

NUTRITIONAL FEATURES OF PREGNANT WOMEN

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A B S T R A C T	K E Y W O R D S
<p>Pregnancy is a period when a woman's body undergoes significant physiological changes, which affects her nutrient needs. Proper and balanced nutrition is essential for the normal development of the fetus and maintaining the health of the mother. This article discusses the nutritional features of pregnant women, the importance of essential nutrients for fetal development, dietary features in each trimester of pregnancy, as well as recommendations for foods to eat and avoid. The results of scientific research on this topic are also presented.</p>	<p>Pregnancy, nutrition, vitamins, minerals, nutrients, maternal health, fetal development.</p>

Introduction

During pregnancy, a woman's body undergoes strong changes, so her need for food also changes. A woman's need for nutrients, vitamins and minerals increases, because these substances are necessary for the development of the child.

Improper nutrition during pregnancy can harm the health of the mother and baby. For example, iodine deficiency can negatively affect the development of the child's nervous system. Iron deficiency can cause anemia, which in turn can affect a child's development. In addition, foods high in fat and sugar can cause excess weight and blood pressure problems during pregnancy.

Therefore, it is necessary to draw up a suitable nutrition plan for pregnant women. At the same time, a balanced intake of fats, proteins, carbohydrates, vitamins and minerals is important to support the growth and development of the child at every stage of pregnancy. This topic is relevant, as it plays an important role in ensuring a healthy pregnancy and raising a healthy future generation.

Most pregnant women around the world do not meet their vitamin and mineral needs, which can lead to various diseases and complications. For example, 20-30 percent of pregnant women have iron deficiency anemia, which reduces the supply of oxygen to the fetus. This situation negatively affects the development of the child and the health of the mother.

Materials and METHODS

The following sources and methods were used to prepare the article:

1. World Health Organization (WHO) recommendations on the nutrition of pregnant women and nutrient needs.
2. Scientific research and publications on nutrition of pregnant women.

3. Local statistics on the nutritional status of pregnant women, provided by the Ministry of Health of the Republic of Uzbekistan.
4. Recommendations of obstetricians and nutritionists on the organization of the diet of pregnant women.

Body

Nutrition during pregnancy. Pregnancy requires a woman to follow special dietary recommendations, as this period is characterized by an increase in the need for energy, vitamins and minerals. Nutrition should take into account the following features in each trimester:

First trimester (1-12 weeks):

During this stage, the nervous system and fetal organs develop, so folic acid and vitamin C. Folic acid is important for preventing neural tube defects such as spina bifida.

Second trimester (13-26 weeks):

During this period, the development of the fetal bone and muscular system continues, as well as the need for calcium and vitamin D. It is also important to get enough iron and vitamin B12.

Third trimester (27-40 weeks):

The need for energy increases. This period requires a greater intake of carbohydrates and fats to maintain energy levels, as well as protein and calcium to maintain the health of both the mother and the fetus.

The role of nutrients during pregnancy

1. Folic acid:

Folic acid is necessary for the normal development of the fetal nervous system and the prevention of neural tube defects. The recommended dosage is 400-600 mcg per day. Sources: spinach, broccoli, legumes, whole grains.

2. Iron:

Iron is critically important for the normal development of the fetal circulatory system and the prevention of anemia in the mother. The recommended dosage is 27 mg per day. Sources: red meat, legumes, spinach, dried fruits.

3. Calcium:

Calcium is necessary for the formation of bones and teeth in the fetus. Calcium deficiency can lead to osteoporosis and other bone diseases in the mother.

The recommended dosage is 1000-1200 mg per day. Sources: dairy products, eggs, broccoli.

4. Omega-3 fatty acids:

Omega-3 fatty acids play an important role in fetal brain development. The recommended dosage is 200-300 mg per day. Sources: salmon, sardines, flaxseed.

Recommended and prohibited foods

Recommended Products:

Fresh fruits and vegetables, whole grains, fatty fish, dairy products.

Prohibited foods:

Raw meat and fish (risk of salmonella, toxoplasmosis), alcohol, excessive caffeine (no more than 200 mg per day).

Conclusion and recommendations

Proper nutrition during pregnancy is crucial for the health of both mother and baby. Women need to follow the nutritional recommendations in each trimester to ensure all the necessary nutrients for the normal development of the fetus. It is important to consult with a doctor or dietitian to develop an individual diet. A balanced approach to nutrition can have a significant impact on the health and well-being of both mother and baby.

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