

Nutritional needs

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NUTRITIONAL NEEDS

A developing embryo or fetus requires a good nutrition in order to prevent the offspring from later suffering from diabetes, heart diseases, or memory losses later in life. For a good development of the fetus and embryo the pregnant mother needs to have a good diet that provides the fetus with the necessary nutrients for growth (Fleming et al, 2015).

According to (Fleming et al, 2015) the diet of the woman thus should have foods rich in soluble fat vitamins necessary for development of the embryo, Omega 3 responsible for brain development, amino acid glycine for the fetus growth. Other useful vitamins include: vitamin E available from nuts, vegetables and fruits; Vitamin A for cell differentiation and cell lining in the lungs. Can be got from, sweet potatoes, dry apricots, lettuce and fish among others; Vitamin D responsible for skeleton development of the embryo available from beef liver, salmon, tuna and fatty fish; Vitamin K necessary for keeping calcium in the tissues they belong. Vitamin K1 is available from leafy greens while K2 from fermented foods; DHA (docosohexaenoic acid) responsible for the formation and development of neurons and is available in fatty fish and cod liver oil; Biotin, its deficiency causes birth defects and as such should be obtained from egg yolks; Folate needed for production of new DNA from embryo formation.

Some of the health concerns or disease associated with poor nutrition during the gestation period include: physical disorders, handicaps and neurological disorders. Alcoholics would most likely end up with a fetal alcohol syndrome in the unborn. Further they may experience congenital malformations of the unborn or inappropriate birth weight. Hypertension or even renal dysfunction can be effects felt from the same. Incidences of breast cancer as well can

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result from poor diet and underdeveloped or problematic cardiovascular system on the unborn as well could be another risk (Sun, C et al 2014).

Examples of good and bad nutritional choices for baby and mom include: foods rich in Irons, folic acid, magnesium, vitamins, omega 3, proteins and calcium, energy among others and may include fish, eggs, sweet potatoes, beans and lentil, lean meat, yogurt, orange juice, oat meal, leafy greens and salmons. bad nutritional choices for baby and mom include: too much coffee, alcohol, soft blue cheese, raw or partially cooked eggs. raw meat, liver among others.

The pros and cons of breastfeeding versus formula-feeding: pros of breast feeding include, it is free and readily available, has white blood cells that have active anti-infection ability, can prevent the baby from SIDS, allergies and contains perfect quantities and qualities of nutrients needed by the baby. Contain brain development fatty acids. However, it might be affected by the health of the mother in terms of availability and safety. Formula feeding on the other hand is already balanced and can just be consumed at room temperature. They have also gotten better to march the nutrients level of the breast. However sometimes they might prove expensive or not well balanced to the required proportions.

More details can be read through: www.westonaprice.org

Reference

Fleming, T. P., Watkins, A. J., Sun, C., Velazquez, M. A., Smyth, N. R., & Eckert, J. J. (2015). Do little embryos make big decisions? How maternal dietary protein restriction can permanently change an embryo.

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