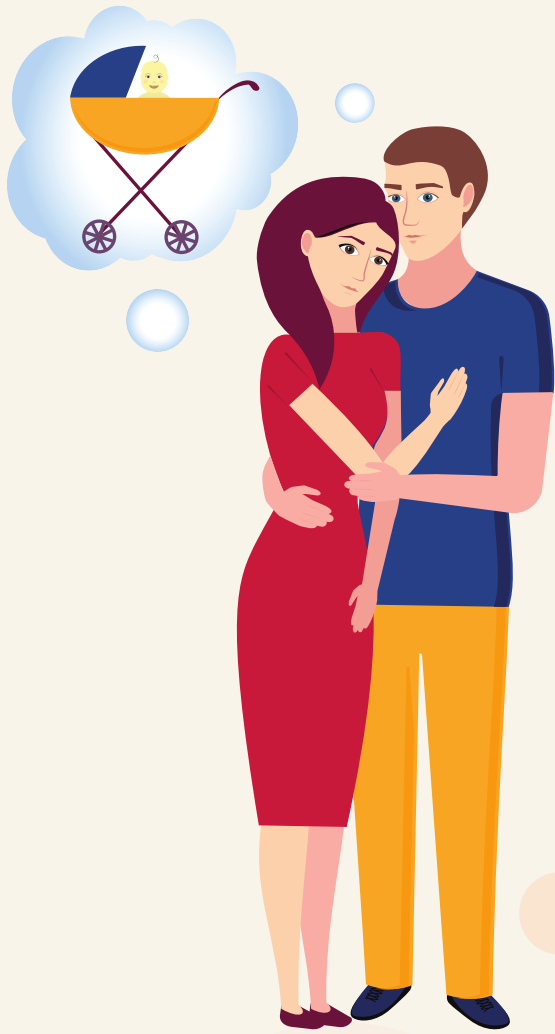




Nutrition

During Conception, Pregnancy, and Lactation



CONCEPTION PHASE: TIPS FOR SUCCESS

- Preparation:
 - Cut alcohol, quit smoking, avoid drugs.
 - Follow dietary guidelines: Omega-3, Omega-6, fruits, vegetables, water.
 - Maintain a healthy weight through exercise.
- Supplementation:
 - Consider folic acid and vitamin D.
 - Test for deficiencies if conception is challenging.

PREGNANCY: NOURISH AND THRIVE

- Enjoy the Journey:
 - Celebrate the 12-week mark.
 - Choose relevant books for guidance.
- Essentials During Pregnancy:
 - Strictly avoid alcohol.
 - Consider pregnancy supplements: magnesium citrate, folic acid.
- Iodine:
 - Take 100-150 micrograms daily.
 - Obtain iodine tablets from a pharmacie or drugstore.
- What to Avoid:
 - No raw animal products; limit caffeine.
 - No smoking or alcohol.
- Nausea Management:
 - Eat small, frequent meals.
 - Try ginger candies; consult a doctor if needed.
- Weight Management:
 - Follow recommended guidelines.
 - Use BMI calculators; consult your gynecologist.



LACTATION: NURTURING YOURSELF

- Recovery and Nutrition:
 - Focus on postpartum care.
 - Consider specific supplements during breastfeeding.
- Balanced Diet Tips:
 - Stay hydrated.
 - Emphasize vegetables, fruits, whole grains, lean protein.
 - Use fats sparingly; limit sweets and snacks.

