

Nutrition & Physio Pregnancy Masterclass

Webinar | 06/12/2023



www.spectrumnutrition.ie
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Introduction

Welcome to our Pregnancy Masterclass!

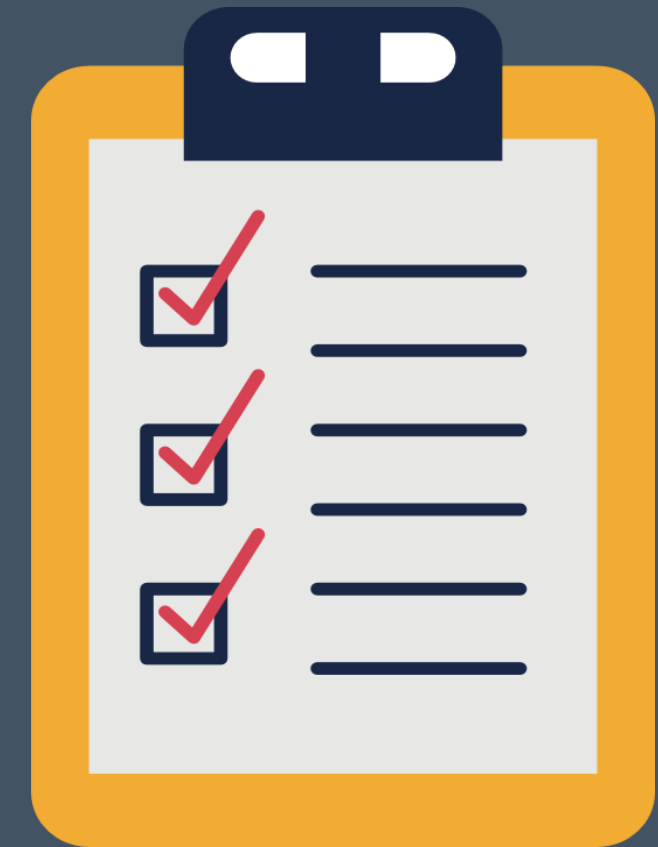
First Speaker: INDI Registered Dietitian
Michaela Carrick

- Women's health
- Diabetes
- Weight management
- PCOS
- Fertility
- Gut health
- Food intolerances



Agenda - Nutrition During Pregnancy

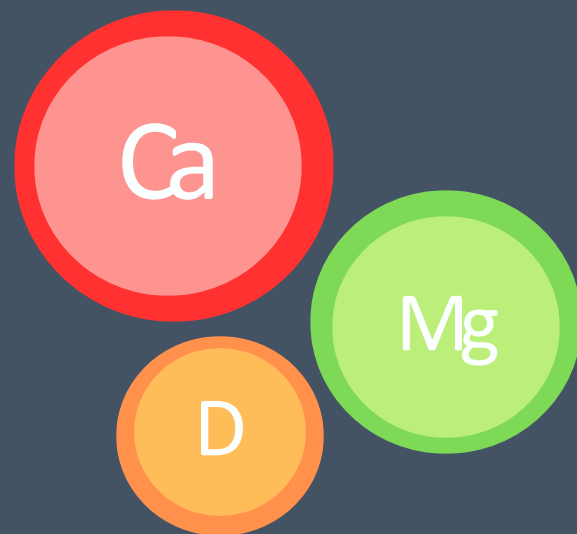
- Why is nutrition important during pregnancy?
- What foods should you eat?
- What foods should you avoid or limit?
- Why is food safety important?
- How can you manage common pregnancy symptoms like morning sickness?



Healthy Eating



Why is healthy eating important during pregnancy?



Helps you & your baby get the vitamins & minerals you need



Helps you & your baby stay healthy



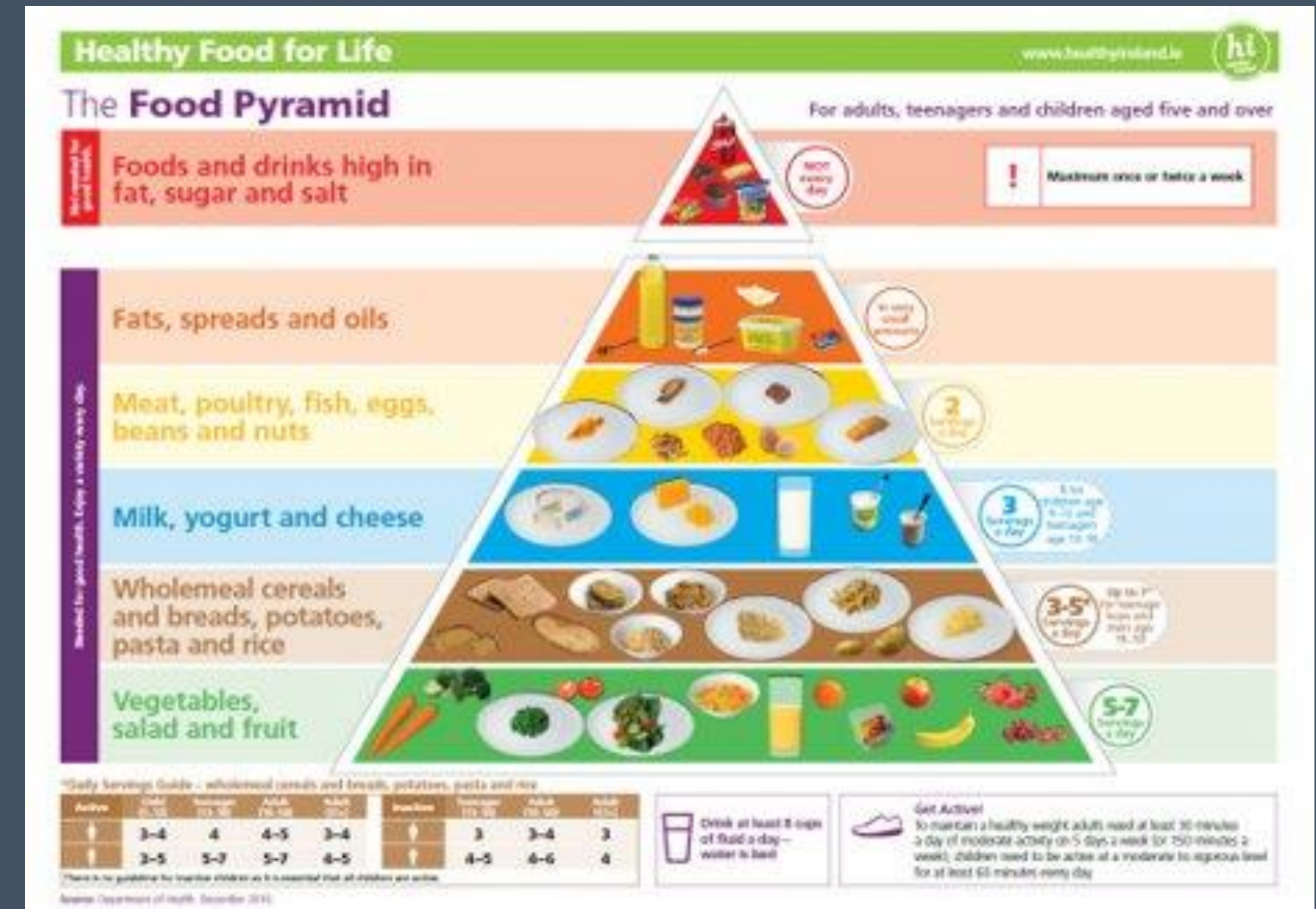
Helps your baby develop & grow



May protect your baby from disease later in life

Healthy Eating Guidelines

- The basics of healthy eating stay the same during pregnancy
- But there are some nutrients that are especially important when you are pregnant



Why is dairy important during pregnancy?

➤ Calcium

- Bone development
- Muscle function

➤ What is a portion?



125g pot of
yogurt



200ml or 1/3
pint milk



1 matchbox size
piece of cheese

➤ How can I make sure I eat enough?

- 3 portions of dairy per day
- 5 portions per day if you are <18 or are having more than 1 baby

➤ Full-fat or low-fat?

Both contain the same
amount of calcium

Why is Vitamin D important during pregnancy?

For many reasons, including:



Supporting the immune system



Brain function



Helping the body absorb calcium for healthy bones

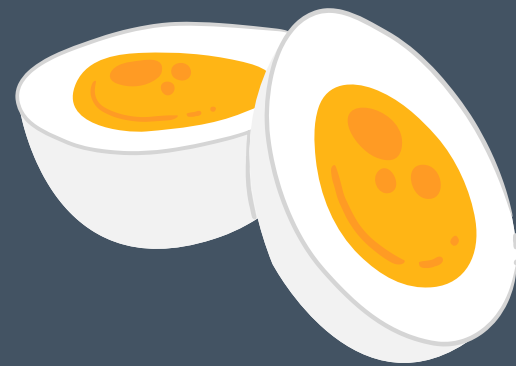
▶ If you aren't get enough Vitamin D or calcium, your body will take it from your bones to give to your baby → weak bones & osteoporosis

How can I get enough vitamin D?

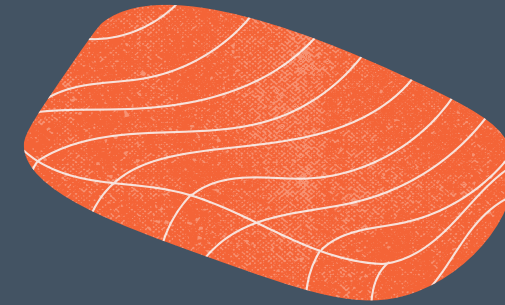
Sources of vitamin include:



Sunlight



Egg Yolk



Oily Fish



Dairy Products

- Most people in Ireland don't get enough
- 10ug/400IU daily supplement is recommended
- Most prenatal supplements contain Vitamin D



Why is folic acid important during pregnancy?

- Prevents neural tube defects (NTDs) like spina bifida
- Found in **green vegetables, bread made with fortified flour & fortified breakfast cereals**
- The amount you need to prevent NTDs is difficult to get from food
- A 400ug folic acid daily supplement is recommended



Why is omega-3 important during pregnancy?

- DHA is a type of omega-3 which is important for:
 - Brain development
 - Eye development
- Oily fish are the best food source
- 2 portions of oily fish per week – **salmon, mackerel, trout, sardines, kippers**



Omega 3 can also be found in...

- Fortified milk
- Eggs
- Flaxseed/Linseed
- Supplements



What does “fortified” mean?

It means a food or drink has added vitamins & minerals

Why is iron important during pregnancy?

To carry oxygen around the body

Haem iron	Non-haem iron
More easily absorbed by your body	Less easily absorbed by your body
<ul style="list-style-type: none">• Meat• Poultry• Fish	<ul style="list-style-type: none">• Beans, peas, & lentils• Dark leafy green veg• Fortified breakfast cereals

What is anaemia?

- ▶▶ Low iron levels
- ▶▶ Can happen during pregnancy, more common towards the end of the pregnancy

Do I need to take a supplement?

- ▶▶ Most prenatal supplements contain some iron but it may not be enough if you have anaemia
- ▶▶ Your doctor or midwife will recommend the best supplement for you to take if your iron levels are low



Weight Gain During Pregnancy



How much weight should you gain during pregnancy?

- **1st Trimester** - Most women do not gain weight
- **2nd & 3rd Trimester** - Up to 0.3-0.5kg (0.5-1lb) per week

How much weight you should plan to gain during pregnancy will depend on your BMI before becoming pregnant:

BMI before pregnancy	Recommended weight gain
<18.5 Underweight	12.5-18kg (28-40lb)
18.5-24.9 Normal weight	11.5-16kg (25-35lb)
25-29.9 Overweight	7-11.5kg (15-25lb)
>30 Obesity	5-9kg (11-20lb)

Do you need extra calories?

- 1st trimester - Do not need any extra calories
- 2nd trimester - 250 extra calories per day
- 3rd trimester - 500 extra calories per day

Snack ideas:

- Yogurt with fruit & nuts
- Banana & berry smoothie made with milk or yogurt
- Hummus & vegetables sticks/slices
- Banana & peanut butter toast
- Energy balls
- Avocado toast



**Foods To
Limit Or
Avoid**



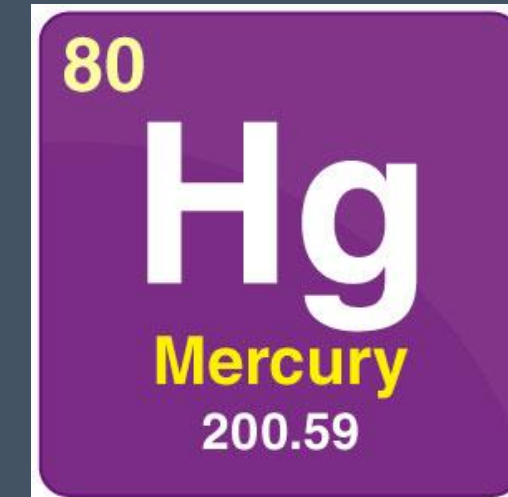
Is Vitamin A dangerous during pregnancy?

- Large amounts can harm your baby
- Avoid **liver & liver products like pâté**
- Avoid supplements high in Vitamin A by only taking supplements specifically made for pregnant women



Is it okay to eat fish during pregnancy?

- Some fish have high levels of mercury
- Avoid swordfish, marlin & shark
- Limit tuna intake to 1 fresh tuna steak per week or 2 tins of tuna per week



Is caffeine dangerous during pregnancy?

- ▶ Too much caffeine could cause a miscarriage or low birth weight
- ▶ Max 200mg of caffeine per day is recommended

Caffeine in food & drinks:

- Mug of tea – 75mg
- Mug of green tea – 75mg
- Mug of Matcha – 75mg
- Mug of instant coffee – 100mg
- Mug of filter coffee – 140mg
- Coffee at a café can be 80-300mg per cup
- Can of coke or diet coke – 40mg
- Can of energy drink – 80mg
- 50g milk chocolate – 25mg
- 50g dark chocolate – 50mg



Is it okay to drink alcohol during pregnancy?

- No known amount of alcohol that is safe to drink during pregnancy, so its best to avoid it completely
- Drinking alcohol during pregnancy can cause miscarriage, premature birth, low birth weight & foetal alcohol spectrum disorder



What about herbal teas & supplements?

- ▶▶ Ginger, peppermint, camomile, & fruit teas are safe

All other herbal supplements & teas should be avoided because we can't know:

- ▶▶ How strong they are
- ▶▶ How they interact with medicines
- ▶▶ How they affect pregnant women & their babies



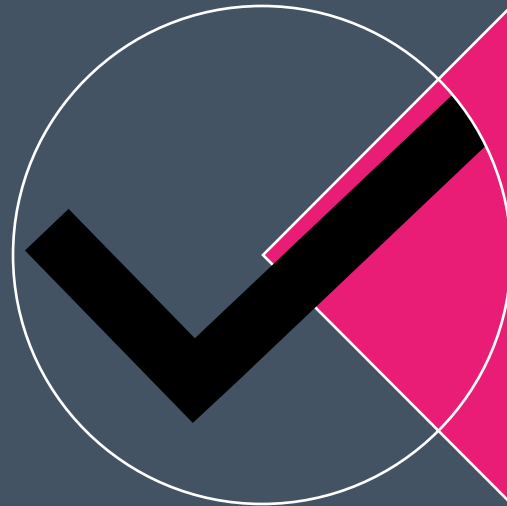
Food Safety During Pregnancy



When Buying Food:



Check the use by date on foods like milk,
dairy products, meat, & juice



Check packaging is not damaged or opened

When Storing Food:

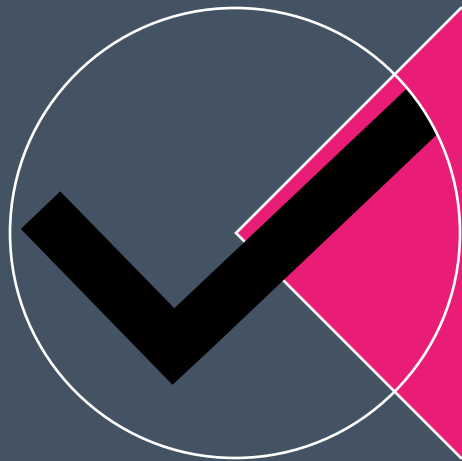


Check your fridge & freezer temperatures:

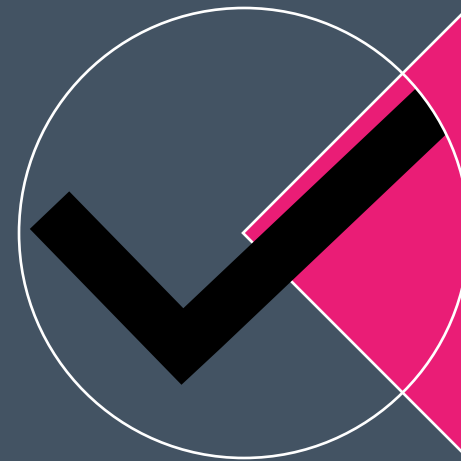
Fridge should be less than 4°C
Freezer should be less than -18°C



Separate raw meat from cooked & ready-to-eat foods & keep raw meat on the bottom shelf of the fridge



Put milk, dairy & meat in the fridge or freezer as soon as possible after buying



Remove leftovers from the pot to help them cool down quicker & refrigerate within 2 hours

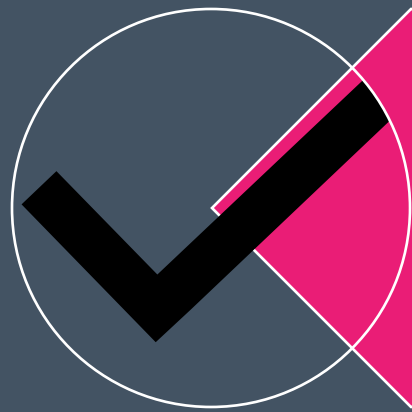
When Preparing Food:



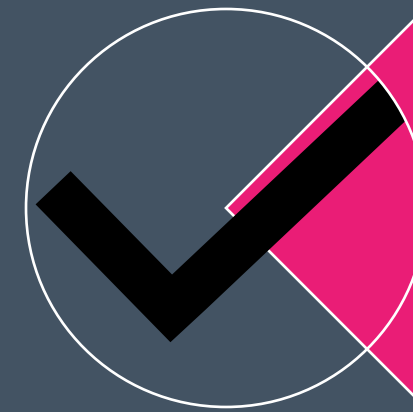
Wash your hands in warm soapy water for at least 20 seconds & dry before handling food



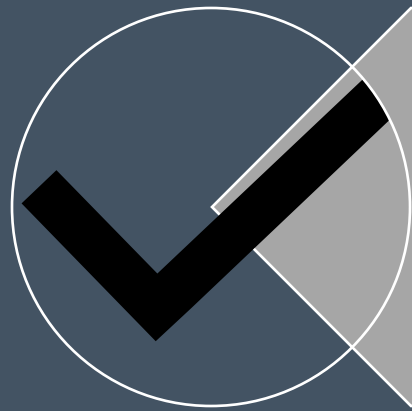
When heating ready meals, follow the instructions & heat until they are steaming throughout



Wash raw fruit & veg in clean water before eating



Cook all meat, fish, poultry & eggs well-done



Use a separate chopping board for raw meat, poultry, & fish. Wash well between uses & throw them out if they have deep knife marks or cracks where bacteria can grow.



Never reheat food more than once

Are there any other foods I should avoid during pregnancy?



Unpasteurised milk & dairy products



Soft-serve ice-cream



Creamy cheeses (brie, camembert)



Blue cheeses (Danish blue, Gorgonzola, Roquefort)



Homemade mayonnaise or ice-cream



Raw or undercooked meat



Cold-cured meats (salami, parma ham, chorizo, pepperoni)



Raw fish

Managing Common Pregnancy Symptoms



Morning Sickness

Foods that may help	Foods to avoid
<ul style="list-style-type: none">• Starchy foods e.g. crackers, toast, biscuits• Peeled apple• Peeled & cooked potato• Protein-rich foods• Ginger biscuits• Ginger ale• Flat fizzy drinks• Peppermint tea• Ice pops• Jelly• Clear broth	<ul style="list-style-type: none">• Fatty foods• Spicy food• Large meals• Drinking fluids with meals



Heartburn

Things that may help

- Eat small quantities several times a day
- Bake or grill food instead of frying
- Wear loose clothing
- Use several pillows at night
- Drink water, milk, apple juice or cranberry juice
- Yogurt
- A tablespoon of honey in a glass of warm water
- Drink milk before mealtimes

Things to avoid

- Large meals
- Spicy food
- Greasy foods
- Eating within an hour before going to bed
- Grapefruit juice or orange juice
- Soft drinks, hot chocolate, coffee, & other drinks with caffeine



Low Energy

Eat snacks that provide slow-release energy between meals:	Avoid snacks that provide instant short-term energy only:
<ul style="list-style-type: none">• Fruit• Crackers & cheese• Yogurt	<ul style="list-style-type: none">• Sweets• Chocolate



Cravings

Exact cause unknown - it could be:

- ▶▶ Nature's way of getting the required nutrients lacking in your diet
- ▶▶ Iron deficiency
- ▶▶ Low blood sugar

Managing Cravings

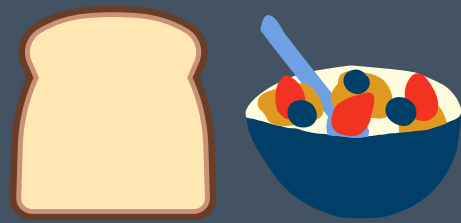
- ▶▶ Craved food should be eaten in moderation
- ▶▶ Speak to your doctor or midwife if you are craving foods or other items that may not be safe



Constipation

Fibre helps to retain water in the faeces, ensuring that they don't dry out & become hard & difficult to pass

To get more fibre, try eating more:



Wholegrain, bran
cereals & breads



Stewed prunes, apricots
& prune juice



Dried fruits, like raisins
& prunes



Fruits & vegetables

Thank You



Staying Active & Preparing For Birth

Second Speaker: ISCP Registered
Physiotherapist **Elaine Hogan**

- Women's health
- Musculoskeletal conditions
- Rehabilitation
- Sports Injuries
- Exercise prescription
- Manual treatments



Agenda - Staying Active & Preparing For Birth

- Musculoskeletal pain & discomfort
- Exercise during pregnancy
- Basic anatomy of the pelvic floor
- The role of the pelvic floor
- Preparing for labour & delivery
- Exercise post vaginal delivery
- Exercise post C-Section



Musculoskeletal Pain During Pregnancy

- Neck pain & stiffness
- Thoracic spine pain & stiffness
- Rib pain & lower back pain
- Pelvic pain & Symphysis Pubis Dysfunction (SPD)
- Round ligament pain
- Carpel tunnel syndrome
- Hip, knee & ankle pain, swelling & stiffness



Musculoskeletal Pain During Pregnancy

- Hormones create laxity in joints
- More fluid circulating
- Changes in balance due to increased fluid & baby weight
- “Core” muscles become weaker & stretched
- Changes in posture as baby grows
- Poor posture
- Multiple pregnancies



Exercise During Pregnancy

➤ Exercise is a safe activity when you are pregnant

➤ Some considerations:

If you have been active:

- You are safe to continue
- Modify accordingly as pregnancy progresses

If you have not been overly active:

- A great time to get moving
- 5 times a week for 30 minutes or more
- Should be comfortable & you should be able to talk throughout

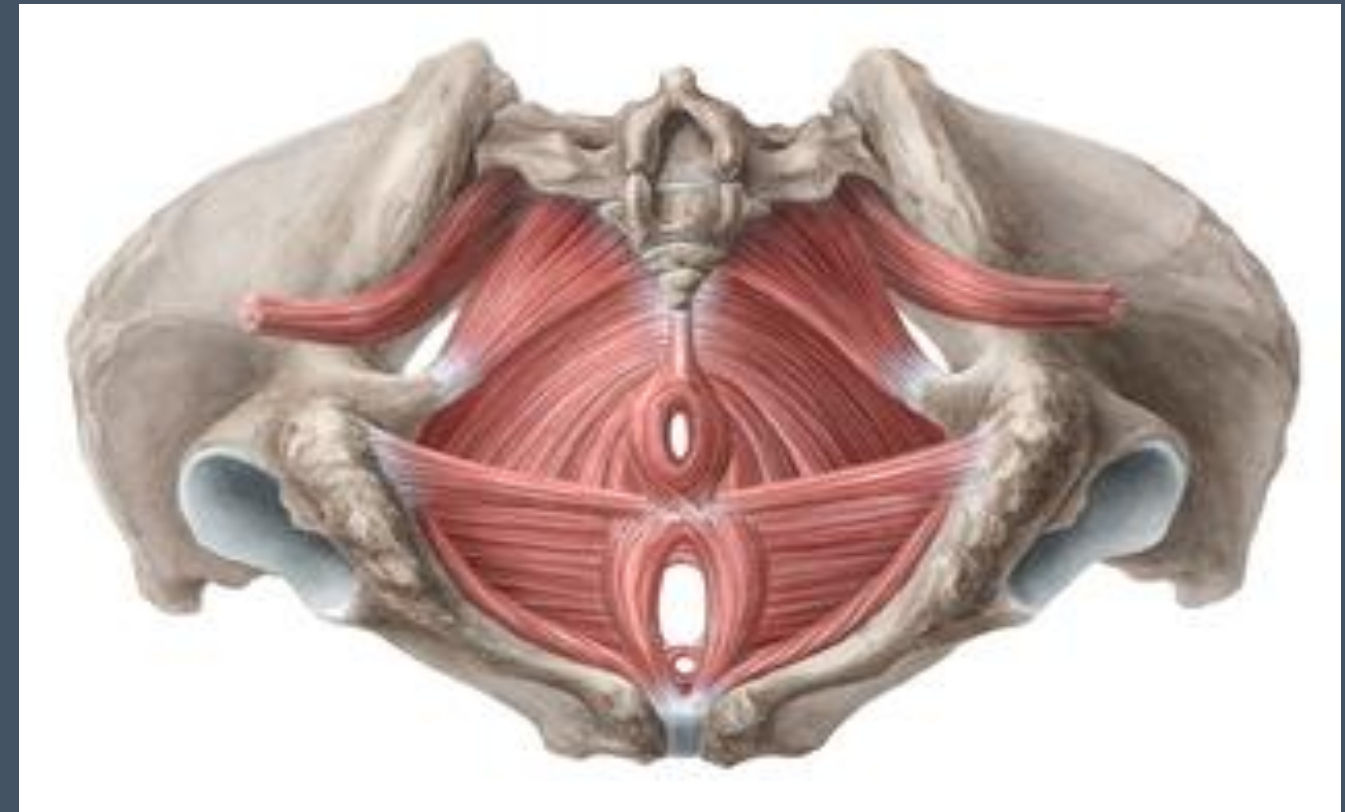
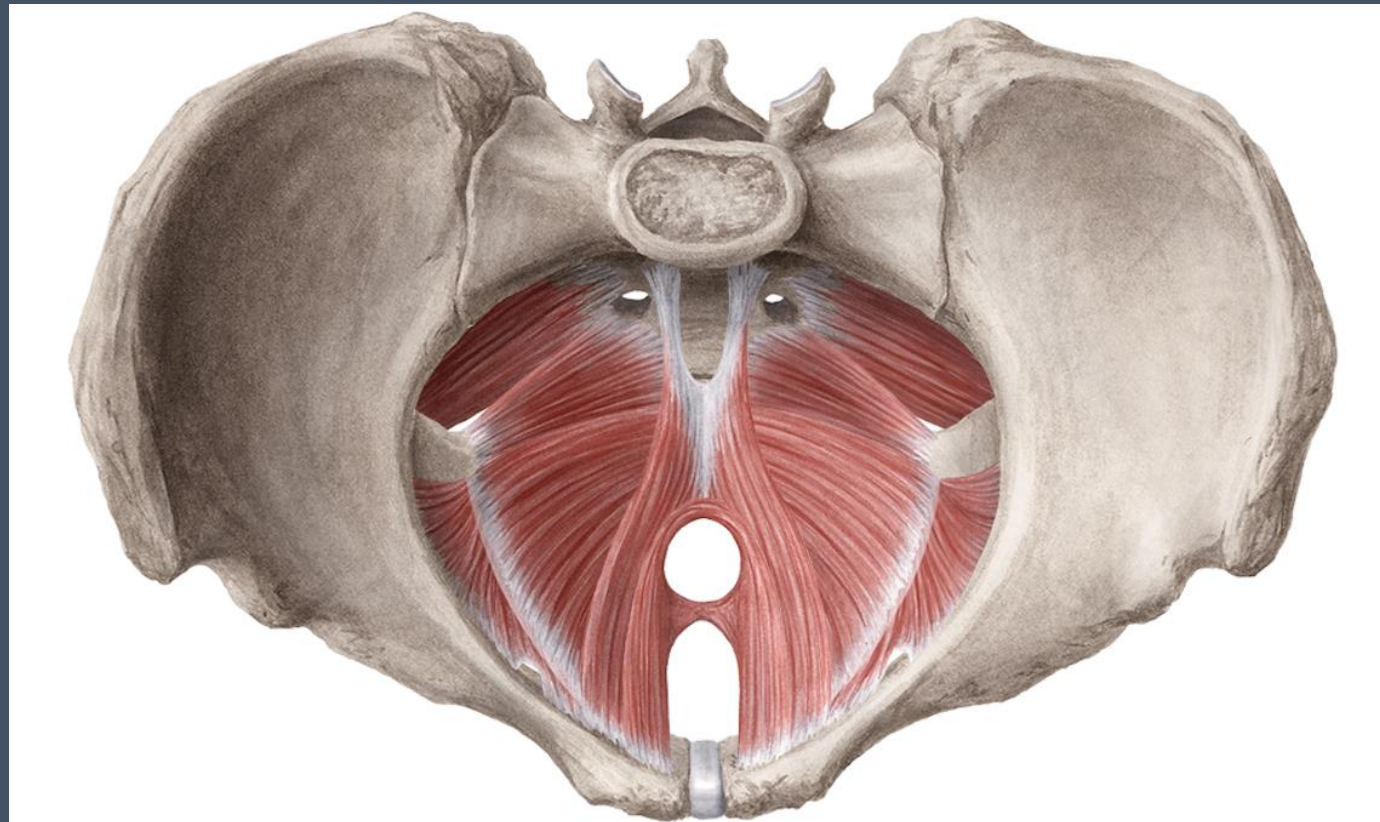


Exercise During Pregnancy - Other Considerations

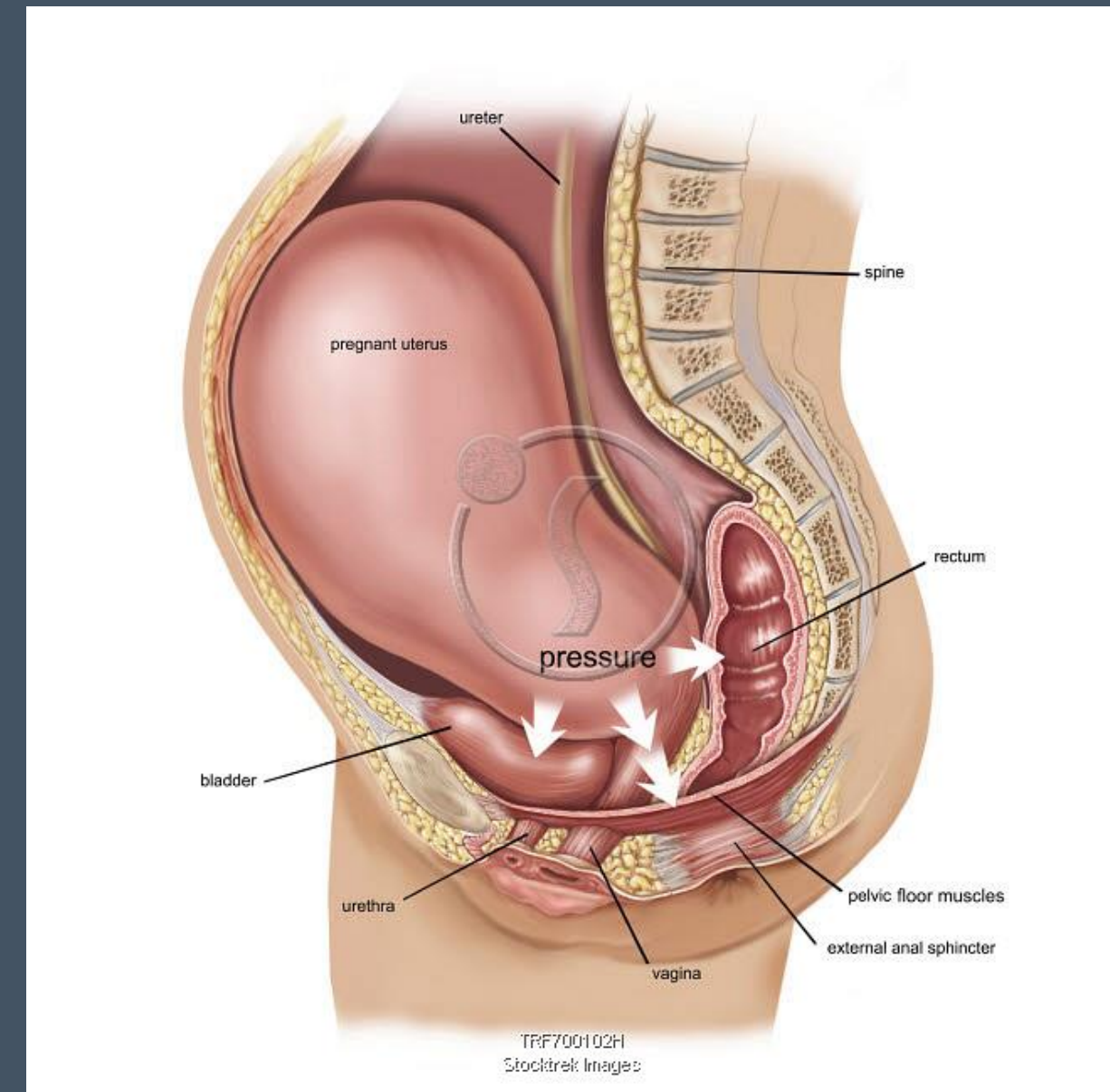
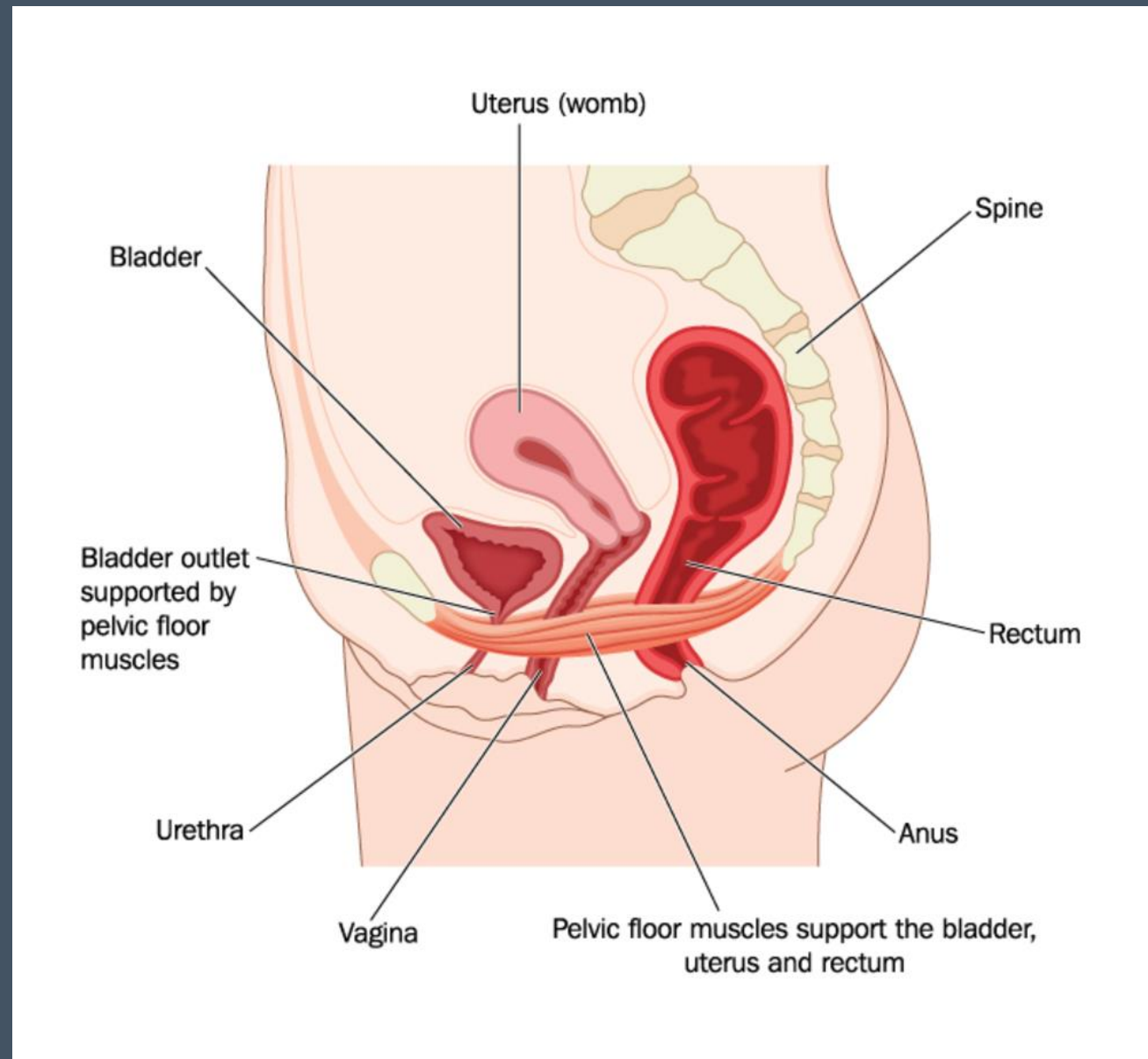
- Speak to a GP, midwife or physiotherapist about exercise
- Drink plenty of water
- Do not exercise on an empty stomach
- Avoid exercises on your back after 12 weeks
- High risk sports should be avoided, e.g., scuba diving, contact sports



Basic Anatomy



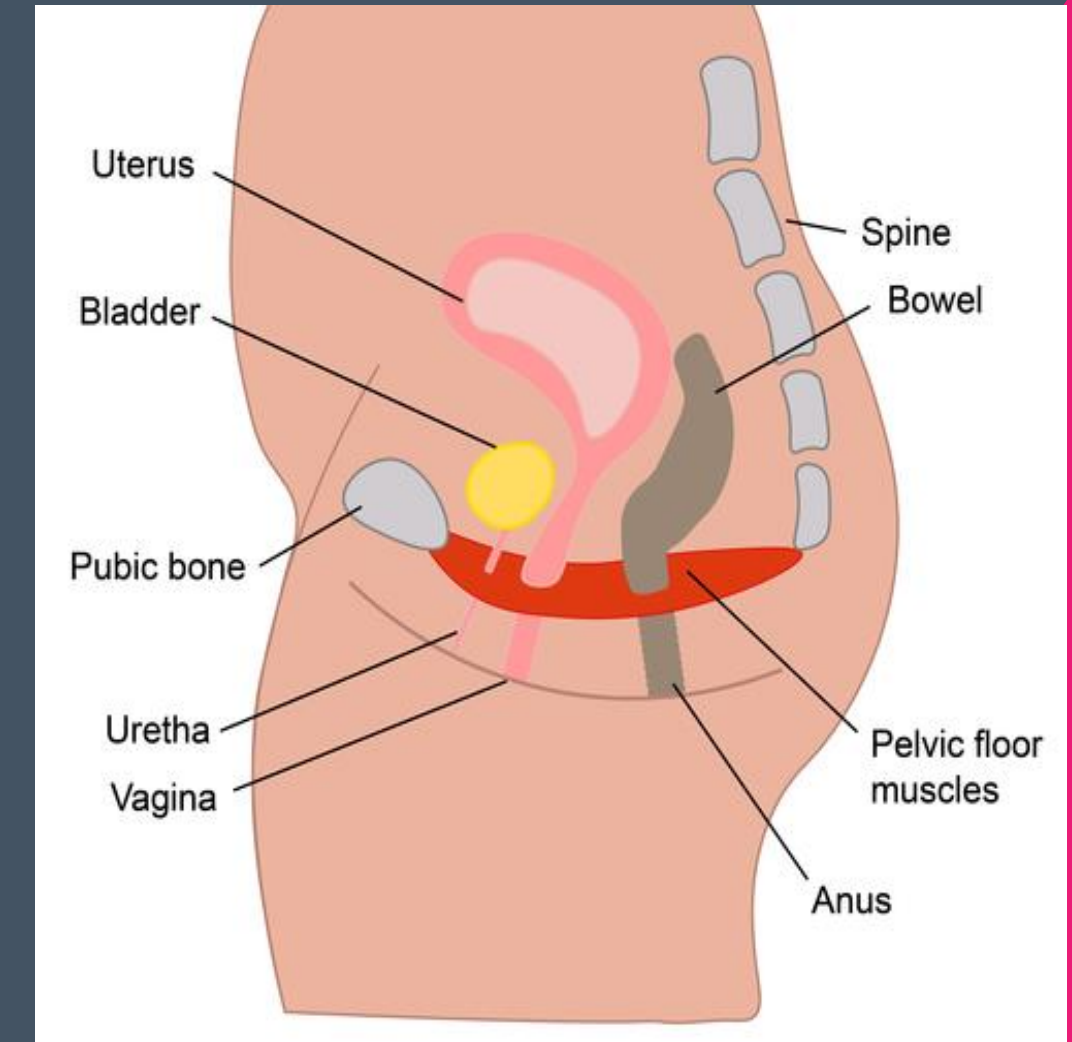
Basic Anatomy



Role Of The Pelvic Floor Muscle:

2 main functions:

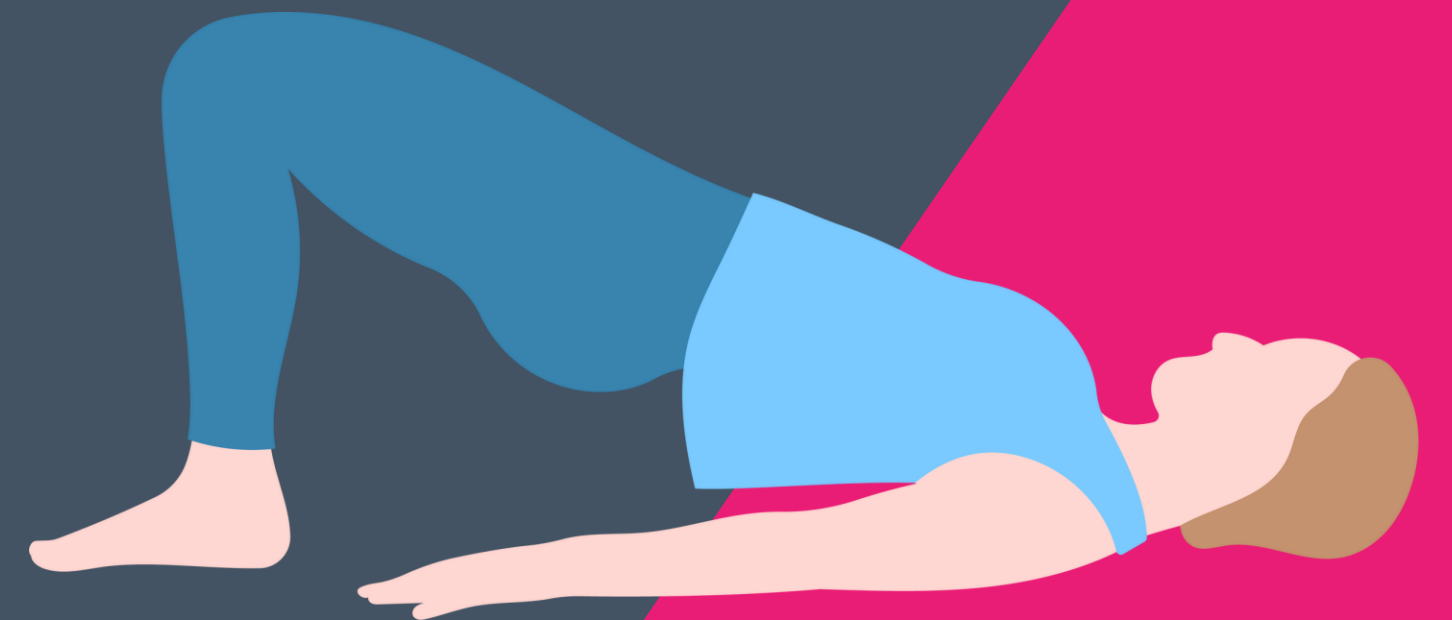
- ▶ Provide support & act as a “floor” for the abdominal organs including bladder, urethra, vagina, uterus, bowel, rectum & anus
- ▶ Squeeze & relax to allow you control bodily functions such as urinating, passing stools or gas



Kegels

Specific Pelvic Floor Exercise – Aims To:

- ▶ Strengthen the pelvic floor muscles to help support the weight of your baby
- ▶ Strengthen pelvic floor muscles to prevent leaking of urine or stools (Incontinence or urge incontinence)
- ▶ Help hold internal organs in side in correct position, preventing prolapse



How To Do Kegels

Slow Kegels

- Inhale through your nose
- Exhale & simultaneously tighten the muscles around your bottom & lift the muscles around your vagina (as if trying not to pee)
- Hold for 3-5 seconds or another breath in & out
- Exhale & **RELAX** the pelvic floor
- Repeat

Quick Holds

- Squeeze the lift door shut, as if you are stopping a fart or pee
- Quickly pull up the muscles around your bottom & vagina, raising them all the way up to an imaginary top floor
- Relax the squeeze, as though the lift has dropped back down to the ground floor
- Repeat the squeeze as many times as you are able to

Preparing For Labour & Delivery

- Attend antenatal classes
- Keep active
- Try postures to encourage correct position of baby
- Perineal massage
- Ways to deal with labour pain



Preparing For Labour & Delivery

Postures to encourage correct position of the baby:

- Kneeling, standing, sitting upright - **no slouching**
- Birthing ball (figure 8, rocking back & forward, side to side)
- Kneel on mat & lean forward onto the couch/ball
- Sit backwards on a kitchen chair & rest forward
- Wedge cushion under bum bones to keep pelvis tilted forward
- Sleep on side, left preferably, & use a long pillow between the knees
- Swim: front crawl, breaststroke
- Use a stool when sitting on the toilet



Preparing For Labour & Delivery

Postures to encourage correct position of the baby:

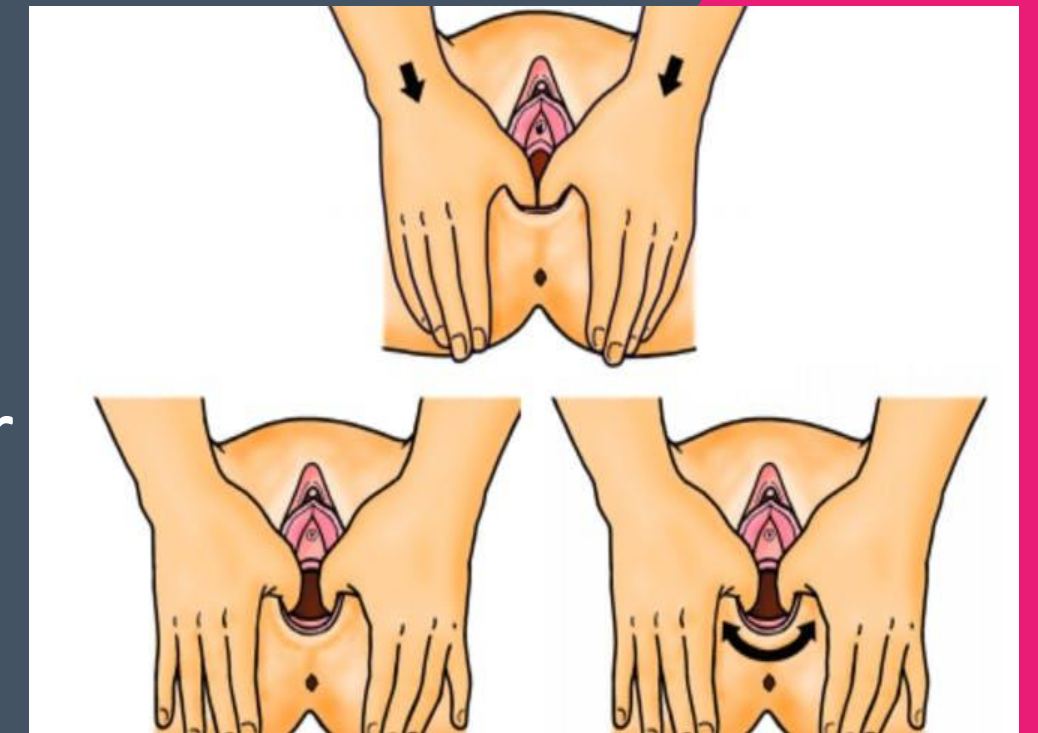
- Remain upright if possible to encourage baby to move down
- Sitting on a ball
- Sitting backwards on a chair
- Kneeling
- Squatting
- All fours
- “Slow Dance” position with partner



Preparing For Labour & Delivery

Perineal Massage

- Get comfortable
- Place a thumb inside your vagina, against the back wall, & rest your forefinger on your bottom
- Press down a little towards your rectum (back passage)
- Gently massage by moving your thumb & forefinger together in a 'U' shape, inside your vagina
- You should feel a stretching sensation, it should not be uncomfortable or painful



Preparing For Labour & Delivery

Cautions - Perineal Massage

Do not perineal massage if you have:

- ▶▶ Genital Herpes
- ▶▶ Thrush
- ▶▶ Bacterial vaginosis
- ▶▶ A vaginal infection

Wash hands thoroughly before & after



Preparing For Labour & Delivery

Dealing With Labour Pain

- Attend antenatal classes
- Practice breathing & relaxation techniques
- Keep moving, change positions, use birthing ball
- Supportive birthing partner
- Use bath or shower
- Use tens machine
- Try Aromatherapy
- Try hypnobirthing apps



Exercise Post Vaginal Delivery

0-6 weeks

- ▶ You can start doing kegels & if you can, try short walks immediately following a birth that has had no complications

12 weeks +

- ▶ You can return gradually to higher intensity exercise, such as jogging, running, exercise classes, hill cycling etc from 12 weeks

6-12 weeks

- ▶ Generally after the 6 week check with the GP you can start with some low level strengthening such as squats, lunge walks, walking, swimming, arm exercises

Exercise Post C-Section

0-6 weeks

- ▶ Walking, pelvic floor exercises, only lift the baby, nothing heavier

12 weeks +

- ▶ Return to gentle strengthening exercises

6-12 weeks

- ▶ Slow return to high intensity training, only if scar has healed & you have been building strength gradually

Benefits of Post Partum Exercise

- Improved mood
- Improved fitness
- More energy
- Improved posture
- Reduced feelings of depression & anxiety



Exercise Considerations

- ▶▶ Post C-section scar/healing
- ▶▶ Post vaginal injury perineal tears
- ▶▶ Prolapse
- ▶▶ Body changes
- ▶▶ Tummy muscles are stretched
- ▶▶ Posture is different
- ▶▶ Pelvic floor muscles may be injured
- ▶▶ Ligaments are still very stretchy
- ▶▶ Joint instability

*** Please speak to a GP, midwife or physiotherapist before starting back to exercise & if you have any concerns***

Summary

- Exercise during pregnancy is safe & encouraged to support a healthier mom & baby
- Exercise helps to:
 - Promote good mental & physical wellness
 - Reduce musculoskeletal discomfort
 - Reduce musculoskeletal discomfort
 - Support a faster recovery post delivery

- Cautions:
 - Discuss your exercise activities with your GP, midwife or physio
 - Get advice if you feel pain or discomfort
 - If usually very active, modify activity as needed throughout the pregnancy
 - Stay hydrated & eat well





Thanks For Listening

Any Questions?



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