



NUTRITION TIPS

Prenatal Supplements: Women and 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 who have certain food intolerances or women who abuse substances. Also women who are having twins or higher multiples and women with certain blood disorders or chronic diseases. You can get calcium from dairy foods such as Peak Milk, dark



green leafy vegetables, calcium - fortified juices and cereals. Some pregnant women need to take more iron supplements during their



second and third trimesters to help prevent anaemia. Your ideal sources of protein are from meat, poultry, sea food, dairy foods, beans and nuts.

Prenatal Supplements

Vitamins and minerals such as iron, calcium, and folic acid are vital for proper fetal growth

and healthy adult living. Multivitamin combinations, can vary depending on the nutritional focus of the multivitamins.

Prenatal Supplements: 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 vitamins and mineral supplements contain higher doses in concentrated form, which can be dangerous if taken in inappropriate amounts.

In general, you'll want to look for a supplement that contains more of certain nutrients, such as folic acid and iron, that you may not be able to get enough of from your diet. You may also want to take an omega - 3 supplement because it does wonderful things for your baby helping to improve brain and eye development in the foetus and baby.

Prenatal Supplements: Are they necessary?

The increased requirement for certain vitamins

and minerals in pregnancy includes folic acid, iron, vitamins B6, C, D and calcium.

A prenatal supplement is a vitamin and mineral supplement you can take daily to make sure you're getting the right amount of these Important nutrients during pregnancy. Your



Baby needs extra vitamins and minerals during pregnancy.

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. While supplements are not a substitute for a healthy diet, they contain only some of the nutrients needed for optimal foetal development and growth.

► *For more information on child nutrition*

Visit the Olu Akinkugbe
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