

# 妊娠期に必要な栄養

妊娠から授乳期にかけての食事は、母親と赤ちゃんの健康を維持するのに非常に大切です。妊娠中は、特に栄養バランスを意識して必要な栄養素を摂りましょう。

## 妊娠期に必要な栄養素

### 葉酸

葉酸は、胎児の神経管形成において必要な栄養素です。不足すると、胎児の「神経閉鎖障害」という病気になる可能性があります。

### カルシウム

胎児の骨や歯、神経組織を作るだけでなく、妊娠期や授乳期はカルシウム不足になりやすく、骨粗鬆症の予防にも役立ちます。

### 鉄分

妊娠中は血液量が増えるため、鉄分の需要が高まります。また、不足すると胎児に酸素や栄養を供給できなくなる可能性があります。

## 妊娠期に避けるべきこと

### 塩分の摂りすぎ

妊娠中の過剰な塩分摂取は、むくみや蛋白尿、妊娠高血圧症候群などを引き起こし、胎児の発育にも悪影響を及ぼす恐れがあります。

### 生の魚介類や生肉

妊娠中は免疫機能が低下し、食中毒にかかりやすくなります。食中毒の恐れがある食材は十分に加熱することが大切です。

### カフェインを含む飲み物

カフェインはコーヒーだけでなく様々なお茶に含まれています。飲み過ぎは胎児の発育に悪影響を及ぼす可能性があります。

妊娠期の食事は毎日厳しくするのではなく、数日～一週間で全体の栄養バランスをみて無理なく過ごしてください。

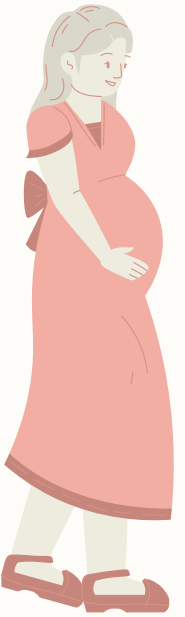
つわりで十分な食事が取れない場合も無理をせず、食べやすい食材を選び、水分摂取を心がけましょう。





# Nutritional needs during pregnancy

Diet during pregnancy and lactation is essential for the health of mother and baby. Be especially conscious of nutritional balance during pregnancy to ensure that you are getting all the nutrients you need.



## Nutrient requirements during pregnancy

### FOLIC ACID

Folic acid is a necessary nutrient in the formation of the neural tube of the fetus. Deficiency can lead to a disease called “neural tube defects” in the fetus.

### CALCIUM

It builds fetal bones, teeth, and nerve tissue. It also helps prevent osteoporosis during pregnancy and lactation, when calcium deficiency is more likely to occur.

### IRON

Its demand increases during pregnancy due to increased blood volume. In addition, a deficiency may result in an inability to supply oxygen and nutrients to the fetus.

## Things to avoid during pregnancy

### Excessive salt intake

Excessive salt intake during pregnancy can cause swelling, proteinuria, and gestational hypertension, and may also adversely affect fetal development.

### Raw seafood and raw meat

During pregnancy, the immune system is weakened, making you more susceptible to food poisoning. It is important to thoroughly heat foods that may cause food poisoning.

### Drinks with caffeine

Caffeine is found in a variety of teas as well as coffee. Excessive consumption may adversely affect the development of the fetus.

Pregnancy should not be strictly a daily diet, but rather a few days to a week with an overall nutritional balance that is easy to follow.

Even if morning sickness prevents you from eating enough food, do not force yourself to eat, choose foods that are easy to eat, and be sure to drink plenty of water.

