



食康乐坐月子外送食补

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Nutrition during pregnancy

Why do I need folic acid?

Folic acid (also known as vitamin B9 or folate) is one of the few nutrients known to prevent neural tube birth defects such as spina bifida, it is report that women who take the recommended daily dose of folic acid starting one month before they conceive and throughout the first trimester reduce their baby's risk of birth defects such as spina bifida by up to 70 percent.

This alone is reason enough to make sure you take folic acid before you get pregnant and during pregnancy.

Your body needs this nutrient for the production, repair, and functioning of DNA, our genetic map and a basic building block of cells, so getting enough is particularly important for the rapid cell growth that occurs during pregnancy.

If you don't get enough folate, you can end up with too much homocysteine in your blood, which is thought to contribute to some birth defects. Elevated levels of homocysteine in pregnancy also have been linked to blood clots, placental abruption, recurrent miscarriages, and stillbirth. Researchers are trying to find out whether taking folic acid throughout pregnancy decreases your risk for these problems. Finally, folate helps make normal red blood cells, prevent anemia, and produce the nervous system chemicals norepinephrine and serotonin.

What are the best food sources?

Folate enriched grain products such as breakfast cereals, bread, pasta, and rice. Fresh fruit and dark leafy greens are also a good source of folate

What are signs of a deficiency?

The signs of folic acid deficiency can be subtle. You may have diarrhea, loss of appetite, and weight loss, as well as weakness, a sore tongue, headaches, heart palpitations, and irritability. If you're only mildly deficient, you may not notice any symptoms at all, but you won't be getting the optimal amount you need for your baby's early embryonic development. **That's why all women of childbearing age need to take folic acid, even if they feel perfectly well.**

Why do I need calcium?

Your developing baby needs calcium to grow strong bones and teeth, a healthy heart, nerves, and muscles, and to develop normal heart rhythm and blood clotting abilities. If you don't get enough calcium in your diet, your baby will leach it from your bones, which may impair your own health later on.

What are the best food sources of calcium?

Milk and other dairy products are top sources, as are calcium-fortified foods, small whole fish and green vegetables.

Why do I need riboflavin?

Riboflavin, or vitamin B2, is an essential water-soluble vitamin that helps your body produce energy. It promotes growth, good vision, and healthy skin and is important for your baby's bone, muscle, and nerve development.

There's some evidence that women who don't get enough of this important vitamin may be at greater risk for preeclampsia. An infant born to a mother with a deficiency can be prone to anemia, digestive problems, poor bone formation, and a suppressed immune system.

What are good food sources of riboflavin?

Organ meats such as liver, milk, bread products and fortified cereals are all good sources of this vitamin.

What are signs of a riboflavin deficiency?

Among the signs of a deficiency are these: anemia, dermatitis, sore and cracked lips and mouth. Women with anorexia are at risk for a deficiency, as are lactose-intolerant women who avoid dairy products (an excellent source of riboflavin). **Taking a daily prenatal vitamin and eating a well-balanced diet can prevent a deficiency.**

Why do I need iron?

Iron is essential for making hemoglobin, the protein in red blood cells that carries oxygen to other cells. It's also an important component of myoglobin (a protein that helps supply oxygen to your muscles), collagen (a protein in bone, cartilage, and other connective tissue), and many enzymes. What's more, iron helps you maintain a healthy immune system.

During pregnancy, your iron requirements go up significantly. First of all, your blood volume expands until you have almost 50 percent more blood than usual, so you need more iron to make more hemoglobin. You also need extra iron for your growing baby and placenta. Most women start their pregnancies without sufficient stores of iron to meet their body's increased demands — especially in the second and third trimesters — and are unable to bring their levels up through diet alone.

What are the best food sources of iron?

Unless you're a vegetarian, red meat is one of your best sources of iron while you're pregnant. **(Liver provides the highest concentration of iron, but it also contains unsafe amounts of vitamin A and is best avoided during pregnancy.)**

Meat, poultry, and fish provide a form of the mineral called *heme* iron that's easier for your body to absorb than the kind found in legumes, vegetables, and grains, which is called *nonheme* iron. (Nonheme iron is also the kind that's used in iron-fortified foods and supplements.) That's why it can be hard for vegetarians to get enough iron from their diet.

However, this doesn't mean you need to eat a big slab of meat every day to fill your iron requirement. Adding just a little meat or fish to a meal will help your body absorb more of the iron in the other foods on your plate. So will adding foods rich in vitamin C, such as orange juice, strawberries, or broccoli.

Here are a few more tips for getting as much iron as possible from the food you eat: Cut back on coffee and tea, or drink them between meals, because they contain compounds called *phenols* that interfere with iron absorption. Calcium does, too, so if you take calcium supplements or antacids that contain calcium, take them between meals.

What will happen if I don't get enough iron?

When you're not getting enough iron, your stores become depleted over time. If you get to the point where you no longer have enough iron in your blood to make the hemoglobin you need, you become anemic. Iron-deficiency anemia can sap your energy (and cause a host of other symptoms) and make it harder for your body to fight infection. It may also affect your pregnancy. Having iron-deficiency anemia in the first and second trimesters has been linked to an increased risk of preterm birth and a low-birth weight baby. And if you're anemic later in pregnancy, you're more likely to need a transfusion and have other problems if you lose a lot of blood when you give birth.

Your baby does a good job of taking care of his iron needs while he's in your uterus. He'll get his share of what's available before you do. However, if you're severely deficient, it may compromise your baby's iron stores at birth, increasing his risk for anemia later in infancy.

How will I know if I have iron-deficiency anemia, and how is it treated?

You may not have any symptoms at all and be surprised to learn that you're anemic after a routine blood test. Or you may feel tired, weak, and dizzy. You may be paler than usual, particularly in your fingernails, the underside of your eyelids, and your lips, and you may have a rapid heartbeat, heart palpitations, shortness of breath, or trouble concentrating.

Iron deficiency is very common around the world, and you're particularly at risk when you're pregnant. That's why your practitioner tests your blood for anemia at your first prenatal appointment. If your test indicates that you're anemic, you'll need to take even more iron, usually 60 to 120 mg a day. (As with all supplements, don't boost your dose unless your practitioner advises you to, and take only the amount she recommends.) To increase absorption, take your iron pills on an empty stomach. Wash them down with water or orange juice (the vitamin C helps with absorption) but not with milk (calcium hinders absorption).

Are there any side effects from taking a lot of iron?

High levels of iron may lead to constipation, which is already a problem for many pregnant women. But you may also have nausea or, more rarely, diarrhea. If you think this is the case for you, talk to your practitioner about it. If you're not anemic, it may make sense for you to switch to a prenatal vitamin with a lower dose of iron. If you are anemic, you may be able to avoid stomach problems by starting with less iron and then gradually building up to the dose you need, or by taking the iron in divided doses throughout the day. Some women find they have less trouble with the side effects from iron supplements when they take a time-released formula, although the trade-off is that the iron is not absorbed as easily this way.

If you think your supplement is making you feel queasy, try taking it at bedtime. If constipation is what's plaguing you, try **drinking prune juice**. It can help you stay regular (and is a good source of iron itself). Eating plenty of fiber can help you avoid constipation too.

Finally, don't worry if your stools look darker when you start taking iron. That's a normal side effect.

Why do I need thiamine?

Thiamine, also known as vitamin B1, converts carbohydrates into energy for both you and your baby and is essential for your baby's brain development. It also aids the normal functioning of your nervous system and heart. Breastfeeding babies of thiamine-deficient mothers are at risk for beriberi a collection of serious diseases that can affect the nervous system, heart, or brain.

What are the best food sources?

Enriched, fortified, or whole-grain products, bread and bread products, some fish, mixed foods whose main ingredient is grain, ready-to-eat cereals, and pork are all good sources of thiamine.

What are signs of a thiamine deficiency?

Signs of a deficiency include the following: fatigue, listlessness, rapid heartbeat, vomiting, among others, but you probably don't need to worry about not getting enough. Deficiencies are most common in developing countries where diets are high in carbohydrates and where people eat a lot of processed rice (thiamine is contained in the outer coating of rice, which is usually lost in processing). A severe deficiency can result in beriberi, a collection of serious diseases that can affect the nervous system, heart, or brain.

Why do I need vitamin A during pregnancy?

Vitamin A, a fat-soluble vitamin stored in the liver, is important for your baby's embryonic development; cell growth; eye, heart, limb, and ear development; healthy skin and mucous membranes; infection resistance; bone growth; and fat metabolism. Vitamin A is particularly essential for pregnant women because it helps with postpartum tissue repair, as well as maintaining normal vision and helping fight off infections.

Actually, it's easy to get plenty of vitamin A as it's widely available in meat, dairy, fish, eggs, and fortified cereals as well as in most fruits and vegetables in the form of beta-carotene (a nutrient that gets converted to vitamin A by your body as needed). **The trick during pregnancy is not to get too much of the preformed vitamin A, which in high doses can cause birth defects and liver toxicity.**

What are good food sources of vitamin A?

Fruits and vegetables are the best sources of vitamin A because they're rich in beta-carotene, particularly the oranges and yellow ones and leafy greens. You're also likely to get a fair amount of preformed vitamin A from fortified milk and cereals. **Liver (from beef or chicken, for example) contains the highest amounts of preformed vitamin A — so much, in fact, that you may want to avoid it altogether during pregnancy to be sure that you don't get too much at once**

What are signs of a vitamin A deficiency?

The consequences are a decrease in night vision and a weakened immune system. People who are deficient may also develop a condition called *xerophthalmia*, which results in dryness and thickening of the cornea.

Why do I need vitamin B6?

Vitamin B6, also known as pyridoxine, aids your body's metabolism of protein, fats, and carbohydrates. It also helps convert amino acids and form new red blood cells, antibodies, and neurotransmitters, and is vital to your fetus's developing brain and nervous system. Research shows that the vitamin may relieve nausea or vomiting for some women during pregnancy, though no one knows for sure why it works.

What are the best food sources?

Brown rice, lean meats, poultry, fish, avocados, whole grains, beans, corn, and nuts are high in vitamin B6.

What are signs of a deficiency?

Inflammation of the tongue, sores or mouth ulcers, depression, and anemia may signal a deficiency, though severe deficiencies are rare.

Why do I need vitamin C?

Vitamin C, also known as ascorbic acid, is essential for tissue repair, wound and bone healing, and healthy skin. Vitamin C also helps your body fight infection.

Both you and your baby need this vitamin daily — it's the cementing agent that holds new cells together. It helps your baby grow and builds strong bones and teeth. And it helps your body absorb iron. Try to include a vitamin C-rich food with every meal to get the most iron out of the other foods you eat.

What are the best food sources?

Citrus fruits, tomatoes, tomato juice, potatoes, cauliflower, broccoli, cabbage, and spinach are all good sources

What are signs of a deficiency?

Signs of a deficiency include brittle hair; rough, dry skin; slow-healing cuts; and bruises.

Why do I need zinc?

Zinc is an essential mineral that helps support your immune system, maintain your sense of taste and smell, and heal wounds. It's also important for forming healthy sperm and eggs.

What are the best food sources?

Fortified cereals and red meat are the best sources of this nutrient. You can also get it from some shellfish, poultry, beans, nuts, whole grains, and dairy products. Oysters are actually the richest food source of zinc — just one of them will give you more than a full day's supply — **but experts caution against eating raw oysters during pregnancy because of the risk of food-borne illness.** What's more, oysters harvested from some areas contain high levels of mercury.

What are signs of a deficiency?

The main symptoms are hair loss, diarrhea, and a loss of appetite. Those most at risk include alcoholics and those with digestive disorders, such as Crohn's disease, that make it hard for them to absorb nutrients.

Why do I need vitamin D?

Your body needs vitamin D, a fat-soluble vitamin, to maintain proper levels of calcium and phosphorus that help build your baby's bones and teeth.

What are the best food sources?

Fish liver oil, the flesh of fatty fish, eggs from hens that have been fed vitamin D, and fortified milk products and fortified cereal products are all good foods:

What are signs of a deficiency?

Since vitamin D aids absorption of calcium in the body, a deficiency undermines the body's ability to support its own weight. Children who don't get enough vitamin D can develop rickets or bowed legs; adults can develop bone pain or softened bones.

Why do I need magnesium?

When you're pregnant, magnesium helps build and repair your body tissue.

A severe deficiency during pregnancy may lead to preeclampsia, birth defects, and infant mortality.

Magnesium and calcium work in combination: Magnesium relaxes muscles, while calcium stimulates muscles to contract. Research suggests that proper levels of magnesium during pregnancy can help keep the uterus from contracting until week 35. Dropping levels at this point may start labor contractions.

Magnesium also helps build strong bones and teeth, regulates insulin and blood-sugar levels, and helps certain enzymes function properly. Research indicates it may also control cholesterol and irregular heart beats.

What are the best food sources?

Green leafy vegetables, whole grains, nuts, meat, starches, and milk all contain magnesium.

Why protein is so important?

The amino acids that make up protein are the building blocks of your body's cells — and of your growing baby's body as well. You'll want to make sure you're getting enough protein throughout your pregnancy, but especially during the second and third trimesters, when your baby is growing the fastest and your breasts and other organs are getting bigger to accommodate the needs of your growing baby.

During your pregnancy you should be getting about 70 grams of protein per day (the equivalent of two glasses of milk, a chicken breast, and 2 cups of yogurt, for example), which is about 25 grams more than you needed before pregnancy. If you don't eat meat, you'll have to meet your protein requirements through other sources, such as dairy, beans, or soy products.

Beans are a great source of protein, as are lean meat, poultry, fish and shellfish, eggs, milk, cheese, tofu, and yogurt. Eat three or four servings of protein daily and you'll be well on your way to eating right for a healthy pregnancy and baby