

Maintaining a Healthy Pregnancy Diet | Kaiser Permanente

[Music]

My doctor told me in order to prepare for getting pregnant, to start taking pre-natal pills and also to start improving my diet.

Healthy eating during pregnancy is really important. Avoiding foods where you could get sick. Foods that have a high risk of things like Salmonella or Listeria. Raw meats, soft cheeses.

There is also importance of low consumption of foods that may be high in mercury.

The baby is developing very rapidly at this time, and that's why it's so important for them to be on things like pre-natal vitamins.

Particularly the folic acid in prenatal vitamins help with spinal defects, and that's really critical in the first trimester.

There's an awareness that there's another human being relying on what we're putting into our bodies. Well not me but --

[laughter] You help. You helped.

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You know, what Megan puts into her body is having a direct effect on this little human being's experience in there. So she really made an emphasis to get more hydration, more protein and all the vitamins she could.

If you can incorporate the pre-natal, it's a good thing. If unfortunately, the nausea and the vomiting of pregnancy are making that difficult, you can continue to just do a folic acid supplementation or try to incorporate folic acid with the leafy green vegetables. But whatever you can consume during those first 13 weeks of the pregnancy are vital to the healthy development of the fetus.

[End of recording]