



healthcare for the whole family

Preparation for Pregnancy

Q: My husband and I are planning to start a family. I want to make sure I am doing everything I can to have a healthy pregnancy and baby. Any suggestions?

A: Starting a family is a very exciting time, and there is no better time and motivation to improve your health. It is best if you can begin preparing for your pregnancy at least three months in advance. If you do not have this luxury, start now. I recommend you cut out alcohol, quit smoking and start fortifying your body. Make sure you are taking a good quality prenatal vitamin. Balanced nutrition is very important for proper fetal growth. Birth control pills rob your body of essential nutrients such as folic acid, so it is important that you are getting enough. Remember that you will soon be eating for two. Diets may vary according to your needs, but a whole foods diet is always the best choice. Research has shown that DHA is an important nutrient for fetal brain development. This essential fatty acid is found in cold water fish. Increase your intake of foods such as cooked salmon. (Sushi during pregnancy is not recommended as it can contain toxoplasmosis which is harmful during pregnancy). How much coffee do you drink? Keep your caffeine intake below 300mg/day (1 cup of coffee is 120mg), as too much caffeine can result in a miscarriage. Come into A New Leaf and take the steps necessary to help better prepare for a successful pregnancy. It's worth it, and your whole family will thank you now and in years to come!