

Nutrition Role in Women Fertility

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Abstract

Introduction: I have treated thousands of pregnant women over the years. It is a honour to be a doctor, friend during their most miraculous time of their lifetime. I have worked on diet of many women from their planning days to postpartum journey.

Intervention: So basically, this article cover my experience as diet planner with my pregnant women's throughout I met in my clinic. So nutrition for fertility cover diet for conceiving baby, pregnancy three trimester, postpartum and breastfeeding mom. So advance congratulations from my side for being planning or pregnant already with your baby.

Conclusion: Step by step we will be detailed everything about essential and non-essential nutrition journey of women's gestation times to avoid discomfort through right diet. There is relationship between diet and healthy pregnancy journey of women.

Keywords: Pregnancy; Fertility; Diet; Nutrition; Breastfeeding

Introduction

It is a honour to be a doctor, friend during their most miraculous time of their lifetime. I have worked on diet of many women's from their planning days to postpartum journey. So nutrition for fertility cover diet for conceiving baby, pregnancy three trimester, postpartum and breastfeeding [1]. So advance congratulations from my side for being planning or pregnant already with your baby.

"Women are hardly ever happy with their weight either pregnant or not."

Interventions

Fertility Days

Healthy diet required by body for energy and growing up. To work on fertility, conception women need to eat food from variety of food groups [2].

- Carbohydrates as starchy food like breads, rice, cereals etc.
- Fruits and vegetables
- Protein rich diet like nuts, egg, meats etc.
- Dairy products.
- Fats or oils eat 1-2 times a week.
- Fibre known as roughage.
- Salt in small amount help to maintain fluid balance and other body function.
- Vitamins are essential for vital process.
- Minerals are needed in small amount.
- Folic acid intake need to increase before your conceiving and continue till 12 week of pregnancy for your baby's nervous system development. Take 400 mcg through folate rich foods or taking supplements.
- Calcium is important for baby skeleton.

- Zinc for health of baby.
- Replace tea and coffee with herbal tea or fruits [2].

Healthy sperms and ova can be by having mint leaves, parsley, ginger, garlic, broccoli, green peppers, cabbage, pineapple and cauliflower. It is possible to get all these via good diet but if you are food allergic than can have supplement for it after doctor [3].

Your ideal body weights

If women planning to conceive have high or low weight, then there is increase chances id getting menstrual irregularities which decrease your fertility. So calculate your ideal body weight via body mass index or BMI. So before planning pregnancy you must check your BMI is normal or not. So start with first managing your BMI for healthy baby and mother. Means if your BMI is 19 or lower you are underweight means go for proper diet with supplement and if your BMI is more than 25 start working on moderate exercise with nutrition. You can calculate your BMI via dividing your weigh in kg by height in meters of [3].

For Underweight	For Overweight
Don't loose more than 2 lbs a week.	Consume plenty of stretchy food, vegetables, fruits.
Reduce your calorie intake by limiting your fat.	Eat according to appetite and work.
Do more exercise and eat plenty of nutrition food.	Avoid junk food.
Discuss your form of conception with professional.	Plan exercise 5 days per week.

Table a

Weight gain for women's for baby [4]

- Women have normal weight: 11 to 14 kg.
- Overweight: 7 to 11.5 kg.
- Underweight: 12.5-18 kg.

Diet and Pregnancy

Pregnancy doesn't mean you have to starve or nor you have to eat excessively. Eating small frequent food with three meals a day is ideal with some [4].

People kept telling women during pregnancy to have more energy for their baby. Why?

- Placenta growth.
- Increased body size.
- Steady rise in basal metabolism.
- Additional weight of baby on mother.
- Foetus growth and energy.

Where the weight goes of pregnant women's?

Weight distribution	Kilograms
Placenta	2.5-3.5
Baby	0.5-0.6
Amniotic fluid	1
Uterus	1
Increased body fluid	3.5
For increased fat and breast	3.1

Table b

My tips for healthy nutrition

- Eat when hungry.
- Eat small portion diet.
- Healthy snacks.
- Never overeat.
- Get regular physical workout.

This is a sample menu daily plan but do consult before following

On waking

- Water
- Dry crackers

Breakfast

- Porridge with raisins, almonds and milk
- Multigrain rusk, fruit, nuts
- Omelette, fruit
- Milk and fresh fruit

Mid-morning (2hours after breakfast)

- Glass of milk or fruit juice

Lunch

- 1 bowl salad with seasonal cucumber, tomatoes, sprouts, carrot.
- 2-3 chapati (wheat, jowar, soya and bajra) and 1 cup rice
- 1 bowl cooked vegetables
- 1 cup dal
- Buttermilk

Evening

- 1 bowl mixed fruit

Dinner

- 1 bowl salad
- 1 cup rice
- 2-3 chapati
- 1 cup yoghurt
- 1 bowl veggies

Bedtime

- 1 glass milk

Snacks for women handbags or office

- Water bottle
- Easy to peel organic
- Crackers
- Assorted seeds
- Dry fruits
- Carrots
- Raisins
- Milk or orange juice

First trimester

Full of nausea, vomiting and morning sickness. Depending on women case here are few things which I followed through this phase with my patient [5].

- **Protein:** Spinach, broccoli, egg, meat, nuts, paneer and cheese.
- **Vitamin D:** Walnuts, citrus fruits like orange etc.
- **Iron:** Fish, beans, yoghurt, black grapes and dates.
- **Calcium:** Milk, dry fruits and Dairy products.
- **Fibre:** Banana, oats, coconut, peas.
- **Folic acid:** Almonds and banana.

To avoid items

- Raw or ripe papaya
- Caffeine
- All refrigerated meats
- Canned juice
- Aerated drink
- Processed food
- Raw meats
- Crab and prawn

It is important to eat balanced diet as per doctor prescription. Exercise prepare you for coming months obstacles of [4].

Second trimester

Most happier days are back now. You can now experience baby kick and movement. Avoid caffeine at this phase is good choice. You can take dark chocolate for magnesium, iron, calcium and ⁶. Here are few things which I suggest to my pregnant women's.

- **Calcium:** Ragi, dairy products and dry fruits.
- **Vitamin D:** Orange juice, egg yolk, cereals.
- **Magnesium:** Green leafy vegetables, spinach, brown rice, nuts, oats and grains.
- **Seeds:** Sunflower and pumpkin.

- **Fibre:** Soya bean, oats, banana.
- **Omega3 foods:** Walnut and flax seed.

What to avoid

- Papaya
- Caffeine
- Pineapple
- Tulsi leaves
- Arbi
- Ajwain, methi.

Drink plenty of water during pregnancy to flush out toxin from body. Do not overeat. Go for physical activity for 5 days/week with regular walk.

Third trimester

Time to home stretch as any day your baby is about to enter the world. Hydration is important with diet and exercise with this phase with doctor consultation. Avoid late [4].

Here are things you can add after your doctor consultation in your diet

- **Vitamin C:** Citrus fruits with leafy vegetables.
- **Vitamin K:** Beans, banana, avocado and coconut water.
- **Fibre:** Berries and sprouts.
- **Fruits:** Kiwi, melons and berries.
- **Vitamin B:** Fish, banana, meat, egg, cereals and dairy products.
- Fibre
- Porridge
- Dal
- Seeds and nuts.

To avoid

- Extra salt.
- Chips.
- Spicy food.
- White sugar.
- Caffeine.

Take walk post eating and wear loose clothes. Be ready for hospital visit with your bag for labour.

In labour

For labour inducing go for some postures with your partner or mid wife [4]. You can also have nutrition like according to our grandma tip. These are follows

- Ghee
- Milk
- Squatting
- Walking
- Juice
- Rubbing nipple to stimulate contraction
- Core breathing
- Relaxation postures

Diet for new mother

To increase the involution process good nutrition is primary thing for strength and increase your [7] Sample Daily menu

- Start morning with herbs, seeds and water.
- For breakfast start with fruits, porridge, milk
- For lunch sheera, chapati, veggies, rice and dal.
- For evening veggie soup.

- For dinner khichdi and same veggies, chapati.
- Buttermilk
- Milk
- After 45 days of delivery start with some walking too with nutrition.
- Keep yourself hydrated.
- This helps to relax your [8]

Conclusion

So this all conclude my work for women fertility and nutrition. Care yourself about for being a mother. This plan help your overcome common problems during gestation time.

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