

The Bengal Post Making pregnancy better

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Making pregnancy better

Sonali Shrivani tells you how to make your prenatal days happier, safer and more comfortable



Pic: Sambit Saha

Farah Khatoun



How do I get a healthy baby? When should I start breast feeding my child? I don't like drinking milk. How do I substantiate my calcium intake? When should I take leave from office? Questions started pouring out as Sonali Shrivani, an internationally acclaimed child birth and lactation educator from Mumbai commenced the talk enlightening expecting mothers on 'how to have a happy and safe pregnancy'. The session included discussions about the precautions which need to be taken

included pregnant women with innumerable queries about the minutest details of childbirth but also would-be fathers full of concern for their wives and the unborn baby. "She doesn't like eating fruits. How do I convince her about the necessity of consuming fruits during this phase," complained Prithviraj Jaiswal. Answering Jaiswal's anxious question, Sonali spoke about nutrients that should be present in every pregnant woman's diet. "One of the most important things that you must focus on as a mother-to-be is your food and nutrition. The food that you eat nourishes your baby and maintains your health. Remember this is the foundation of your baby's life. Also a healthy body will be able to handle pregnancy and the birth process much more easily," stressed Sonali. She stressed on the food pyramid that must form the basis of the diet chart and busted myths associated with pregnancy.

Myths

- Taking ghee or butter in the last month of pregnancy does not help in lubricating the vaginal muscles rather it makes you put on weight.
- Squatting to do household chores does not help in loosening the muscles rather it has adverse effects on them.
- Epidural delivery is not the only cause for back ache after pregnancy.

Tips for working ladies

- Working hours should be decided according to the comfort level
- Eating every two to three hours is advisable as we tend to skip meals while working
- If you are working in front of a computer for long hours, follow some exercises for your fingers
- Take a stroll at regular intervals
- The medium of transport should be given utmost importance and an uncomfortable ride should be avoided.

Diet based on food pyramid

Carbohydrates: It forms the base of our food. Six servings per day is required, hence whole grains and cereals should be

If one wants a non-fussy baby, a glass of milk is a must.

Proteins: Roasted peanuts, pulses and non-vegetarian food should be included in the diet. Only 70 gms of protein is required in a day. **Fats, oils and sweets:** A total of two tablespoons of oil is required per day so do not overload yourself with the tempting stuff.



And the most important component of the diet is water. Two to three litres of water should be consumed daily. Drink more water during summer.

Exercise

After three months of pregnancy regular exercises should be included in the schedule. A walk is most advisable. The time, speed and duration of the walk should be decided according to the comfort level. Deep breathing and kegel exercises should be a part of normal exercising. Enroll in a yoga class or a prenatal exercises class. However avoid exercises like lying on your back and holding the breath. Any exercise which compromises with the muscles of the stomach should be avoided. Wearing comfortable loose cotton clothes, drinking water at regular intervals and wearing good shoes instead of slippers or sandals is advisable. Do not go for a walk right after eating, a gap of 45 minutes at least, should be observed. After delivery, exercise should be resumed for better circulation of blood in the muscles in the lower part of the body.



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pregnancy and the birth process much more easily," stressed Sonali. She stressed on the food pyramid that must form the basis of the diet chart and busted myths associated with pregnancy.

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Diet based on food pyramid

Carbohydrates: It forms the base of our food. Six servings per day is required, hence whole grains and cereals should be included in the diet. Avoid white rice and flour as they make you put on weight.



Fruits and vegetables: Eat 500gms of colourful fruits and vegetable a day. Do not deep-fry the vegetables. They should be either stir fried, boiled, baked or raw.



Calcium: Calcium helps in building and strengthening the bones of your baby. Include curd, cottage cheese and other milk products in your diet. 600ml of milk products is required per day. For those who can't digest milk, look for alternatives like jaggery, spinach, etc.

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