

EATING WELL WITH BABY BELLY



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Eating Well With Baby Belly

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

Everyone should by now be aware that a balanced and nutritious diet is important for a healthy body. In the case of pregnant women, a balanced, healthy and varied diet is even a prerequisite for an optimal pregnancy and the birth of a healthy child. According to studies, around 94 percent of children are born healthy in a healthy diet, and only eight percent in an unhealthy lifestyle.

However, care should also be taken after birth to ensure that the baby receives adequate care. It is important to have a sufficient supply of vitamins, trace elements and minerals. Folic acid, iron, iodine and vitamin D in particular are often not sufficiently ingested by the diet, and it may be advisable to take additional preparations to counteract pregnancy complications at an early stage.

The role of nutrition during breastfeeding is much more underestimated. The calorie intake should be higher than during pregnancy, the supply of nutrients should be ensured and a sufficient amount of drinking should be ensured. Even if many women want to lose weight again after pregnancy, a strict diet can lead to undesirable developments of the child. In fact, this seems logical, as the infant is cared for exclusively by the mother, even after birth.