

## Nutrition During Pregnancy

### Objectives

- Review weight gain recommendations for pregnancy including special populations
- Discuss maternal nutrient needs during pregnancy
- Summarize vitamin and mineral supplementation guidelines
- Describe nutrition-related problems and special nutritional considerations

### Content Outline

1. Maternal Weight Gain Recommendations
  - A. Low or underweight status
  - B. Overweight or obese status
  - C. Multiple gestation
  - D. Adolescents
2. Maternal Nutrient Needs
  - A. Energy
  - B. Proteins
  - C. Omega 3 fatty acids
  - D. Vitamins and minerals
3. Nutrition-Related Problems
  - A. Nausea and vomiting
  - B. Heartburn and constipation
  - C. Special considerations
    1. Caffeine
    2. Vegetarians and vegan diets
    3. Herbal supplements

### Reading Material Resources

**Module WB2348: Nutrition During Pregnancy** is based on the resources listed below. A copy of the resource is included with the module.

Chapter 6, Nutrition During Pregnancy, Gabbe's Obstetrics Normal and Problem Pregnancies, Landon et al., Elsevier, 2021, 108-121