

Prenatal Nutrition and Lactation

Objectives

- To produce a healthy, normal weight infant while minimizing the short and long term health risks to the mother
- To determine the appropriate weight gain during pregnancy for the normal weight, underweight and overweight pregnant woman
- To recognize the additional energy, vitamin and mineral requirements during pregnancy and lactation
- To recommend dietary modifications to help alleviate nausea, heartburn and constipation during pregnancy
- To develop skills to help promote and maintain breast-feeding

Prenatal Nutrition

- I. Questions with nutritional implications for the obstetric history and physical exam
 - A. Present illness
 1. General: recent weight change, poor weight gain, edema, dehydration
 2. G.I. complaints: Diarrhea, nausea, vomiting, heartburn, constipation
 - B. Medical History
 1. Prenatal vitamins, nutritional supplements, herbs, remedies?
 2. Iron supplements/
 3. Food allergies
 4. Non-food cravings
 5. Obstetric history
 - C. Social History
 1. Alcohol?
 2. Special Diet?

3. How many meals and snacks daily?
4. Avoid any specific foods?
5. Milk: how much, type?
6. Lactose intolerance

D. Family History

1. Familial occurrence of dx
2. History of children with fetal anomalies

E. Review of symptoms

1. General: Fatigue, weight change
2. Mouth: teeth, gums, lips, tongue
3. GI/abdomen: Appetite, food intolerance, nausea, constipation, diarrhea

F. Physical Exam

1. Anthropometric data
 - a Height
 - b Current weight

- c Prepregnancy weight
- d Prepregnancy BMI
- e Weight gain during pregnancy so far

G. Laboratory Evaluation

1. Glucose
2. Hematocrit
3. Hemoglobin

II. Maternal weight gain

A. Underweight

1. BMI < 19.8
2. Total weight gain 28 - 40 lbs.
3. 5 lbs./ 4 weeks

B. Normal

1. BMI = 19.8 - 26
2. Total weight gain 25 - 35 lbs.

3. 4 lbs./ 4 weeks

c. Overweight

1. BMI = 26.1 -29

2. Total weight gain 15 - 25 lbs.

3. 2.6 lbs./ 4 weeks

III. Nutritional requirements

A. Energy: + 300 kcal in 2nd and 3rd trimester

B. Protein: RDA = 60 g

C. Calcium

D. Folate

E. Iron

IV. Nutritional Problems

A. Nausea and vomiting

B. Constipation

C. Heartburn