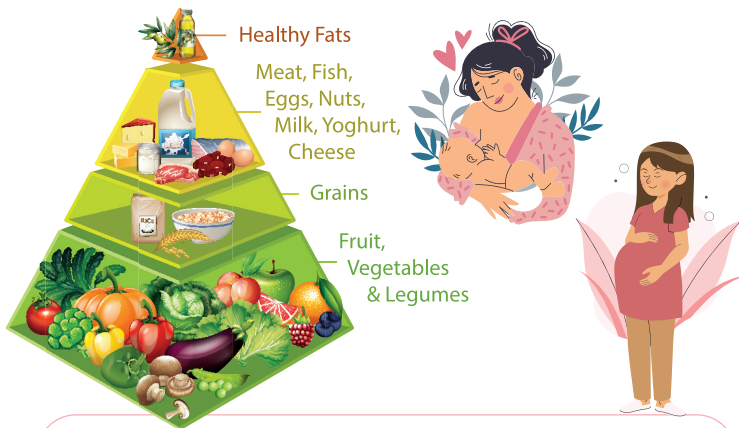


Nutrition for Pregnancy and Lactation

While following COVID Appropriate Behaviour, don't forget nutrition!

Pregnancy and lactation, both place additional demands on the health of a woman. Poor nutrition of a mother leads to an adverse effect on her child, and affects her own health, too.

Additional nutritious food is required to improve outcomes for pregnancy as well as satisfactory breastfeeding, to ensure the healthy growth of a baby. It is wise to avoid food fads and unhealthy eating habits.



Folate-rich Foods

- Folic acid supplements increase birth weight and reduce congenital anomalies.
- Green leafy vegetables, legumes, nuts and liver are good sources of folic acid.

Iron-rich Foods

- Iron is needed for haemoglobin synthesis, mental function, and to provide immunity against diseases.
- Plant foods such as green leafy vegetables, legumes and dry fruits contain iron.
- Iron is also obtained through meat, fish and poultry products.
- Vitamin C-rich fruits like Amla, Guava and ordinary Citrus improve iron absorption from plant foods.
- Beverages like tea should be avoided before, during or soon after a meal, as it affects iron absorption.

SIMPLE TIPS TO KEEP NOTE OF:

- A pregnant/lactating woman should eat a wide variety of foods to make sure that her own nutritional needs, as well as those of her growing baby are met.
- Good quality protein is derived from milk, fish, meat, poultry, and eggs. However, a proper combination of cereals, pulses and nuts also provide adequate proteins.
- Mineral and Vitamin requirements are met by consuming a variety of seasonal vegetables, particularly green leafy vegetables, milk and fresh fruits.
- Do not use alcohol and avoid second-hand smoke.
- Take iron, folate, and calcium supplements regularly after 14-16 weeks of pregnancy and continue the same during lactation.



Source: National Institute of Nutrition (ICMR)

COVID, Pregnancy and Lactation...

Vaccination is now available for both pregnant and breastfeeding women.

Don't Hesitate, Vaccinate! Guidelines have been updated, as it has been found that the benefits of vaccination far outweigh any potential side effects. In case you know anyone who is either pregnant or lactating, encourage them to get vaccinated at the earliest.

