



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

# Nutrition & Pregnancy




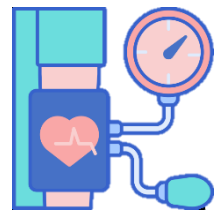
## What are the basic nutritional needs of a pregnant woman?

Nutrition during pregnancy is one of the most important things to take care of. Among the most important nutritional needs that you need during your pregnancy are the following:

- You have to get a balanced amount of food that provides the body with the necessary calories during pregnancy, which is approximately 2550 calories per day.



 **Note** that increased calorie consumption may lead to increased deposition of fats and toxins, causing high blood pressure.



## What are the basic nutritional needs of a pregnant woman?

- You must eat a balanced diet that contains the basic groups of food sources, which are:

Body Building Food

Protective Food

Energy Food



## What is body building food?

It is food rich in protein, which in turn helps build body tissues. You may need 85g of protein/day.



There are two types of proteins:

1. Animal protein: (red and white meat such as chicken, fish, birds, dairy and eggs).



2. Vegetable protein: (beans, lentils, cowpeas, kidney beans, and chickpeas).



## What is protective food?

It is food rich in vitamins and minerals, and it is better to eat them fresh without cooking to ensure that you get all the essential nutrients and needs, these foods include:



### ➤ Iron:

During your pregnancy, you need 30 mg / day of iron, as it is necessary for hemoglobin formation in the blood, along with the presence of vitamin C, which is an essential element in the composition of body tissues.

Iron sources include:

1. Red meat, liver, kidneys, spleen and egg yolk.
2. Molasses, eggplant, dates and apple
3. Fresh green leafy vegetables, such as:  
(lettuce, watercress, and turkey pepper).



## What is protective food?

### ➤ Calcium:

During your pregnancy, you need up to 5.1 g / day of calcium. It is considered essential for the formation of bones and teeth. Its deficiency may lead to:



1. Rickets and tooth decay (for a child).



2. Several cases, including preeclampsia, osteoporosis, uterine inertia, or postpartum bleeding (for you).



Calcium sources:

All dairy and dairy products such as cheese, eggs and yoghurt.



## What is energy food?

They are foods rich in starchy (carbohydrate) and fatty substances that provide the body with the energy needed to complete vital processes.



Sources:

Cereals and their products, rice, pasta, sugars, oil and fats.



Notice:

Make sure not to over consume them.

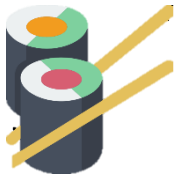


# What food should I avoid?



Caffeine Overdose

Herbal Tea



Canned or uncooked meat and fish

Medication





### Sources and References:

All pictures used from Flaticon.com and Freepik.com

### Review and audit:

The content of this booklet has been reviewed by  
Obstetrics and Gynecology Consultants at King  
Fahad University Hospital.

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