



Maternal Health & Nutrition Awareness Month

MedNet Maternal Health & Nutrition Awareness Newsletter

Key Nutrients During Pregnancy: Building a Healthy Foundation

Pregnancy is a time of rapid growth and development for both mother and baby. Ensuring sufficient intake of essential nutrients is vital:



Iron: Supports increased blood volume and helps prevent anemia. Include lean meats, beans, lentils, and fortified cereals in your diet.



Folate (Folic Acid): Crucial for neural tube development and preventing birth defects. Eat leafy greens, citrus fruits, and fortified grains.



Calcium: Promotes strong bones and teeth for both mother and baby. Find it in dairy products, tofu, and green vegetables.

Safe Physical Activity During Pregnancy



Staying active is beneficial for most expecting mothers. Safe activities include walking, swimming, and prenatal yoga. Exercise can help reduce stress, improve sleep, and ease discomfort. Always consult your doctor before starting or continuing any fitness routine.

Red Flags That Require Medical Review

Be vigilant for warning signs and consult your doctor immediately if you experience:

Severe abdominal pain

Heavy bleeding or fluid leakage

Persistent headaches or vision changes

Sudden swelling of hands, feet, or face

Reduced baby movement



Post-Partum Nutrition Tips

After childbirth, your body needs nourishment to recover and to support breastfeeding:



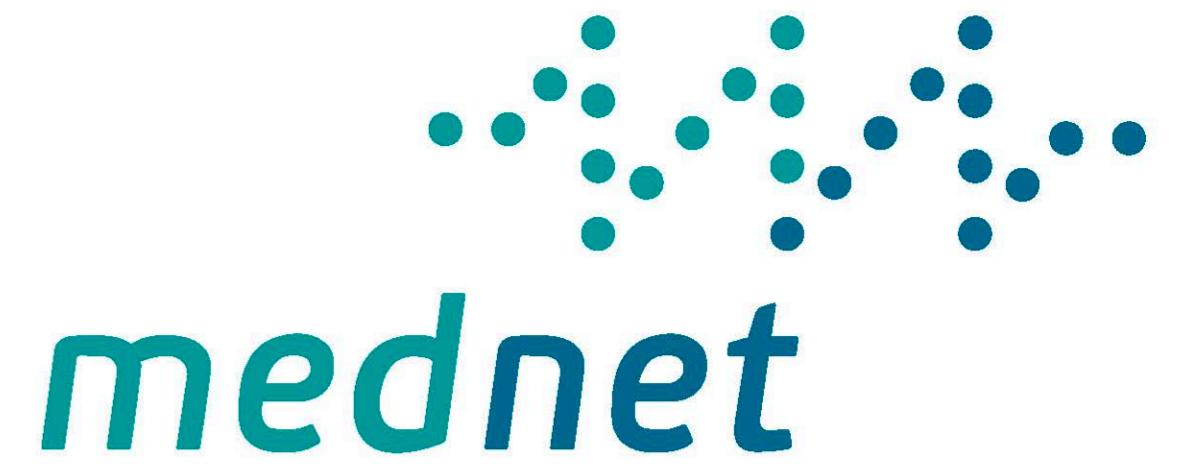
Focus on balanced meals rich in whole grains, lean protein, fruits, and vegetables



Stay hydrated, especially if nursing



Consider continuing prenatal vitamins as advised by your doctor



Supporting Your Maternal Health Journey

As your managed care provider, MedNet is dedicated to guiding you through every stage of maternity. From prenatal check-ups to postnatal support, our network of healthcare professionals ensures you and your baby receive comprehensive, personalized care for a healthy start.

Let's make January a time to prioritize maternal health, balanced nutrition, and informed choices.

Together, we can support healthier mothers and stronger beginnings for every family.

MedNet Team

