

# **Download Nutrition During Pregnancy Part 1**

## **Weight Gain Part 2 Nutrient Supplements**

Nutrition and pregnancy refers to the nutrient intake, and dietary planning that is undertaken before, during and after pregnancy. Nutrition of the fetus begins at conception. For this reason, the nutrition of the mother is important from before conception (probably several months before) as well as throughout pregnancy and breast feeding. INTRODUCTION. Pregnancy is a period of intense fetal growth and development, as well as maternal physiological change. Adequate intake of macronutrients and micronutrients during pregnancy promotes these processes, while undernutrition and overnutrition can be associated with adverse pregnancy outcomes [1]. Therefore, it is important to evaluate, monitor, and, when appropriate, make changes to ... Increased nutrients . Your body has increased nutritional needs during pregnancy. Although the old adage of "eating for two" isn't entirely correct, you do require more micronutrients and ... Royal College of Obstetricians and Gynaecologists: Why your weight matters during pregnancy and after birth 2011 (to be revised 2015) Why your weight matters during pregnancy and after birth - Most women who are overweight have a straightforward pregnancy and birth and deliver healthy babies, This information is about the extra care you will be offered during your pregnancy and how you can ...