

&adaptogenic) improves skin tone

- Aloe vera (moisturising & hydrating) relieves dryness & itching
- Cocoa butter (antioxidant & natural emollient) protects & softens skin
- Almond oil (antioxidant & moisturising) nourishes & softens skin

#### WHAT TO AVOID?

Caffeine (1 cup coffee can be taken), carbonated drinks, alcohol, raw foods and too oily foods, colour added foods

FOOD MYTHS: Papaya is usually not consumed. Instead of discussing on whether to eat papaya or not, you can shift to many other fruits which are available and do not carry any such myth

#### SPECIAL CONDITIONS

**UNDERWEIGHT:** Pregnant women, who are underweight, may need to gain weight to prepare herself to go through pregnancy and have a safe delivery. Major meals with nutrient density are recommended e.g. a milk sweet along with a meal to increase nutrient density.

**OVERWEIGHT:** Pregnant women who are overweight or obese, need to control weight -gain rather than losing weight during pregnancy. Meals can be rich in fiber and protein, with moderate carbohydrate and optimal nutrients. Small frequent meals help. Consumption

of Millet, fruits and vegetables to be increased.

**GASTATIONAL DIABETES:** Pregnant women with raised blood glucose levels need to have wholesome meals enriched with fiber. Small frequent meals will help. Mixing millet into meals will also help. Avoid pure sugar, sweets, syrups, thick shakes, ice creams, biscuits

#### PIH (PREGNANCY INDUCED

**HYPERTENSION):** Focus on protein and fluid intake as per the stage of the condition is recommended. Salt restriction may be recommended.

**THYROID:** Pregnant women with hypothyroid condition need to focus on iron, calcium and weigh-gain issues.



PLEASE SCAN FOR  
THE LOCATION

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Digital Version



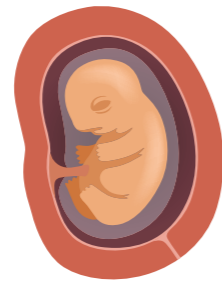
**BABY GROWTH &  
PREGNANCY DIET**



By the end of 1st Month



By the end of 2nd Month



By the end of 3rd Month



By the end of 4th Month



By the end of 5th Month



By the end of 6th Month



By the end of 7th Month



By the end of 8th Month



By the end of 9th Month

### CELEBRATE PREGNANCY THE WHOLESOME WAY

#### DIET DURING PREGNANCY

One single cell divides into million, million cells to become a well-formed baby in a period of nine months gestation. The entire event revolves around nutritional status of the mother. Having an uneventful pregnancy resulting in safe delivery and alive and kicking

baby in her hands is what every pregnant woman looks forward to. Pregnancy is divided into three trimesters. All stages basically need all nutrients, in other words, a well-balanced diet throughout the pregnancy. Proteins, carbohydrates and fats are major or macro nutrients. Iron folic acid, calcium vitamin C, B vitamins, zinc, magnesium and copper are micro nutrients that collectively play a great role in growth and development of the foetus.

**Protein sources:** Eggs, all non-vegetarian foods, legumes, curd, cheese, paneer and soy milk

**Carbohydrate sources:** All cereals (rice, wheat, daalia, semolina), all millet (ragi, jowar, bajra), pasta, milk

**Fat sources:** All oils, ghee, butter, cheese, non-vegetarian foods, milk

**Vitamins sources:** Fruits & vegetables

**Minerals sources:** Milk, fruits, vegetables, cereals, protein sources

While your meal should have all these nutrients in appropriate quantities, stage-wise nutrient focus is needed to avoid any defect.

### GROWTH OF THE BABY MONTH BY MONTH

#### 1 By the end of the 1st month:

Your baby is about 1/4-inch-long; even smaller than a grain of rice!

The tiny heart tube 1 inch long and will beat 140 a minute

First Trimester begins with ovulation and conception

The embryo is just two cells

A water-tight sac forms around the fertilized egg

#### 2 By the end of the 2nd month:

Your baby is called a foetus instead of an embryo

He/she is about 1 inch long and weights about 0.1gram

Baby facial features continue to develop

Each ear forms as a little fold of skin

Tiny buds for arms and legs

#### 3 By the end of the 3rd month:

Your baby is fully formed. He/she is about 4 inches long and weighs about 28.35 grams.

Baby's arms, hands fingers, feet, and toes are fully formed

The baby can open and close fists and mouth

Fingernails, toenails, and teeth are beginning to develop

#### 4 By the end of the 4th month:

Your baby is about 6 inches long and weighs about 113.398 grams. His/her nervous system is starting to function.

Teeth and bones become denser

Baby's heartbeat may now be audible through Doppler

Fingers and toes are well-formed

#### 5 By the end of the 5th month:

Your baby is about 10 inches long and weighs about 454 grams.

The baby starts developing muscles

Mom begins to feel the baby moving inside; this first movement is called 'quickening'

Hair begins to grow on baby's head

#### 6 By the end of the 6th month:

Your baby is about 12 inches long and weighs about 907 grams.

He / She respond to sounds by moving or increasing the heart rate

Baby's skin is wrinkled and reddish in colour

Veins are visible

Baby's finger and toe prints are visible

#### 7 By the end of the 7th month:

Your baby is about 14 inches long and weights from 907-1814 grams.

The amniotic fluid begins to diminish.

Baby's hearing is fully developed

The baby will continue to mature and

develop body fat

He or she changes position frequently

#### 8 By the end of the 8th month:

Your baby is about 18 inches long and weighs as much as 2.267 Kilograms. His/her internal systems mostly are well developed.

The baby will continue to mature and develops body fat

He/she starts kicking more

His/her brain develops rapidly

#### 9 By the end of the 9th month:

Your baby is about 18-20 inches long and weight about 3.175 kilograms.

Baby's position changes to prepare itself for labour and delivery

His / Her head is down toward the birth canal.

The baby continues to grow and mature

The lungs are close to reach complete development

His / Her reflexes are coordinated; so, he or she can blink, close the eyes, turn the head, grasp firmly, and respond to sound, light and touch

### DIET FOR THE WOULD-BE MOM

#### 1st TRIMESTER (1 — 12 WEEKS) / FIRST THREE MONTHS

Paint this period with green. Embryo just starts developing with spine being formed first. To avoid spine and neural tube defects, folic acid is recommended. Therefore, have plenty of greens every day, best would be in the form of soup.

Caution: wash green leafy vegetables properly to avoid contaminations

### 2nd TRIMESTER (13-28 WEEKS) / 4, 5 & 6" MONTHS

The word is orange. Have foods which are bright red or orange in colour, such as carrots and beetroots, and potatoes, etc., to get enough beta carotene and Vitamin A for the formation of baby's eyes and organs. Milk & milk products for calcium, fatty fish for essential fatty acids, proteins for building cells are also important during this stage.

Women start having cravings for certain foods, which is quite normal. Some women may experience swelling of feet and constipation too. Plenty of water intake is recommended. Egg, fruits, vegetables, cereals and protein sources are a must in each meal.

### 3rd TRIMESTER (29-40WEEKS) / 7, 8 & 9 MONTHS:

Now is the time to eat for two. Last three months has witnessed rapid growth and development of the baby. All nutrients are required in greater quantity.

Pregnant women may experience heartburn. Small frequent meals are recommended. One can divide each meal into two, e.g. divide breakfast into two portions; have one at 8 am and other at 11 am. Similarly divide lunch/dinner into two portions and have them with 3 hours of gap in between. This method will help in avoiding heartburn due to growing size of the baby and pressure on the stomach. Continue taking greens throughout the entire pregnancy phase.

### SKIN CARE DURING PREGNANCY

For daily body massage therapy during pregnancy and after childbirth

- Sesame oil (anti-inflammatory) relieves aches & pains
- Winter cherry (anti-stress)