Disorder and Lifestyle

Nutrition in Pregnancy

• Macronutrients
  • 55,000 additional calories over pregnancy
  • 55-60% from carbohydrates
  • 30% or less from fat
  • Increased protein needs
    – Increased blood volume, placenta, breasts, uterus, and fetal structures

• Calories
• Balance
  – Carbohydrates
    • Ketosis
  – Proteins
  – Fluids
    – Blood volume, Amniotic fluid, Reduce constipation
  • About 2 liters per day

• Micronutrients
  – Calcium
  – Vitamin D
  – Vitamin C
  – Collagen
  – Folate
  – B12
  – Zinc
  – Iron

• Calcium
  Associated with growth of teeth and bones

• Vitamin D
  Associated with calcium use

• Vitamin C
  Helps absorb and use iron
  Shortages and Excesses

• Collagen
• Folate
• B12
• Zinc
• Iron

Recommended Balances and Servings

Source for Standards
  Shortcomings
• Don’t reflect changes over time
• Bias toward those who can afford insurance
• Poor are underrepresented
• Athletes are generalized

Indices
• Frame size
• BMI

— Shortcomings
— Composition
  Skin Fold, Current flow, Specific gravity, MRI

— Distribution
  • Higher incidence of heart disease
  • High blood pressure
  • Stroke
  • Diabetes
  • Breast cancer

• Subcutaneous
• Visceral
  • Waste to hip ratio as an indication of visceral fat storage
    > 1.9 in men
    > 0.8 in women

Why?
• Genetics
• Environment
• Behavior

Cells and Adipose Tissue
• Function
• Formation
• “Set-Point”