

# *Lecture 6*

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# Community Lecture 6, Dr. Ahmad Bataineh ...

## Nutrition during pregnancy and lactating.

Slide (4) : nutrient megadoses = large doses of vit. and minerals

Slide (5) : increasing in pregnant weight is obligatory اجباري (28-29 bound ; bound = 450 gram) ~ 11-13 kg. هذه الزيادة ضرورية لنمو الجنين

Slide (6) : weight gain which we allow pregnant women to gain, depends on women weight before pregnancy : زيادة الاجباري + وزن زائد (extra)

if the woman has normal weight before pregnancy, we allow her to increase 11-15 kg, if she underweight we allow 13-18 .. and so on and so far. ✓ memorize no.

Slide (7) : not important.

Note : Pregnancy divided to 3 trimester → we record weight gain continuously.

Slide (15) : NTD (neurotube defect) → immature spinal cord. \* LBW (Low Birth weight)

Slide (16) : \* DRIs (Dietary Reference Intakes) ~ 300-400 kcal / Day (pregnant)

500 kcal / day (lactating women), pregnant who do sports or follow energy restriction have to take energy more.

Slide (19) : key micro nutrients in pregnancy not macro

Slide (20) : not required :)

Slide (21) : 2-2.5 L of water is required.

Slide (24) : non nutrient issue occurred in Iraq with wheat which contaminated by PCB

Slide (26) : Just for knowledge :)

Slide (27) : complication due to decrease or increase certain types of food.

Slide (33) : Sudden infant Death syndrome (SIDS)

Slide (36) : Physiology of Milk production : Hypothalamus stimulate pituitary

gland to secrete : ① Prolactin (induce milk production) ② Oxytocin (induce milk ejection).

Notes :

Hypothalamus and pituitary are in Head ; pituitary gland is 2 parts : Anterior

(Prolactin) and Posterior (Oxytocin)

Baby sucking stimulate Hypothalamus → Pituitary → milk production and ejection

→ This process called Let down Reflex.

Slide (39) : Lactating woman (500 kcal / day), Pregnant (300-400 kcal / day)

Pro: 25g, Carbohydrate > 100-200

Slide (41) : Poor let Down = Poor ejection

The Doctor stopped Here ...

Note

Pregnant woman must eat fibers to avoid constipation.

References : P

- Record section 3 , 20/11/2014.

Thank you ♡