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Maintaining a healthy balanced diet before and during pregnancy

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Talking about diet during pregnancy, is not about restricting calories or trying to lose weight. Dieting to lose weight during pregnancy can be hazardous to mother and baby. Maintaining a healthy balanced diet is important for maintaining optimal health throughout life. Women of childbearing age, good nutrition is important for preparing the body for the demands of pregnancy. A healthy diet before and during pregnancy helps to protect both the pregnant mother and her developing baby from immediate and long-term health risks. Poor maternal nutrition and health women is the key contributor to poor foetal development which will influence it for the rest of its life, before it is even born, increases the risk to give birth to a low weight infant, baby born will be ill or die. During pregnancy, a woman's macronutrient (energy) and micronutrient (e.g. vitamins, mineral) requirements increase. What a woman eats and drinks during pregnancy is her baby's main source of nourishment. She needs more calcium, folic acid, iron and protein daily for about 300 extra kcal compared to her usual diet. She need to take a daily prenatal vitamin. In general, underweight women need more calories during pregnancy; overweight and obese women need fewer of them. A healthy balanced diet should form the basis of a woman's nutritional intake. To keep her dietary intake pregnant woman should avoid food taboos. Good nutrition is most important immediately prior to conception and during the first 12 weeks of pregnancy. It is therefore important for women to maintain a healthy diet throughout their childbearing years, particularly if they are planning to become pregnant. Because the ongoing development of the baby depends on the health of the embryo from which it is formed. That implants in the wall of the woman's uterus (Womb) which leads to form the foetus and the placenta (which provides nutrition to the foetus during pregnancy). The nerves which regulate the foetus's appetite are also programmed while it is developing in the womb and this affects an individual's appetite regulation later in life. Individuals who are programmed to consume high-fat, high-sugar diets in utero (whilst in the womb), also have a greater tendency to consume such diets throughout their life.

Biography

Renjano Humtsoe is professionally trained in Female Health Worker (FHW), specialized in child delivery. She has attended seminars & training on nutrition and diet especially for expectant mother as well as for the newborn babies and also advised best nutrition and diets for both the mother and children. She is very much expert in delivering normal birth including twins and triplets without using any medical equipment. Till date, she had delivered more than 2500 babies. Being a very much dedicated, hardworking and sincere in her field, Government of Nagaland had awarded her Governor Gold Medal in the in the year for being the first and only Lady who had performed extraordinary achievement in her duties.

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