

# LOOK GOOD, FEEL GREAT

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Worried about what to eat during and after a pregnancy? Fitness expert Nawaz Modi Singhania guides you

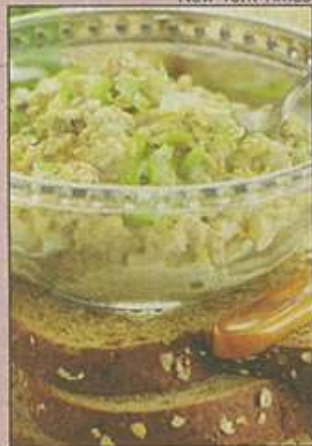


**YOU'VE GOT TO WORK IT:** Nawaz Modi Singhania, photographed a few months back when pregnant

**O**f particular importance during pregnancy is the increased intake of proteins, folic acid, iron, calcium, vitamin C, fibre and complex carbs. They play very vital roles in fetal development and health and the health of the mother. In fact, one's diet must be given importance even before conception. The healthier one is before pregnancy, the healthier the to-be mother and the infant will tend to be. Exercise plays a very important role here too!

It is a generally accepted fact that the fetus, as a parasite, will take the

New York Times



nutrients that it requires and that if anyone suffers, it will first tend to be the mother. Protein, the basic building block of growth, can be consumed in the form of fish, other seafood, poultry, eggs, meat, milk and milk products, soya,

lentils and sprouts. A pregnant woman requires approximately 1,200 mg of Calcium daily, while a feeding mother requires 1,600 mg per day. It is usually recommended that part of this be consumed in the form of supplementation and part from food.

New York Times



spinach, dark green and leafy vegetables.

Vitamin C will keep your immune system boosted, which tends to be at a low during pregnancy and postpartum. Citrus fruits and Vitamin C tablets are recommended. Fruits and vegetables will provide fibre, keeping constipation (which is common during pregnancy) at bay. They'll also provide the nutrients and vitamins required to support the pregnancy.

Eating small snacks at regular intervals right through the day, as opposed to 3 large meals and no snacking, will keep your weight under control and will keep your blood sugar levels in check. Consuming complex carbs, such as rice,

potatoes, vegetables



and fruits

will also do the same.

And finally, remember, that's it's not just what goes into the lower part of your skull, but also what goes into the upper part that's important! The happier, the more positive and the more mentally active you remain through the pregnancy, the better off you'll both be!

**Note:** Never take supplements without consulting your medical practitioner. This article gives one general guidelines, but a qualified nutritionist or your obstetrician would be the best person to determine and quantify each individual's specific dietary needs.



As pregnancy can tend to lead to anaemia, due to the iron requirement of pregnancy being steep, an iron-rich diet is also important. Some iron-rich sources of food include dark meat of chicken, watermelon, strawberries, black raisins,