

Practical Advice For Healthy Eating Before, During, and After Pregnancy

Eating a healthy diet is essential for your health and the health of your baby during pregnancy. Making healthy choices can help you maintain a healthy weight, reduce your risk of pregnancy complications, and give your baby the best possible start in life.



Eating Expectantly: Practical Advice for Healthy Eating Before, During and After Pregnancy by Bridget Swinney

★★★★☆ 4.1 out of 5

Language : English
File size : 8561 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 609 pages
Lending : Enabled



Before Pregnancy

Before you become pregnant, it's important to make sure you're eating a healthy diet. This will help you maintain a healthy weight and ensure that you have the nutrients you need to support a healthy pregnancy.

Here are some tips for healthy eating before pregnancy:

- Eat plenty of fruits and vegetables.

- Choose whole grains over refined grains.
- Limit your intake of saturated fat and cholesterol.
- Get enough protein.
- Take a prenatal vitamin.

During Pregnancy

During pregnancy, you'll need to increase your calorie intake to support the growth of your baby. However, it's important to make healthy choices and not overeat.

Here are some tips for healthy eating during pregnancy:

- Eat a variety of foods from all food groups.
- Increase your intake of fruits, vegetables, and whole grains.
- Choose lean protein sources, such as fish, poultry, and beans.
- Limit your intake of saturated fat and cholesterol.
- Get enough calcium and iron.

After Pregnancy

After pregnancy, it's important to continue to eat a healthy diet. This will help you recover from childbirth, lose weight if needed, and maintain a healthy weight for the long term.

Here are some tips for healthy eating after pregnancy:

- Eat a variety of foods from all food groups.

- Continue to increase your intake of fruits, vegetables, and whole grains.
- Choose lean protein sources, such as fish, poultry, and beans.
- Limit your intake of saturated fat and cholesterol.
- Get enough calcium and iron.

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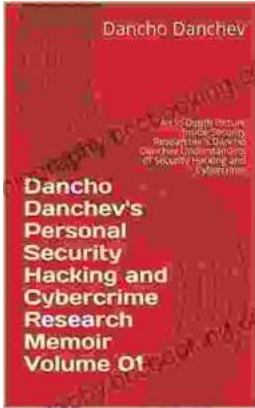
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