmail.com

**Received:** December 10, 2021; **Accepted:** December 24, 2021; **Published:** December 31, 2021

**Citation:** Jules M (2021) A Brief Note on Nutrition for Fetus During Pregnancy. Clinics Mother Child Health. S12:003.

**Copyright:** © 2021 Jules M. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

**Dairy (for calcium, potassium, vitamins A and D):** Fat-free or low-fat yogurt, skim or 1% milk, soymilk.

**Grains (for iron and folic acid):** Ready-to-eat cereals/cooked cereals.

**Proteins:** Pollock fish, beans, peas, nuts, seeds, lean beef, lamb, pork, salmon, trout, herring and sardines.

### **Foods to avoid during pregnancy**

The following foods should be avoided eating during pregnancy:

- Unpasteurized milk and foods made with unpasteurized milk (soft cheeses, including feta, camembert, brie, or blue-veined cheeses-unless labeled "made with pasteurized milk").
- Luncheon meats and hot dogs (unless they are heated until steaming hot before serving).
- Raw and undercooked seafood, eggs, and meat. Sushi produced with raw fish should not be consumed (cooked sushi is safe).
- Refrigerated meat spreads.
- Refrigerated smoked seafood.