

## WARNINGS FOR EXPECTANT MOTHERS

### Pregnant women with high blood pressure (hypertension) should;

Consume meals cooked with less or no salt.

Avoid eating too salty foods.

Avoid smoking and drinking alcohol. Avoid secondhand smoke. Cut back on tea and coffee.

Have your tea and coffee one hour before and after meals.

Wash agricultural products -vegetables and fruits, in particular- thoroughly to remove harmful residues.

Check for expiry dates and ingredients of packaged foods. Avoid consuming foods with unknown ingredients during pregnancy.

Inadequate and unbalanced nutrition before and during pregnancy causes birth risks for the mother such as stillbirth and is also associated with diseases such as diabetes.

In infants, it leads to physical and mental developmental delays and a significant increase in the risk of contracting diseases.



You can get iron and vitamin D supplements **FREE OF CHARGE** from primary healthcare centers.

Antenatal care is available at Family Health Centers, **Migrant Health Centers**, and hospitals.

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**RIGHT PLACE, QUALITY SERVICES**

Contact the nearest **Migrant Health Centre** for more information and support



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# MAINTAIN AN ADEQUATE AND BALANCED DIET DURING PREGNANCY

for your and your baby's health

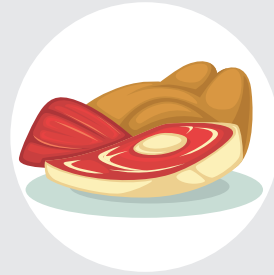
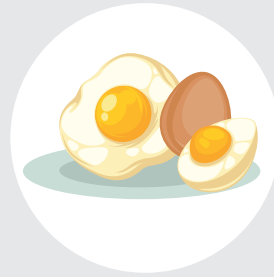


Having an inadequate and unbalanced diet before and during pregnancy leads to many health conditions that result in maternal and infant mortality.

**Adequate and balanced nutrition is key to a HEALTHY PREGNANCY.**

There is a close relationship between pre-pregnancy and pregnancy diet and the birth weight, brain development, and infant health.

In Türkiye, nutritional deficiencies cause 58% of pregnant women in our country to suffer from iron deficiency (and consequently anemia) and deficiency in folic acid necessary for the production of blood cells, iodine which impacts physical and mental development, and deficiency in calcium which plays a role in bone development.



### EXPECTANT MOTHERS should;

Consume at least three cups of milk or yogurt every day, preferably pasteurized milk and cheese made from pasteurized milk.

Consume an egg or as much meat, chicken, or fish as possible in addition to what they normally eat. Consume dried legumes, and lentil or chickpea soups if unable to add meat to diet.

Eat fresh vegetables and fruits rich in vitamins in every meal.

Eat small portions at short intervals without leaving yourself feeling hungry for a long time.

Consume fresh vegetables rich in vitamin C (dark leafy greens, red, orange, purple, and white vegetables) or fruits in addition to legumes.

Prefer oil in meals.

Use iodised salt in meals.

Increase fluid intake by drinking more water or milk, buttermilk, freshly squeezed fruit juices and consume at least 10 glasses of water every day.

Consume eggs, red meat, legumes, grape molasses and fruit & vegetables to prevent anemia.

Pregnant women should go out in the sun for 10-15 minutes a day except at noon in summer.

*Vitamin D deficiency in pregnant women adversely affects the brain and bone development of babies in the womb and brings along the risks of congenital cataract disease and infection.*