



## WHAT CHANGES IN THE BODY WITH PREGNANCY?

### NUTRITIONAL CHANGES

- Increased calorie expenditure and requirements
- Increased ability to absorb nutrients
- Increased vitamin and mineral needs
- Increased water needs



### PHYSIOLOGICAL CHANGES

- Gustatory and olfactory (smell and taste of food)
- Gastric (nausea, vomiting, reflux and heartburn)
- Intestinal (constipation)
- Vascular (increased blood volume and increased chance of developing anemia)

### MAIN RECOMMENDATIONS

- **Pay special attention to iron** [prevention of anemia] and **folic acid** [important for the development of the baby's nervous system]
- Adequate fluid intake and fiber consumption can help **prevent constipation**
- Caffeine intake should not exceed **200 mg** per day
- Consume well-cooked food and drink potable water
- **Total restriction of the consumption of alcoholic beverages** is advised.

### TIPS TO DEAL WITH THE SYMPTOMS

- **Fractionation of meals**
- Avoid lying down right after meals
- **Elevate the head of the bed** when lying down
- **Avoid foods** that cause **gastric discomfort** (coffee, tea, alcohol, sweets, fried foods, foods high in fat)
- **Avoid drinking** during meals