Eating Healthy During Pregnancy

A healthy pregnancy diet is important for a future father as well as a future mother, because the nutritional condition of both parents prior to conception can influence the health and well-being of a baby and also affect its chances of good health throughout life.

A reasonable and well-planned diet should start before you plan on conceiving because the general health, diet and fitness of both of the prospective parents can play a major role in influencing the health outcomes of their unborn child. It is important to discern the best pregnancy diet information and to heed its advice.

The mother's body is going to carry, protect and nourish the unborn child for nine months and your pregnancy diet is vital. During the pregnancy the mother should ensure that her pregnancy diet can supply the baby with all of its nutritional requirements, in addition to ensuring that she also maintains her own health and well being.

The earlier that a mother-to-be embraces a healthy pregnancy diet the better prepared her body will be for the pregnancy. It is important to keep to a healthy diet to make sure that the mother's body is in the best possible condition for the rigors of pregnancy and labor.

Throughout pregnancy the mother's body will be undergoing an entirely new range of physical and mental changes and she should be able to cope better if she is properly nourished by following a healthy pregnancy diet. The pregnancy diet is also essential to help with building up all of the nutrients and energy that is required to breastfeed the baby.

It is important to talk with a health practitioner about your pregnancy diet. They can discuss with you about essential nutrients and foods which contain them, as well as foods which are to be avoided during pregnancy. If you are unable to eat certain foods or are lacking in certain nutrients then they can also suggest supplements that you can take to improve the effectiveness of your pregnancy diet.

There are a number of points to keep in mind when planning your pregnancy diet:

* Consume foods containing iron

* Include a wide array of nutritious foods in your pregnancy diet

* Eat an abundance of breads and cereals (ideally wholegrain), vegetables, legumes and fruits

* Consume foods that encourage and support breastfeeding

* Maintain a pregnancy diet that is low in fat and, particularly low in saturated fat

* Eat more foods containing calcium

* Sustain a healthy body weight by balancing physical activity and food intake

* If you drink alcohol, decrease your intake or eliminate it completely for the healthiest pregnancy diet

* Intake only a moderate amount of sugars and foods containing added sugars

* Select low salt foods for your pregnancy diet and use salt sparingly

It is important to make sure that your pregnancy diet is well-balanced and contains the essential nutrients to provide a healthy body and mind during pregnancy. Your pregnancy diet should look after your body, as a mother-to-be, as well as your baby's.