

BALANCE DIET IN PREGNANCY

FOOD - Is any substance consumed to provide nutritional support for the body. It is usually of plant or animal origin, and contains essential nutrients, such as carbohydrates, fats, proteins, vitamins, or minerals.

NUTRIENT- Is a source of nourishment, especially a nourishing ingredient in a food.

7 MAIN NUTRIENTS

- **CARBOHYDRATE**- For energy
- **FATS**- For energy
- **PROTEIN**- For growth and repairs of tissue cells
- **VITAMINES** - Regulates chemical process in the body
- **MINERALS**-
- **ROUGHAGES** - Enables the body to get rid of waste products
- **WATER** - Means of transportation.

CARBOHYDRATES

EXAMPLES-: Bread, Cakes, Ripe plantain, Rice, Maize Cassava, Yam, Guinea, corn & Millets Coco-yam, Sweet potatoes, Sugars fruits, Honey Canes.

FUNCTION

- They maintain the glucose level in the blood.
- They are cheap and are bulky
- They provide energy that gives body heat

FATS AND OIL

EXAMPLES-: Butter, Margarine, Palm oil, Egusi oil, Coconut oil, Sardine, Egg yolk, Groundnuts, Meat e.t.c

FUNCTIONS

- They provide heat and energy.
- They serve as packing materials in the body and help to support the kidneys, eyes and most internal organs.
- They help to round off the bones and give shape to the body.
- They secrete bile and sebum.
- They serve as lubricant in the intestine and facilitate the passage of food along the digestive tract.

PROTEINS

EXAMPLES OF ANIMAL PROTEIN -: Egg, Snail, Meat, Cheese, Poultry, Edible insects, Fish, Liver.

PLANT PROTEIN -: Locust beans (iru), Groundnut, Millet, Mellon seeds, Beans, Guinea corn.

FUNCTIONS OF PROTEIN

- They are needed for the growth and development of tissues cells from birth until growth stops.
- It repairs and renews tissues cells which are under going wear and tear e.g. soles of the feet, nails, hair and skin.
- It is needed for the formation of enzymes, antibodies, haemoglobin and antitoxins.
- It gives energy.

VITAMINS

EXAMPLES-: Fish, Liver oil, Butter, Egg Yolk, Milk, Cheese, Avocado pear, Palm oil, Carrot, Corn, Plantain, Sardines.

VITAMIN C-: Pineapple, Peppers, Paw-paw, Green vegetable, Mangoes, Lime, Oranges, Grape fruits, Tomatoes, Lemon.

VITAMIN D FUNCTIONS

- It Prevents infections.
- Keep bones and teeth healthy.
- It Heals wounds.
- It aids metabolic process.

MINERALS

EXAMPLES-: Snails, Butter, Sardines, Dark green vegetables, Milk, Cheese, Beans, Groundnuts, Yogurt, Panals tutu.

FUNCTION-:

IRON-: It is an essential constituent of haemoglobin and is responsible for red colouring of the blood.

It is necessary for the transportation of oxygen to the tissues.

CALCIUM-: it is needed for the development of bones and teeth. It is needed for the coagulation of blood.

It aids in the function of muscles.

IODINE-: Sea food, Vegetables (grown in iodine rich soil) fish, Water, iodized salt.

FUNCTION-: Iodine is required for normal physical and mental growth. Thyroid gland for the production of thyorine

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LACK OF IODINE

---- Goitre

---- Cretinism- retardation both in physical and mental growth.

ROUGHAGES

It is the indigestive part of the food we eat.

FUNCTIONS

- It helps to satisfy hunger.
- It prevents constipation.

WATER

FUNCTIONS

- Chemical changes in the body.
- Transportation of solid substances.
- Regulates body temperature
- Harmful substances and waste products are diluted by water rendering them harmless until they are excreted from the body.
- It aids the digestion and absorption of food.

WEANING

Is the gradual introduction of adult food into a child

Months weaning starts

Kind of food: discuss

MALNUTRITION

KWASHIORKOR – Kwashiorkor is a form of malnutrition that occurs when there is not enough protein in the diet.

CAUSES

- Famine
- Limited supply of food
- Illiteracy (when people do not understand how to eat a proper food)

SIGNS AND SYMPTOMS

- Curly soft hair, change in colour, oedema, retardation of growth.
- Muscle wasting, psychomotor changes i.e. mental changes which makes them irritable and make them cry for hours without shedding tears
- They take no interest their surroundings and will sit motionless.
- They are pitiful at sight.

MARASMUS

Marasmus is a form of severe malnutrition characterized by energy deficiency. A child with marasmus looks emaciated. Body weight is reduced to less than 60% of the normal (expected) body weight for the age

CAUSES

- Short period of breast feeding.
- Wrongly reconstituted milk and over diluted milk.
- Severe deficiency of nearly all nutrients, especially protein and carbohydrates.