



Remote
Health

Course Materials

Nutrition

During Conception, Pregnancy, and Lactation



Nutrition

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Nutrition during conception



Tips

For some, conception phase is a short period, and for others, it's a long journey. Here are a few tips:

- Reduce alcohol consumption, avoid smoking and illicit drugs. If you need to take medication, discuss your desire to conceive with your doctor.
- Follow the dietary guidelines from our 'Nutrition' courses. Include plenty of oils rich in Omega-3 and Omega-6 fatty acids. Consume 2 servings of fruit and 3 servings of vegetables daily. Drink at least 1.5 liters of water per day.
- Work on reducing excess weight and incorporate regular physical activity into your routine.
- Consider taking folic acid supplements.
- If you have a Vitamin D deficiency, supplementation may be recommended.



Folic Acid

Folic acid is a vitamin. When a pregnant woman has too little folic acid in her body, it can affect the proper development of her baby. That's why doctors and *Netzwerk Gesund ins Leben* recommend taking folic acid tablets before and during the first three months of pregnancy.

400 micrograms of folic acid per day is recommended, which can be obtained at pharmacies or drugstores.



If it just doesn't work...

Sometimes, getting pregnant isn't easy – regardless of your diet. So, avoid buying random dietary supplements you may find on the internet. There's an option to get various nutrient tests done, either out-of-pocket or through supplementary insurance.



If you're interested in this, reach out to your gynecologist or maybe an alternative practitioner. Clearly state that you want to cover the cost of the tests yourself. If a deficiency is identified, you can simply supplement that specific nutrient.

Nutrition during pregnancy



Whether your pregnancy was planned, hard-earned through additional medical support, or a surprise, perhaps even unwanted, worries and questions will accompany you for a little while.

First, you'll reach the magical 12-week mark, then you'll have regular appointments with your gynecologist. In the upcoming weeks, you'll also start to realize how your life is changing. Don't stress too much. Enjoy the time with that little miracle in your belly. Choose books cover the topics you need right now.

Now, **completely avoid alcohol. Not a a single drop!** If you had a drink in the first two weeks of your pregnancy, don't worry. During the first two weeks an 'All or Nothing' principle applies. If your pregnancy continues after the second week, the embryo hasn't been harmed.



Pregnancy Supplements

Your body actually needs more now than before, not more calories but definitely more vitamins and minerals.



There is no longer an argument against taking special **pregnancy supplements**. Make sure you have adequate amount of **folic acid** and take **magnesium citrate** for leg cramps, constipation and/or water retention. However, be cautious not to induce diarrhea with it; if that happens, reduce the dosage immediately.

It would be great if you could manage drinking **2 liters of water daily** from this point on.

Iodine ¹

During pregnancy, mothers and their babies require a sufficient amount of iodine, which is crucial for the thyroid gland.

Doctors and *Netzwerk Gesund ins Leben* recommend taking iodine tablets throughout the entire pregnancy. You need 100 to 150 micrograms of iodine per day. These tablets can be obtained at pharmacies or drugstores.





So pay attention to the following points ¹:

- Throughout your entire pregnancy: eat healthily.
- During the first months of pregnancy: don't eat more than usual.
- During the last months of pregnancy: eat a little bit more.
- During the first three months of pregnancy: an additional 400 micrograms of folic acid per day.
- Throughout your entire pregnancy: an additional 100 to 150 micrograms of iodine per day.

What you should avoid ¹



During pregnancy, you should refrain from smoking or consuming alcohol. Both cigarettes and e-cigarettes are harmful to your unborn child, and alcohol can be detrimental to your baby's health.

Avoid consuming raw animal products during pregnancy. This means no sushi, raw meat, undercooked steak, raw eggs, or unpasteurized cheese. However, most cooked animal products are safe, such as cooked or grilled fish or hard-boiled eggs.

Exercise caution with coffee and black tea as they contain caffeine. Having more than two cups of coffee a day is not good for your baby. It's best to avoid energy drinks altogether.



Pregnancy Nausea

This can be challenging, so much so that some people opt against further pregnancies. What can help?

- Eat small portions (5 small meals per day).
- Suck on ice pops, or even make organic lemon ice at home.
- Drink lemon water in small quantities throughout the day.
- Try ginger candies.
- Consult a doctor and consider medication if the discomfort becomes too overwhelming.



Weight Gain

During pregnancy, you are allowed to gain weight. However, make sure that your weight gain aligns with medical recommendations.

Please find a specific BMI calculator online that will tell you how much you should gain and at what point during your pregnancy. This serves as a guideline. Some women may experience significant water retention early in pregnancy, and there may be minimal visible change towards the end. If you are unsure, don't hesitate to consult your gynecologist.



Nutrition during lactation



One saying goes: the pregnancy lasted for nine months, and it takes nine months for the body to recover. While this isn't always accurate, it underscores the importance of continuing to take good care of yourself in the coming months. In addition to postpartum exercises and baby courses, keep paying attention to your nutrition. Taking a specific supplement is also recommended during the breastfeeding period.



6 Tips ¹

1. Drink plenty, especially water and sugar-free beverages.
2. Consume a lot of vegetables, salads, and fruits.
3. Include grains in your daily diet, such as bread, rice, or pasta – preferably whole grain.
4. Be mindful of the quantity when it comes to meat, fish, and sausages – choose lean options.
5. Use butter, oil, and cream sparingly.
6. Limit your consumption of sweets and snacks.



Sources:

1. Bundeszentrum für Ernährung (Federal Center for Nutrition) www.bzfe.de



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