

## Importance of Nutrition during Pregnancy

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### DESCRIPTION

One of the best things during pregnancy is to eat healthy. As pregnancy continues, the greater demands on our bodies can be managed with a proper diet. The objective is to strike a balance between maintaining a healthy weight and consuming enough nutrients to promote the growth of the fetus. Eating twice as much healthful food rather than "eating for two." Starting in the second trimester, we require an additional 340 calories per day if you are carrying fetus. An approximate amount of vitamins and calories in a glass of skim milk and a half-sandwich. Women who are expecting twins should consume an additional 600 calories per day, and women who are expecting triplets should consume an additional 900 calories per day. Three decades ago, the Developmental Origins of Health and Disease (DOHaD) concept brought increased focus to maternal health and nutrition. Barker and Osmond hypothesized that inadequate early nutrition, more especially under nutrition in utero, was at least partially responsible for the cardiovascular illness they observed in an adult sample. Reprogramming of the developing phenotypic of the fetus can occur as a result of undernourishment in utero, which can stress the fetus in ways that irreversibly impair physiological growth and development from the long-term of health effects, severely growth-restricted fetuses are more likely to still be alive, and live births are more likely to result in neonatal mortality, morbidity, and long-term deficiencies in growth and neurocognitive development. One of the primary initiatives to encourage ideal early childhood development to alleviate poverty is to ensure an appropriate nutrition throughout the pregnancy. Therefore; routine nutritional assessment is advised, along with daily supplementation of 200 mg of ferrous sulfate, 1000 mg of calcium, and 5 mg of folic acid, according to the Guidelines for Maternity Care. The majority of women, according to studies, only obtains or seeks out public antenatal care in the second trimester of pregnancy, which may make the regular supplementation program or other measures ineffective by that point. Pregnant women's diets and nutritional health, particularly

for those who live in cities, has the appropriate the link between a mother's diet and nutritional status during pregnancy and birth outcomes, as well as offspring health and development in the population, will also pave the way for the creation of context-specific nutrition interventions that may enhance the quality of life of both the mother and her children in the long run. To research nutritional status during pregnancy and evaluate early nutrition-related exposures indicative of early childhood development, the Nutrition during Pregnancy and Early Development (NuPED) cohort study was launched.

### Healthy eating recommendations during pregnancy

Women under the age of 19 require 4 servings of dairy products or calcium-rich foods and Dairy products is the best source of calcium. Calcium is also found in dark, leafy greens, fortified cereal, bread, fish, fortified orange juices, and almonds.

Calcium is required by the body to build strong bones and teeth. Calcium also supports normal blood coagulation, heart health, and good neuron and cardiac function. The gynecologists recommend 1,000 milligrams (mg) per day for women who are pregnant or breastfeeding.

### CONCLUSION

The majority of women do not follow the guidelines for a healthy diet and weight before and during pregnancy. What a healthy pregnancy diet should look like is a question that both women and medical professionals frequently ask. They should "eat better, not more," which may be done by substituting higher-quality, highly processed foods with a variety of nutrient-dense, whole foods, such as fruits, vegetables, legumes, whole grains, healthy fats with omega-3 fatty acids, which include nuts and seeds, and seafood. A diet like this promotes nutritional density and is less likely to be followed by an excessive calorie intake diet that includes consuming more processed foods, fatty red meat, and sweetened foods and beverages.

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**Received:** 04-Aug-2022, Manuscript No. MPN-22-19144; **Editor assigned:** 08-Aug-2022, Pre QC No. MPN-22-19144 (PQ); **Reviewed:** 22-Aug-2022, QC No. MPN-22-19144; **Revised:** 29-Aug-2022, Manuscript No. MPN-22-19144 (R); **Published:** 06-Sep-2022, DOI:10.35248/2472-1182.22.7.170.

**Citation:** Reeves S (2022) Importance of Nutrition during Pregnancy. Matern Pediatr Nutr.7:170.

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