

MOTHERHOOD



Pregnancy

The female body changes and activates a series of physiological transformations to welcome **new life**.

Appropriate nutrition during pregnancy is vital for the baby and the mother!



Nutrition during pregnancy

- Diversity of plants: whole grains, fruits, vegetables, legumes, seeds, nuts, etc.;
- High-quality animal foods: free-range organic eggs, organic grass-fed meats and dairy;
- Probiotic foods;
- Herbal teas;



The baby starts feeling taste through the amniotic fluid!

Key pregnancy nutrients



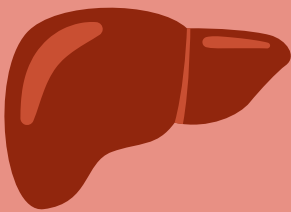
Folate



Iron



Calcium



Iodine



EPA/DHA



Vit D



Probiotics

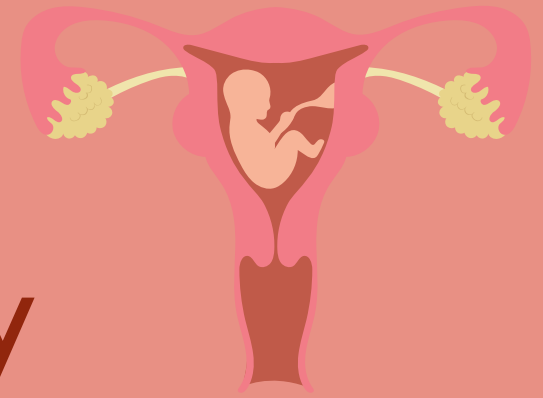
Microbiome health during pregnancy

Between the 1st and 3rd trimesters, there is a shift towards communities of microbes implicated in **energy production and storage** to support the fetus growth..

Some pathogenetic mechanisms of pregnancy-related pathologies and complications are connected to **dysbiosis**.



Vaginal microbiome during pregnancy



Gestation has important effects on the vaginal microbiome.

It has been observed that the microbial vaginal community shifts toward a **more stable, less diverse** and **Lactobacillus-dominated** state during pregnancy.

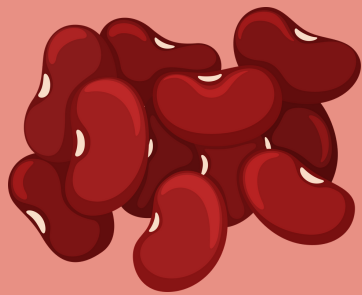
Changes in vaginal microbiota are related to several **pregnancy-related complications**.

Benefits of breastfeeding and breastmilk

- Provides **vitamins, minerals, carbohydrates, proteins and fats** in the right proportions for healthy baby development;
- Contains **bifidobacteria and prebiotic oligosaccharides** to help colonise the digestive tract and build the immune system;
- Breastfeeding ensures best possible **health, developmental and psychosocial** outcomes;



Key post-partum nutrients



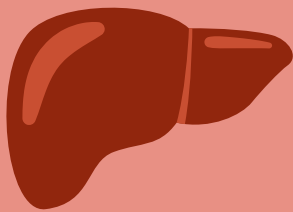
Protein



Iron



Zinc



B Vitamins



EPA/DHA



Magnesium



Vit C



Vit D



Probiotics

Future for prenatal care

A microbiota-based diagnosis as well as personalized nutritional, probiotic, or pharmaceutical therapies for the prevention of obstetric complications.



The **modulation of maternal microbiota** could also help to **reduce the risk** of the newborn to develop noncommunicable diseases, such as metabolic diseases, later in life.

We are during our **Women's Month**,
a whole month dedicated to female
health and women in agriculture.

For women by women



**Coalition of Health Professionals
for Regenerative Agriculture**