

Diet during pregnancy: a few precautions

To ensure your baby receives all the nutrients required for healthy growth, and to cope with the new demands on your body, significant metabolic changes will take place throughout your pregnancy.

First, a **gradual increase in your appetite** will ensure a direct supply of the substances necessary to cover your new needs, as long you maintain a well-balanced diet. In addition, your body's reserves will be mobilized to contribute to your baby's development. This mechanism protects the baby from any fluctuations in your diet and ensures he or she always benefits from **adequate nutritional intake**. The placenta also plays a key role in supplying the fetus with maternal reserves^{1,2}.

In the face of these changes and adaptations, the recommended diet during your pregnancy will not greatly differ from your usual diet. Nevertheless, a few **specific measures should be taken**. A **folic acid** supplement, crucial to reducing the risk of certain neural tube defects, will be recommended before and during your pregnancy³. A **vitamin D** supplement during the sixth month of pregnancy is also advised. If you eat a well-balanced diet, no other dietary supplements are necessary³, and will only be prescribed in the event of a deficiency (vitamin D, iron, iodine or calcium).

To **avoid infectious risk** (toxoplasmosis, listeriosis and salmonellosis), thoroughly wash fruits and vegetables, thoroughly cook meat, fish and eggs and avoid touching dirt and objects contaminated by cat feces. Prefer pre-packaged cold cuts and avoid unpasteurized soft cheeses. All alcohol should also be avoided, and caffeine intake reduced. Lastly, weight gain is a normal, physiological result of pregnancy. Nevertheless, **beware of excessive weight gain**, particularly in expectant mothers who are overweight or obese¹.

¹ <http://inpes.santepubliquefrance.fr/CFESBases/catalogue/pdf/1310-3f.pdf>

² <http://inpes.santepubliquefrance.fr/CFESBases/catalogue/pdf/1060.pdf>

³ https://www.has-sante.fr/portail/upload/docs/application/pdf/femmes_enceintes_recos.pdf