

Nutrition and fetal development

[Technology](#), [Development](#)



My group chose to do our presentation on the subject of nutrition and fetal development; we thought it would be both fun and interesting so that's why we chose this topic. The five main sub-topics we chose to research were the placenta's role, healthy and unhealthy pregnancies, foods to avoid during pregnancy, and special circumstances. Emily's topic was the placenta's role, Katelyn's topic was foods to avoid during pregnancy, and Greta's topic was special circumstances.

Christa and I researched the topic of healthy and unhealthy pregnancies and both found lots of information to use in our power point; we actually had so much information that we had to narrow it down because of the time limit put on the presentations. I think all five of us worked really well together, and each played a part in putting together our presentation and group paper. We met quite a few times as a group at the college and basically did the whole presentation together. For the group paper we each typed up a paragraph and then sent it to Greta, who put it together. Christa and I had the topic of healthy and unhealthy pregnancies.

At first, Christa and I just researched separately and each found important information. Then, when our whole group met we went through the information that we both found and combined it all. However, there was some information that was doubled up because we were both researching, but that didn't seem to be a problem. We took the most important information that we found and talked about it in our presentation. First, I looked up and found information on healthy pregnancies. Mainly essential nutrients, prenatal vitamins, brain development, and safe weight gain is what the information that I found consisted of.

A pregnant woman's diet should include proteins, carbohydrates, vitamins, minerals, and fats. They should eat at least five portions of fruits and vegetables a day, and eat plenty of carbohydrates such as, bread, pasta, and rice as the basis of their meals. A balanced diet is the best way to receive nutrients, but vitamin supplements can also be beneficial. Pregnant women should only take vitamin supplements on health care provider's recommendation. Vitamin C, folic acid, calcium, iron, and protein are some of the most important vitamins that women should take while pregnant. Brain development of the fetus is something that is very important.

Iodine is a key nutrient that helps assist in proper brain development of the fetus. Also, consuming the omega 3 fatty acid DHA (a separate supplement not found in most prenatal vitamins) during pregnancy can have positive effects on the brain development of the fetus. Gaining weight during pregnancy is going to happen, but only healthy weight gain is safe. The average pregnant woman needs only about 300 healthy calories more a day than she did before she was pregnant. It is suggested that pregnant women ask their health care provider how much weight they should gain during pregnancy.

Second, I looked up and found information on unhealthy pregnancies. The information that I found mainly consisted of effects of bad nutrients, disturbances in the brain development of a fetus, and unsafe weight gain and loss. Mothers who eat an unhealthy diet during pregnancy may be putting their children at risk of developing long term, irreversible health issues including obesity, raised levels of cholesterol and blood sugar.

Inadequate nutrition during pregnancy can lead to a difficult pregnancy, labor difficulties and a slower recovery.

Low zinc levels can also cause unusually small babies and increased labor time and poor nutrition increases the likelihood of still-birth or the risk of blood-chemistry and breathing problems at birth. When fetuses are deprived of nutrients, especially during the first half of pregnancy, researchers found disturbances in the development of the brains of their fetuses at both the cellular and molecular levels. The term “eating for two” is something that women do while pregnant, but they should actually not be doing this because it is not healthy for them and their growing baby.

The weight you gain during pregnancy provides your unborn child nourishment which he or she uses to grow. Without this healthy weight gain, he or she may not have the proper amount of calories to provide the nourishment for proper growth. So getting the proper nutrients and having a healthy pregnancy is both important for pregnant mothers and their growing babies. Everyone should eat a healthy, balanced diet, but for pregnant moms and for women who are trying to conceive, eating takes on a whole new meaning.