

# EATING WELL WITH BABY BELLY



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# **Eating Well With Baby Belly: Healthy Eating While Pregnant (Pregnancy Nutrition Guide)**

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The optimal nutrition for a healthy development of the child in the womb and during the first months of life

Calorie requirement during pregnancy.

Weight gain during pregnancy.

Hydration during pregnancy.

Increased protein requirement for pregnant women

Vitamins, trace elements and minerals that are particularly important for mother and child

Artificial or natural food supplements

Food that should be avoided during pregnancy

Coffee, alcohol and cigarettes during pregnancy.

Gestational diabetes

Feeding during breastfeeding

Food that should be avoided during breastfeeding

Vegetarian and vegan nutrition during pregnancy and breastfeeding