

Rebecca Kono

Pregnancy Guide

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What Happens To Your Body During Pregnancy?

1

1st Month

It is still early but you might have already encountered your first symptoms

(i.e. spotting, tender breasts and a heightened sense of smell/taste)

2

2nd Month

Suffering from exhaustion, nausea, vomiting and headaches? Feeling like you are on an emotional roller-coaster? Don't worry, those are the signature first trimester symptoms and will pass.

3

3rd Month

You have to thank the increase in hormones in your body for your glowing skin and the nice boost in your cleavage!

Your body really starts to change as your 'baby-belly' starts showing.

4

4th Month

Welcome to your second trimester, during which your baby becomes aware of lights outside your tummy and can hear some sounds.

At the same time, your ligaments and joints loosen up in preparation for birth, causing you to become clumsier than ever – whoops!

5

5th Month

Not only will you be able to find your baby's gender; but you might also feel him/her kicking inside of your belly.

6th Month

At this stage, your baby will start recognising your voice, and the cheeky buggers may start sticking their tongue out!

Your blood pressure is likely to drop, making you feel dizzy. The benefits will show in the form of thicker hair and stronger nails. Yay!

6

7

7th Month

Your baby is becoming cleverer by the month: they can now distinguish between yours and others' voices.

Unfortunately, your sleep may start to be disrupted as your baby will start letting you know with a kick that they are awake!

8

8th Month

In preparation for the birth, your baby is likely to turn upside down, causing you to experience faux contractions (called Braxton Hicks).

If you haven't already, week 32 is the optimum time to start antenatal classes.

9

9th Month

You're almost there! As your baby shifts further down the womb in week 36, the birth can be anytime between week 37 and 42.

Don't forget to pack your hospital bag so you're ready!

Your Pregnancy Food Chart

Carbohydrates

Avoid simple, refined carbs like white bread as they provide little nutrition for you and your baby; instead reach for starchy foods and foods containing whole grain (i.e. brown rice and skin-on potatoes).

Pregnant women should eat between 9 and 11 servings of carbohydrates per day.

Fruits & Vegetables

As usual, try and eat 5 servings of fruit and vegetables a day.

To help with your baby's development, focus on foods rich in fibre, such as apples, bananas, berries, artichokes, avocados and peas.

Proteins

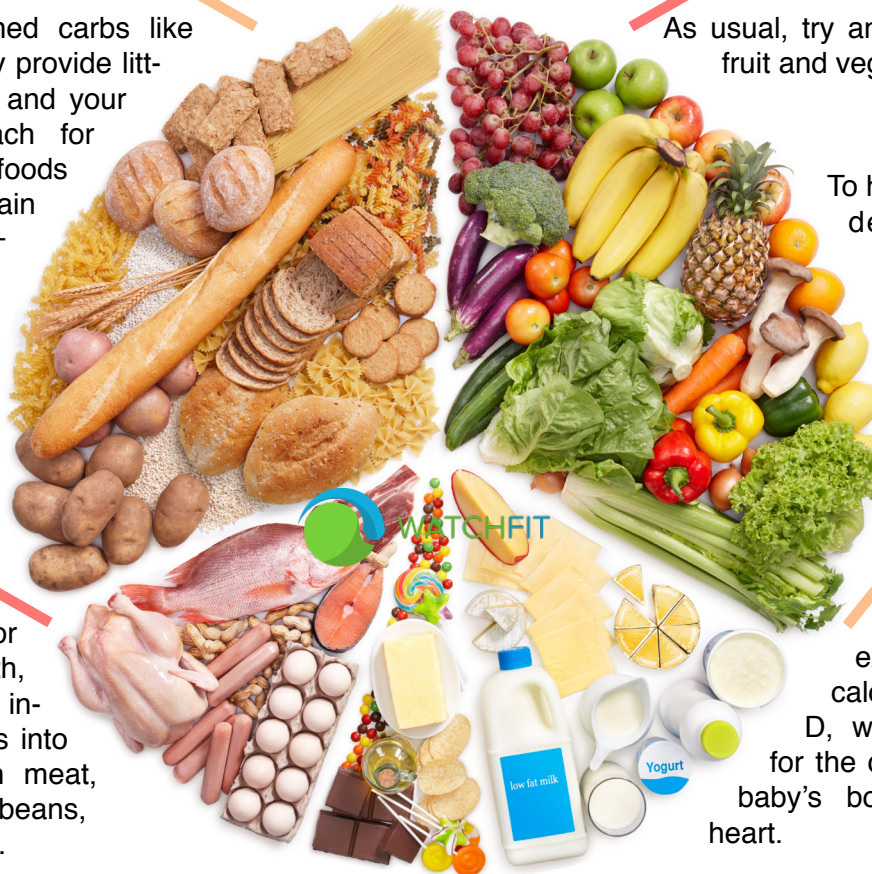
Protein is crucial for your baby's growth, so ensure that you include daily servings into your diet (i.e lean meat, fish, poultry, dried beans, peas, egg and tofu).

Fish is packed with essential nutrients and oils for both you and your growing baby; try including a minimum of 2 servings a week.

Dairy

Dairy products are excellent sources of calcium and vitamin D, which are necessary for the development of your baby's bones, muscles and heart.

Aim to eat 3 – 4 servings of yoghurt, cheese and milk a day.



Water (8 to 10 glasses a day)



Caffeine (max 2 coffees/ 4 teas per day)



Food To Avoid

- Soft blue cheese & most soft cheese
- Unpasteurised milk
- Raw or undercooked meat
- Cold cured meat
- Paté & liver
- Shark, swordfish and marlin
- Raw shellfish and raw tuna

Your Pregnancy Workout Guide

Swimming

Being a very low impact sport, swimming allows you to exercise safely, while being able to enjoy the feeling of weightlessness.

However, bear in mind that diving is off-limit.



Walking

Walking is an easy exercise with many benefits: it keeps you active, while helping your heart cope with the additional weight gain!

It also helps keep your baby's weight healthy



Running

Running is one of the exercises that can help better your birthing experience by preventing some of the most common symptoms of pregnancy!

It also decreases your baby's risk of having a heart condition!



Stretching

Stretching will allow you to keep your muscles and joints strong and flexible for a easier and safer labour.

It will also help with the various aches and pains of pregnancy



Worried about exercising during pregnancy?

It is actually **entirely safe** and **really beneficial** for both you and your baby!

Healthy women with un-complicated pregnancies should aim to exercise **between 20 to 30 minutes** on most days.



Yoga

Practising yoga is great during pregnancy to help your body compensate and adjust to your growing belly.

It focuses on moves that will stretch and strengthen your muscles all over.



Weight training

Although you may not have realised, lifting weights are actually beneficial for you and your baby, by improving labour and decreasing recovery time.

However, keep lunges to a minimum during late pregnancy so you don't risk injury.



* Always consult your obstetrician before exercising, to get their go-ahead!

“ I hope you find this as helpful as I did, to assist you throughout your pregnancy ”

-Rebecca Romero

