

PROPER NUTRITION DURING PREGNANCY

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Abstract: This study extensively studied the impact of proper nutrition during pregnancy on maternal and fetal health. The physiological and psychological importance of a balanced diet during pregnancy, as well as the possible negative consequences of malnutrition, were analyzed. The study developed joint recommendations based on the recommendations of Ibn Sina and the views of Western medicine.

Keywords: Proper nutrition, Healthy eating habits, Fetal development, Maternal and child health, Vitamins and minerals, Effects of folic acid, Iron and calcium requirements, Prevention of anemia, Facilitation of labor, Protein during pregnancy, Effect of stress on nutrition, Ibn Sina's medical recommendations, Western medical approach, Physiological importance of nutrition.

Pregnancy is the most responsible and important period in every woman's life. During this period, the importance of proper nutrition not only for the health of the mother, but also for the developing fetus is incomparable. Proper and balanced nutrition not only ensures the development of the fetus, but also becomes a solid foundation for the baby's healthy life in the future. Under the motto of a healthy mother and a healthy child, every woman should consider diet as an important factor, this action can have both benefits and harms for the mother and child during pregnancy and after the baby is born. Today, mothers' failure to adhere to the rules of proper nutrition is causing the mother and child to suffer from various diseases. While this indicator is not clearly visible during the fetal period, it gradually becomes apparent during the baby's development.

The importance of proper nutrition during pregnancy is as follows:

1) Proper nutrition during pregnancy plays an important role in providing the mother's body and the fetus with the necessary nutrients for their development. Also, the diet also affects the future health of the baby.

2) Foods recommended for consumption during pregnancy, in this section, the following can be described:

- Vitamins and minerals: The benefits of substances such as folic acid, iron, calcium, vitamin D.

- Fruits and vegetables: Products that provide the body with the necessary vitamins.

- Protein-rich products: It is more important to consume eggs, fish, nuts and legumes.

3) Foods to limit during pregnancy It is recommended to avoid the following products here:

- Fried, smoked and salty foods.

- Products rich in sugar and harmful fats.

4) The impact of eating habits on health. You can get information from your assigned nurses and family doctor about how a diet appropriate for each trimester can positively affect the health of the mother and fetus.

Proper nutrition during pregnancy is very important for the health of the mother and child. Scientifically based medical advice includes the following: General principles of nutrition:

1. Vitamins and minerals: In the early stages of pregnancy, it is necessary to consume products rich in vitamins and minerals. For example, folic acid plays an important role in preventing defects in the nervous system of the fetus.

2. Protein-rich products: In the second trimester of pregnancy, it is recommended to consume protein-rich products (eggs, fish, legumes). Protein is necessary for the rapid growth of the fetal organs.

3. Calcium and minerals: In the last trimester of pregnancy, consuming calcium-rich products (milk, yogurt, cheese) is important for the development of the bones and nervous system.

4. Recommended products - fruits and vegetables: You should eat plenty of fruits and vegetables every day. They are rich in vitamins, minerals and fiber. Omega-3 fatty acids: Salmon is a great source of omega-3 fatty acids, which are important for your baby's brain and heart development.

5. Nuts and seeds: Nuts contain omega-3, magnesium, and protein, which are essential during pregnancy.

What to avoid:

- Fried and salty foods: It is recommended to avoid fried, smoked and salty foods during pregnancy.

- Sugar and fats: Foods rich in sugar and saturated fats should be limited

- Harmful and energy-giving drinks: Coca Cola, energy drinks, etc.

Below we will consider the benefits of healthy foods according to research results:

About folic acid: Studies show that folic acid plays an important role in preventing fetal nervous system defects. Doctors recommend consuming products rich in folic acid in the first trimester of pregnancy.

Omega-3 fatty acids: According to research, omega-3 fatty acids help the brain and eye development of the fetus. Salmon and flaxseed are excellent sources of omega-3. The importance of protein: Protein is necessary for the formation of fetal organs and tissues during pregnancy. Doctors recommend eating eggs, meat, and legumes.

Ibn Sina also addressed this topic in his work "The Canons of Medicine" and also made a number of recommendations.

He emphasized the importance of pregnant women paying attention to the following issues for the present and future of the mother and child, and made the following recommendations:

1. Proper nutrition: He recommended that pregnant women eat natural and healthy foods. He especially emphasized the importance of consuming products rich in vitamins and minerals.

2. Staying calm and away from stress: Ibn Sina considered it important to maintain mental peace and avoid stress during pregnancy, as this has a positive effect on the health of the mother and child.

3. Physical activity: He recommended that pregnant women engage in moderate physical activity, which helps improve blood circulation.

4. Natural treatments: Ibn Sina recommended the use of natural treatments and herbs available in his time, but advised using them with caution.



All the above medical information is required for every pregnant woman to know. If you follow such a diet in your daily lifestyle, you can naturally receive all the necessary nutrients, minerals, vitamins for mother and child without additional medications.

The main goal of every woman is to give birth to a healthy child and nourish him as a healthy mother. Often, some mothers do not follow the rules of proper nutrition during pregnancy. However, the following situations can be observed:

Not eating properly during pregnancy can lead to a number of negative consequences. These harms affect the health of the mother and fetus:

1. Fetal development disorders: Not receiving enough vitamins and minerals can prevent the proper formation of the fetus's organs and systems.



2. Anemia: Iron and folic acid deficiencies can cause anemia in a pregnant woman, which can lead to oxygen deprivation in the fetus.

3. Low birth weight: A lack of protein and other essential nutrients during pregnancy can lead to low birth weight in the fetus.

4. Problems during labor: Poor nutrition during pregnancy can make a woman weak during labor.

5. Poor maternal health: Poor nutrition during pregnancy can weaken a woman's immune system and increase her susceptibility to various diseases.



Proper nutrition during pregnancy is a key factor in maintaining the health of the mother and fetus. A balanced and healthy diet during this period provides the mother's body with essential nutrients, vitamins and minerals, which supports the normal development of the fetus. Adequate intake of substances such as folic acid, iron, calcium prevents anemia, increases bone strength and has a positive effect on the development of fetal organs. Protein-rich products are necessary for the proper growth of the fetus. In addition, proper nutrition helps not only the fetus, but also the mother's immune system and improves her general condition. Improper nutrition during pregnancy can lead to various problems in the development of the fetus, worsen the mother's health and complicate the delivery process. Therefore,

healthy nutrition during pregnancy is not only the mother's responsibility, but also lays an important foundation for her future child. If every woman lives for herself, creates comfort for herself, and pays attention to a healthy lifestyle and diet, the child she gives birth to and develops will be healthy and free from various diseases.

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