

Nutrition

During Conception, Pregnancy, and Lactation



CONCEPTION PHASE: TIPS FOR SUCCESS

- Prepare your body:
 - No alcohol, no smoking, no drugs
 - Eat healthy: Omega-3, Omega-6, fruits, vegetables, water
 - Exercise to keep a healthy weight
- Take supplements:
 - Think about taking folic acid and vitamin D
 - If pregnancy takes time, ask a doctor to check for vitamin or mineral shortages

PREGNANCY: TAKE CARE OF YOU AND BABY

- Enjoy the Journey:
 - Celebrate when you reach 12 weeks
 - Read books to learn more
- Important during pregnancy:
 - Do not drink alcohol
 - Take pregnancy vitamins like magnesium and folic acid.
- Iodine:
 - Take 100–150 micrograms each day
 - You can buy iodine tablets at the pharmacy
- What to Avoid:
 - No raw meat, fish, or eggs
 - Limit coffee and tea (caffeine)
 - No smoking, no alcohol
- If you feel sick:
 - Eat small meals more often
 - Try ginger candies, ask a doctor if the nausea is strong
- Managing your weight:
 - Follow the doctor's advice
 - Use a BMI calculator or ask your gynecologist



WHILE BREASTFEEDING: TAKE CARE OF YOURSELF

- Rest and eat well::
 - Focus on healing after birth
 - You may need special vitamins while breastfeeding
- Eat a balanced diet::
 - Drink enough water
 - Eat mostly vegetables, fruits, whole grains, and lean protein
 - Use only a little fat and eat few sweets or snacks

