



NUTRITION TIPS

Prenatal Supplements: Are they necessary?

A pre-natal supplement is a vitamin and mineral supplement you take daily to ensure you are getting the right amount of important nutrients during pregnancy for optimal fetal development and growth. These vitamins and minerals in pregnancy includes folic acid, iron, vitamin B6, vitamin C, vitamin D, Zinc copper and calcium.



If you are already in good health, a well - balanced diet including dairy products such as Peak milk will cover the increased nutritional demands of pregnancy. Folic acid is an especially important nutrient needed before and during pregnancy. The best way to give your developing baby a good start is through eating a well - balanced diet and taking appropriate dosages of the necessary supplements.

Prenatal Supplements: Choose Wisely

Vitamins and minerals such as iron, calcium and folic acid are vital for proper fetal growth and healthy adult living. Firstly, to create a healthy and nutritious environment for your baby, it is important that you establish a well - balanced diet and exercise routine before you get pregnant. If you choose to supplement your diet with synthetic nutrients, be sure to keep track of daily amounts that you take and let your doctor know.

While certain prenatal multivitamins are only available by a doctor's prescription, there are many that are available over the counter. Keep in mind that, it is possible to put your baby or your own health at risk by taking inappropriate combination of synthetic vitamins.

This is why it is safer to take one multivitamin that contains a variety of needed nutrients in one dose instead of several different supplements.

Prenatal Supplement: too much could be harmful?

As long as you are eating a well balanced diet, you need not fear overdosing on nutrients found naturally in foods. However, synthetic vitamin and mineral supplements contain higher doses in concentrated form, which can be dangerous if taken in inappropriate amounts.

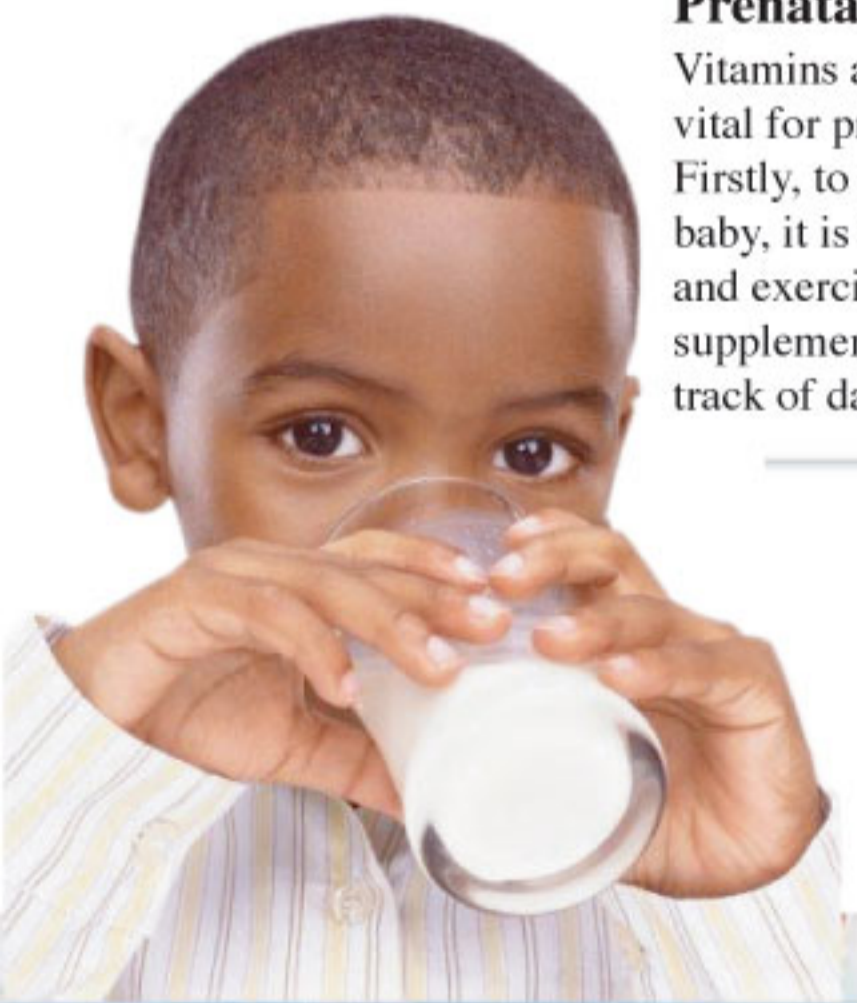
Vitamins and minerals are important for the healthy development of your baby, as well as help your body use the energy provided by foods, maintain cells and tissues. Finding the right pre-natal supplement for your individual nutrient needs during each trimester is important. Consider taking omega-3 supplement. It improves the health of your heart, reduces hypertension and does wonders for your baby. Essentially, speak with your doctor.



Pre-natal Supplements: Women with certain health issues

Women with dietary restrictions or pregnancy complications need to take a prenatal supplement and not just for the folic acid and iron. This includes women with certain pro intolerances, women who abuse substances, women who are having twins or higher multiples or women with chronic diseases. your pre natal vitamin is crucial throughout pregnancy to support the growth of the baby, so be sure you take it everyday.

You can get calcium from dairy foods such as Peak milk, dark leafy greens, calcium - fortified juices and cereals. Your ideal sources of protein are from meat, poultry, seafood, dairy foods, beans and nuts. More importantly, eat right. Supplements do not replace good eating habits.



** For more information on child nutrition*

Visit the Olu Akinkugbe Foundation
Child Nutrition Centre

at
Friesland Foods WAMCO Nigeria PLC.
Plot 7b Acme Road, Ogba, Lagos.

Visiting Hours:
10:00 am - 12 noon and 2:00 pm - 3:30 pm.
(Mondays - Fridays)

E-mail: childnutritioncentre@frieslandfoods.com.ng

Tel: +234-01-2715111