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. Month: 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