NOURISHING THE UNBORN CHILD

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Nutrition before, during, and after pregnancy is vitally important to the health of both mother and child. If the nutrients required for development of tissues and organs are deficient, the growing baby is able to pull vitamins, minerals, and protein directly from the pregnant mother's bones, organs, and tissues. If the mother's preconception or prenatal nutrition is lacking she can become severely depleted during pregnancy and when nursing, sometimes requiring years to fully recover. While the baby will pull all nutrients possible, if there is a shortfall during critical periods of development, permanent impairment of tissues and organs can occur.

You Baby's Health is in Your Hands

Let's take a look at the **Diet for Pregnant and Nursing Mothers** written by the Weston A. Price Foundation;[1]

Diet for Pregnant and Nursing Mothers

Cod Liver Oil to supply 20,000 IU vitamin A and 2000 IU vitamin D per day

1 quart (or 32 ounces) whole milk daily, preferably raw and from pasture-fed cows

4 tablespoons butter daily, preferably from pasture-fed cows

2 or more eggs daily, preferably from pastured chickens, plus additional egg yolks daily

3-4 ounces fresh liver, once or twice per week (from pasture-fed cows)

Fresh seafood, 2-4 times per week, particularly wild salmon, shellfish and fish eggs

Fresh beef or lamb daily, always consumed with the fat

Oily fish or lard daily, for vitamin D

2 tablespoons coconut oil daily (used in cooking or smoothies, etc.)

Lacto-fermented condiments and beverages

Bone broths used in soups, stews and sauces

Soaked whole grains

Fresh vegetables and fruits

AVOID:

Trans fatty acids (e.g., hydrogenated oils)

Junk foods

Commercial fried foods

Sugar

White flour

Soft drinks

Caffeine

Alcohol

Cigarettes

Drugs (even prescription drugs)

What should be immediately apparent, even if you're unfamiliar with the Weston A. Price whole foods diet, is this diet has a very high fat content. Consider that physical structures of the baby are built from physical nutrients. The development of brain tissue, which is two-thirds fat, requires large deposits of omega-3, omega-6, and other fatty acids. If these fatty acids are deficient during critical periods of brain development, permanent damage can occur. Fats are also critical to development of the eyes and saturated fats are used to construct the cell membranes of every cell in the baby's body. Fat is vitally important to the developing baby.

Liver and seafood may also standout as whole foods not typically consumed in the average American diet. They are included because of their high content of vitamins and minerals. Liver has a high iron content. Seafood is particularly high in the fat soluble vitamins A, D, and K. Both are good sources of minerals along with bone broths, which are extremely rich in minerals.

Lacto-fermented foods provide probiotics, which are helpful bacteria. Probiotics help digest our food, create nutrients, and keep harmful bacteria at bay. Organic fruits and vegetables provide vitamins and minerals essential to the health and development of the baby.

The substances on the AVOID list harm both the mother and the baby. All of these substances are able to pass through the placenta and reach the baby. Harmful preservatives and additives found in processed food are a serious danger to the baby.

For expecting mothers concerned about weight gain, consider the following; It is **NORMAL** to gain 25-35 pounds, and it is **BEST** to err on the high side. The pounds are distributed as follows;[2]

Baby	8 pounds
Placenta	2-3 pounds
Amniotic fluid	2-3 pounds
Breast tissue	2-3 pounds
Increased blood supply	4 pounds
Extra fat stores	5-9 pounds
Uterus increase	2-5 pounds

Your baby's health is in your hands. Choose your foods wisely. Really think about what you're eating. These are the building blocks of your baby. Give your baby the very best opportunity for health!

Photo 1 - https://picasaweb.google.com, shahriar ss photos, 2011

1- http://www.westonaprice.org/childrens-health/diet-for-pregnant-and-nursing-mothers

2- http://www.westonaprice.org/childrens-health/healthy-pregnancy-presentation-by-sally-fallon-morell