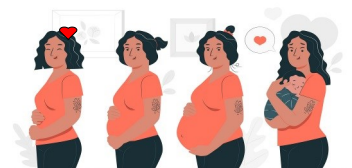


## THE FIRST 1000 DAYS: WHAT ARE THEY? WHY DO THEY MATTER ANYWAY?



The first 1000 days are the period between conception and two years of life of the child and represent the most important period to positively influence his future health status, intervening with primary prevention on noncommunicable diseases (e.g. cardiovascular diseases, cancers, chronic respiratory diseases, obesity, type 2 diabetes).

Already before birth, in fact, next to the genetic component, on which at the moment not much can be done, there is the influence of environmental and epigenetic factors, including the nutrition and physical activity of the mother, which are involved in the brain, immune and metabolic development of the child.

It is therefore of fundamental importance to adopt and/or maintain correct lifestyles, which can then be transmitted to the child to make him grow well.

Image: storyset on Freepik

## IF YOU WANT TO KNOW MORE: GET INFORMED ON OFFICIAL WEBSITES

<https://www.first1000days.ie/>

[www.ifmed.org](http://www.ifmed.org)

<https://thousandddays.org/>



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images: Freepik.com

## NUTRITION IN PREGNANCY



*During pregnancy and breastfeeding, the woman must pay great attention to her nutrition, driven by a very important goal: the health of her baby. This creates the opportunity to adopt or maintain a healthy diet within the family context .*

Dipartimento di Prevenzione ASUFC  
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In this stage, lifestyle plays a key role as it is responsible not only for the well-being of the woman herself, but also of the foetus first and then of the child.



It will therefore be necessary to start or continue to fulfill **regular fitness**, compatible with morphological and functional changes in pregnancy, for 150 minutes a week of moderate activity (e.g. walking, yoga, exercises in water, pilates, also promoting gymnastics for the pelvic floor).



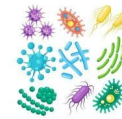
When it comes to food, you need to pay attention to quantity and quality of the food introduced, taking care to follow the **Mediterranean dietary model**, varied and balanced.



**Should be avoided deficiencies**, for example due to low-calorie diets (not recommended in pregnancy), **as well as excesses** (the false belief of having to eat for two), to ensure the correct development of the foetus and the metabolic adaptation of the woman.



**Good hygiene practices** (food preparation and storage and thorough washing of the hands) to avoid the risk of transmission of dangerous infections to the foetus.



From a caloric point of view, in the **1st trimester** of pregnancy, no increase will be necessary, while for the **2nd and 3rd trimesters**, the quantities and quality of foods that will be added daily to promote adequate foetal growth are schematically summarised:

### **2nd TRIMESTER → + 260 kcal approx.**

- Slightly increase portion of preferably whole-grain carbohydrates as bread, pasta, breakfast cereals, polenta, potatoes (about 30 g per day) and daily eat fruit and vegetables, properly washed, also to increase fiber intake and prevent constipation
- start eating a protein source both at lunch and dinner; if it already happens, increase the portion a little, taking care to prefer legumes, small fish, white meat, eggs and lean dairy products
- to ensure the correct intake of omega-3 fats, the consumption of oily fish for 1-2 servings per week.



### **3rd TRIMESTER → + 500 kcal approx.**

In addition to the indications for the 2nd quarter, it is also important to:

- increase again the portion of carbohydrates always preferably whole grain, distributing them among breakfast lunch and dinner (increase of about 20-30 g per meal per day) and continue to eat fruits and vegetables daily
- insert an additional protein source, for example at breakfast or in one of the snacks (such as a glass of milk or a white yogurt)
- insert a small portion of oily dried fruit (nuts, hazelnuts, unsalted almonds...) every day (about 15 g) or a larger portion several times a week.



Throughout pregnancy, **water consumption** is also of fundamental importance, which will increase up to **8-10 glasses per day**, compared to 6-8 for women of childbearing age.

Finally, remember to **completely refrain from smoking and alcohol and contain the amount of caffeine** taken daily to 1-2 cups of coffee per day throughout the course of pregnancy.

As for the **supplementation**, you will have to continue with folic acid at least for the first trimester and it will still be necessary to refer to what is recommended by the reference specialist.