

## 1: 7 Months Pregnant | What To Expect - Huggies

*Your baby's skin now has a protective coating, while you might be hoping for something to protect you from painful leg cramps. Week 20 of Pregnancy Your baby is the size of a small cantaloupe.*

Symptoms and what to expect 6 weeks pregnant: Symptoms and what to expect During this week, you begin to notice the changes in your body as the hormone levels start rising rapidly. TNN Nov 12, , You begin to notice the changes in your body as the hormone levels start rising rapidly and nausea morning sickness makes a grand entrance. The embryo at six weeks The baby is developing rapidly and there are incredible changes happening to the fetus. If you can imagine, the baby is actually the size of a sweet pea or a grain of rice. The crucial areas of baby development have already started by this time. Pregnancy symptoms at six weeks This is the week when the pregnancy symptoms kick in with full force. Symptoms of being 6-weeks pregnant include: Nausea morning sickness -- Sadly, this for a lot of women, is not limited only to the morning. What can you do? Eat small meals several times a day, since an empty stomach can trigger nausea. Avoid oily food and go easy on the spice. Frequent urination -- You may feel the urge to pee all the time. This happens as, during the pregnancy, there is an extra blood flow to the pelvic region. In case of painful urination or not being able to urinate even when you feel the urge to go, you should consult a doctor as UTI infection is incredibly common during the 6th week of pregnancy. Sore breasts-- Your body has already started preparing for the baby. Again, it is the increased blood flow which is causing your breasts to become tender and sore. Fatigue-- This one is a no-brainer. You feel tired all the time because your body is getting used to the pregnancy hormones and increased blood volume. Take frequent naps and go to bed earlier than your regular time. Constipation -- Blame progesterone, the pregnancy hormone for your tummy troubles when you are pregnant. Even the iron supplements--which are essential during the pregnancy--can cause constipation. Increase your fibre and fluid consumption. Start including fruits, vegetables, cereals, nuts etc in your daily diet. Feeling irritated-- Hormones can also cause extreme mood swings and irritation. Take it easy and continue with low-impact exercises that will help you keep calm and keep those mood swings at bay. Also, it is a good idea to medicate or listen to some soothing music, as per your taste. Even if you are experiencing a sea of change on the inside, thanks to the rapidly growing pregnancy symptoms, people might not be able to figure out that you are pregnant, just yet.

### 2: What To Expect When You're 11 Weeks Pregnant | MomTricks

*From pregnancy and childbirth, from first cuddles to first steps, What to Expect is more than just information. We're a community, a family, a sisterhood. I'm here for you, What to Expect is here for you - and we're all in this together.*

This is my opinion on what you should do when you find out you are pregnant. It is how I feel, and I feel strongly about it. So please be courteous about what you comment. The second you find out you are pregnant, a lot of things can run through your mind. I am here to tell you some helpful tips and things to do once you find out you are pregnant! But now that I am in the middle of my second pregnancy, I have realized that there are several things that you will want to do as soon as you find out you are pregnant, and then throughout pregnancy. Decide when to announce your pregnancy. I always wait to announce my pregnancies publicly until the second trimester. I think family is okay to tell, but it can be smart not to tell the whole world until after the first trimester is over. One of my biggest fears is having to go back and tell people that something has happened and you have had a miscarriage. Everyone is different any you may decide to tell people as soon as you find out, but think about where your support system lies in the small chance that something does happen. One of the best ways to do this is to use a pregnancy journal. There are tons of cute ones on Amazon, and I have seen cute ones on Etsy, too. Plus, then you can go back during subsequent pregnancies and compare! Take lots of pictures. This sort of goes along with documenting your pregnancy, but it is really fun to take lots of pictures. You can do weekly pictures or monthly pictures. With Little J and this pregnancy, I have been taking a picture or trying to every two or three weeks. This also makes it so you can compare what you looked like with multiple pregnancies, and you can see how much sooner and bigger you are the second time around! And get Dad and other kids involved, too. Just take lots of pictures! Check your medications to see if you can still take them. I had some allergy medications that I was taking before I got pregnant with Little J and after my first appointment, my doctor recommended not taking them anymore. Take a before picture. It was fun to see how much different I looked, and then to compare the before picture with a picture from right before Little J was born and then after I had lost the weight. It will be fun to compare, and in my case, it actually helped motivate me to lose the weight once baby was born. And while not everyone may think this is funny, it was crazy to see where I had gained that 50 pounds. With my daughter, I only gained 35 pounds, and you can tell in the pictures below that most of the weight gain was in my belly and not in my face and butt like it was the first time! Use lotion early and everywhere. During my first pregnancy, my skin decided that it was going to have stretch marks all over. And I mean all over. My chest, my thighs, my butt, and yes, my stomach. And while I still had the stretch marks, I think it definitely helped me not to get them as bad as they could have been. Find a workout plan and stick to it. Your body is going through a lot of changes and you want to keep it healthy. They helped me stay flexible and I think especially the ones that strengthen your pelvic floor helped me have a really fast delivery. I feel great and I feel strong. And I also really think that if you are used to working out every day, once you have had the baby it is easier to lose the weight because you will be used to working out every day. Shop around for maternity clothes. I have found that my favorite places to buy maternity clothes are Target and Old Navy. They have cute clothes other places, too, but Target and Old Navy are both affordable and cute. But at the same time, you still want to look cute and show off that bump. The Liz Lange line at Target is my favorite for maternity clothes. I pretty much want all of their dresses, and the tops I got from there are my favorite of all my maternity shirts. Pants are a little bit harder, because they usually just come in small, medium, or large and I have yet to find ones that are long enough. Start taking a prenatal vitamin. They are jam-packed with lots of good things your baby needs to get a head start on life. Folic acid, iron, and calcium are especially important. Prenatal vitamins are not only important for your baby, but they are important for you since your baby is zapping up all those vitamins that you would normally get. So you need extra, and that is where a prenatal vitamin comes in. So as soon as you find out you are pregnant, get some! And you can even buy giant bottles that will last all of pregnancy, so that is fantastic. So you really have no excuse to get your baby those extra good vitamins and minerals they need while growing! Especially the big things like strollers, car seats, and cribs. One of my favorite places to look not necessarily buy is Amazon.

They have such a wide selection of items, and they have tons of great, helpful reviews for each product. And once you do have a few in mind that you feel good about, try and see them in person at the store. I mean really, you have nine months to find these things and you obviously want the best for your child. You can read about the best baby products we ever purchased here and the best list of baby essentials here. Make a list of what to do before and after your baby is born. This was super helpful to me because it helped me feel more prepared before Little J was born, and then I knew exactly what I needed to do after he was born. Lucky for you, I have compiled two such lists and they are some of my most popular posts. They are the things that I did, and they were so helpful. Write things down throughout your pregnancy. This can be questions for your doctor, feelings you are having about being a parent, stories about the firsts when you first found out, first felt baby, first heard the heartbeat. And since pregnancy is notorious for making you forgetful, writing down things will help you solve that problem. Especially the questions for your doctor thing. Pregnancy is weird and so you can easily question the things that are happening with your body. Download an app to follow along. I personally love the ones where each week they tell you how big your baby is in terms of fruit. Read as much as you can. When I was pregnant with Little J I pretty much read everything I could get my hands on about babies and pregnancy. Parenting can be scary stuff, especially when you are first starting out and have no idea what you are doing. So go pick up a book and start learning all you can, because it really does help! You have eight months depending on when you are reading this to prepare for your new little bundle of joy. Yes, it can be scary to find out you are pregnant, but being a parent is the best especially being a mom!

### 3: 1 Week Pregnant - Symptoms & What to Expect

*WebMD explains the first trimester of pregnancy. You'll find out what to expect during the first trimester, along with signs and symptoms to know you're pregnant. body will go through now.*

Tell us a little bit about your child. I agree to the Conditions of use I agree to receive communication about exclusive promotions, offers and products from Huggies and other Kimberly-Clark brands. Congratulations on hitting this big milestone! You should be aware that your third trimester is typically the most trying. Your growing body and active baby will be taking their toll on you. Try relaxing in a bath and indulging in a massage or two to relieve any built up tension. Weight gain is a necessity in pregnancy. Remember that a lot of your added weight is thanks to your baby, the increase of blood and other fluids in your body, swollen breasts and the placenta. Your healthcare professional can help you understand exactly where all your extra weight has come from – most of which will leave you at childbirth. You at 7 months pregnant As your uterus expands and your baby grows, your organs can get a bit squashed and cause a range of uncomfortable symptoms, including: Shortness of breath from squashed lungs Frequent urinating from your growing uterus pushing on your bladder Abdomen cramps from your muscles stretching and your uterus squashing your stomach Another strange symptom that can happen in the last few months of your pregnancy is leaky breasts. The creamy liquid that leaks from your nipples is called colostrum. It is the beginning of your breast milk and usually only a drop or two will leak. Nursing pads for your nipples can be helpful if your leaking is becoming excessive. Your baby at 7 months pregnant Your baby measures a whopping cm at this stage – a far cry from the tiny pin sized embryo that it started out as. Also around this time, your baby is quickly becoming a unique little person. Your baby may have also settled into a sort of sleeping pattern. Things to think about Some pregnancy symptoms become more intense in your seventh month of pregnancy, including: Ease these symptoms by avoiding spicy, acidic or fizzy foods and drinks and by eating five or six smaller meals instead of three larger ones during the day. Less food in your stomach at a time makes it easier for your body to digest. Swollen hands and feet. Remember to drink lots of water. Water will help to flush excess fluid through your system to help minimise swelling. Wearing support stockings can also help. As you near the final months of your pregnancy, you should decide on a birth plan that suits your personal preferences. This can help to reduce the feeling of being out of control when labour hits.

### 4: Pregnancy: What to expect now that you are pregnant: C Benjamin: [www.enganchecubano.com](http://www.enganchecubano.com): Books

*It also helps you educate yourself to have a successful journey. it breaks down the signs and symptoms of pregnancy, conception, pregnancy tests, the stages of pregnancy, what to expect when you are expecting, what to eat and what not to eat during pregnancy, physical things to do and not to do during pregnancy, the general do's and don'ts and.*

Definitely celebrate this amazing news with your partner, but you may not want to tell the whole world! just yet. Your first call at week 4 of pregnancy should be to your doctor to schedule your first prenatal visit, where he or she will confirm your pregnancy with a urine or blood test. At 4 weeks pregnant, baby is smaller than a poppy seed—practically microscopic. Baby is now known as a blastocyst, a teeny ball of cells, and is busy settling into his or her new home your uterus, prepping for all the crucial development that will happen over the next six weeks. You may be a little puffed up thanks to the pregnancy hormone progesterone. Break out the comfy pants! At 4 weeks pregnant cramping might worry you, but it actually may be a sign that baby has properly implanted in the wall of your uterus. However, any severe cramping or pain at 4 weeks pregnant is something you should definitely tell your doctor about right away. He or she will want to examine you to rule out any problems. Light bleeding can also occur during week 4 as a result of implantation. But the same advice goes: Your mood is going haywire mostly because of your fluctuating hormones. But maybe also because of stress and because your mind is racing. Pregnancy mood swings are most drastic during the first 12 weeks. After that, the hormones will level out a bit, making you less likely to cry at every life insurance commercial you see. Experts say that about 50 to 90 percent of pregnant women get some form of morning sickness. Morning sickness is usually at its worst around nine weeks and then slowly gets better, typically disappearing completely in the second trimester. One of the most common four weeks pregnant symptoms is total exhaustion, as your body is working hard to grow that teeny ball of cells into an embryo. Better start prepping those milk ducts! Still, you need to start acting like a mom-to-be. And that means giving TLC to yourself and your tiny baby-to-be. Look for one with at least micrograms of folic acid and remember to take it daily. Think stretchy pants, leggings, drapery shirts, and waterfall cardigans. There are a ton of loose-fitting clothing options that will help you look stylish and stay comfy. The amniotic sac and fluid are forming into protective cushioning for your baby. And on a 4 weeks pregnant ultrasound, all of that just looks like a tiny dot, called the gestational sac. We know it seems like an eternity to wait. There will be much more for the OB to see including a heartbeat! In the meantime, eat well, drink lots of water, avoid unhealthy habits like drinking and smoking, and try to relax. Pregnancy Checklist at 4 Weeks Pregnant Reminders for the week:

### 5: 1 Month Pregnant - Signs & Symptoms. What to expect?

*The list you're reading now gives you a feel for what happens in early pregnancy, but what else should you expect? Get a sneak peek at the months ahead with our quick pregnancy overview. Figure out your finances.*

At this point there should be signs, such as missed menstrual periods, hormonal changes, and nausea and vomiting. If you have confirmed that you are pregnant, changes in diet and lifestyle are critical during the fourth week. Symptoms and Body Changes at 4 Weeks During the fourth week of pregnancy, your body is producing the pregnancy hormone HCG, which can cause anxiety, vomiting, nausea, light-headedness, fainting, dizziness, exhaustion, and mood swings. Your breasts will become increasingly tender and sore, and sometimes you will notice a tingling sensation. Some women also find that their sense of smell becomes quite sharp, which can be either good or bad, depending on the smell. Foul odors are more apt to cause nausea or vomiting. Pregnancy during the first trimester can sometimes feel like an ordeal that will never end. But try not to stress about that; your symptoms will subside soon enough just as other symptoms kick in. Conception, fertilization, and implantation have all occurred, and now your baby is developing into a well-developed embryo. Now called an embryo, your baby consists of two layers, called the epiblast and the hypoblast. Also, the amnion sac and yolk sac develop during this fourth week. The amnion sac fills with amniotic fluid, which protects the embryo. The yolk sac produces the blood and helps nourish the embryo until the placenta takes over. The heart is beating, blood is beginning to pump, and organs are developing. Pregnancy Week 4 Tips Change your negative habits immediately. Avoid drugs, alcohol and medications that can negatively affect the baby. Talk with your partner. Express your concerns and discuss your symptoms. Consult with family and friends, and build a support group to help you through the emotional, hormonal, and physical changes your body will be going through. Having a strong support system may also benefit your partner, especially if this is your first pregnancy. Make an appointment with a recommended obstetrician. Make sure you find out what medical insurance you need. Get plenty of rest and relaxation. Want to know what happens during the 5th week of pregnancy?

### 6: What to Expect - The Most Trusted Pregnancy & Parenting Brand | What to Expect

*If you have confirmed that you are pregnant, changes in diet and lifestyle are critical during the fourth week. After all, it's the fourth week – you've been pregnant for one whole month. The first trimester is underway, and this is a very critical point in your baby's development.*

Sign up now First trimester pregnancy: What to expect First trimester pregnancy can be overwhelming. Understand the changes you might experience and how to take care of yourself during this exciting time. By Mayo Clinic Staff The first trimester of pregnancy is marked by an invisible – yet amazing – transformation. And it happens quickly. Hormones trigger your body to begin nourishing the baby even before tests and a physical exam can confirm the pregnancy. Knowing what physical and emotional changes to expect during the first trimester can help you face the months ahead with confidence. Your body While your first sign of pregnancy might have been a missed period, you can expect several other physical changes in the coming weeks, including: Soon after conception, hormonal changes might make your breasts sensitive or sore. The discomfort will likely decrease after a few weeks as your body adjusts to hormonal changes. Nausea with or without vomiting. Morning sickness, which can strike at any time of the day or night, often begins one month after you become pregnant. This might be due to rising hormone levels. To help relieve nausea, avoid having an empty stomach. Eat slowly and in small amounts every one to two hours. Choose foods that are low in fat. Avoid foods or smells that make your nausea worse. Drink plenty of fluids. Foods containing ginger might help. Motion sickness bands, acupuncture or hypnosis might offer relief – but get the OK from your health care provider first. Contact your health care provider if your nausea and vomiting is severe. You might find yourself urinating more often than usual. The amount of blood in your body increases during pregnancy, causing your kidneys to process extra fluid that ends up in your bladder. During early pregnancy, levels of the hormone progesterone soar – which can put you to sleep. Rest as much as you can. A healthy diet and exercise might help boost your energy. Like most other symptoms of pregnancy, food preferences can be chalked up to hormonal changes. Pregnancy hormones relaxing the valve between your stomach and esophagus can allow stomach acid to leak into your esophagus, causing heartburn. To prevent heartburn, eat small, frequent meals and avoid fried foods, citrus fruits, chocolate, and spicy or fried foods. High levels of the hormone progesterone can slow the movement of food through your digestive system, causing constipation. Iron supplements can add to the problem. To prevent or relieve constipation, include plenty of fiber in your diet and drink lots of fluids, especially water and prune or other fruit juices. Regular physical activity also helps. Your emotions Pregnancy might leave you feeling delighted, anxious, exhilarated and exhausted – sometimes all at once. You might also experience mood swings. Take care of yourself, and look to your loved ones for understanding and encouragement. If your mood changes become severe or intense, consult your health care provider for support. Prenatal care Whether you choose a family doctor, obstetrician, nurse-midwife or other pregnancy specialist, your health care provider will treat, educate and reassure you throughout your pregnancy. Your health care provider will ask detailed questions about your health history. Also expect to learn about first trimester screening for chromosomal abnormalities, including prenatal cell-free DNA screening. During these appointments, discuss any concerns or fears you might have about pregnancy, childbirth or life with a newborn. Remember, no question is silly or unimportant – and the answers can help you take care of yourself and your baby.

### 7: 4 Weeks Pregnant - Pregnancy Week-by-Week

*Are you a father-to-be? A father's presence is as important to a child's healthy development as the mother's. Your role as a father can begin now by supporting the baby's mother during the pregnancy.*

You may also want to visit this other popular BYG site: You can also avoid risks that can complicate or terminate a pregnancy. For example, you probably know that getting enough Folic Acid is important. But did you know it is just as important to avoid cats? You probably knew that X-Rays are harmful to the fetus, but did you know about electric blankets? Some of the items listed here such as avoiding microwaves and electric blankets, fish, etc. Some studies have shown they are dangerous, others not. It is up to you to do the research and decide if the risks outweigh the benefits. This page contains an extensive catalog of the different activities you should encourage or avoid during your pregnancy. Many of the recommendations link to articles on the web. Once you know about these activities, you can also easily search for more information in search engines. For example, once you know that electric blankets are harmful, you can go searching for more information by using "electric blanket" with "pregnancy" as the search terms. One of the best reasons for you to plan your pregnancy rather than having it happen by accident is so that you can have control of all of these different factors starting from conception. The current recommendation is 0. See also this page and this page. The best way to avoid this possibility is to be vaccinated for Rubella prior to getting pregnant. See this CDC article for more information, as well as this article. You Should Take Prenatal Vitamins Both you and your baby need plenty of vitamins during pregnancy, and by taking special prenatal vitamins you guarantee that you are getting everything you need. Getting the proper vitamins can also help you avoid diabetes. Adequate protein is essential for the development of the baby especially the brain and may help protect against preeclampsia during pregnancy. See this page for information on protein. Your diet needs to include plenty of vitamins, minerals, fiber and so on, just as it normally should. You also need to exercise and watch your weight as you normally would. See this article , this article and this article for more information. Fat is also necessary for the developing baby brain. That does not mean you want to be over-consuming it, but you need to make sure you are getting enough. There are so many fat-free foods on the market today fat free milk, butter, ice cream, meat, bread, cookies etc. Also, certain types of fat are important as described in this article. Childbirth can also weaken these muscles and cause discomfort afterwards. The following show how to do the kegal exercises. See this article and this page. You Should Use House Plants A modern house is full of hundreds of hidden chemicals that are emitted by paints and stains, carpet, particle board, household cleaners and so on. One of the best ways to filter and remove these chemicals is with house plants. Spider plants, for example, are known to be good at removing formaldehyde which is quite common in paints. You Should Focus on Your Child and Avoid Negative Thoughts and Actions This article discusses prenatal bonding and the benefits of avoiding stress and negative thoughts. See also this article. You Should Take Care When Traveling Traveling when pregnant requires some special considerations, especially when traveling to foreign countries. See this article , See this article and this article. Pre-existing conditions include things such as diabetes, herpes and other STDs , heart problems, epilepsy and high blood pressure. Yet hundreds of thousands of pregnant women still smoke. Secondhand smoke from smokers who live or work with a pregnant women can also affect the fetus. Exposure to smoke can result in spontaneous abortion, pre-term births, low-weight full-term babies, and fetal and infant deaths. See this article , this article , this article , along with thousands of others on the web, for more information. You Should Not Drink Alcohol Alcohol has a variety of negative effects on your developing baby depending on the dose and frequency. Fetal Alcohol Syndrome FAS is the worst-case scenario, leading to severe retardation and other abnormalities. A quote from this article describes the dangers: It is characterized by a number of congenital birth defects which include prenatal and postnatal growth deficiency, facial malformations, central nervous system dysfunction, and varying degrees of major organ system malfunctions. If you are even thinking of becoming pregnant, you should discuss the use of any drugs you currently take with your doctor beforehand. They recommend not taking any OTC drugs during the first 8 weeks of pregnancy when the heart, lung, and brain is being formed.

See this article about effects of Accutane, see this article about the diet drug fen-phen, see this article about taking drugs during breastfeeding. It has also been found that children under the age of five who eat more than 1 hot dog a week may have an increased risk of cancer. See this article and this note. You Should Avoid Caffeine Caffeine taken during pregnancy is thought to increase the probability of a child contracting diabetes. See also this article about coffee and tea. You Should Avoid Contact with Reptiles Be sure to tell your doctor if you have any contact with lizards, iguanas, turtles, or snakes as the salmonella virus is transferred through their feces and can affect your pregnancy. Also, children under the age of 5 are also at risk for contracting salmonella if they are in contact with reptiles. You Should Avoid Tick Bites Tick bites open you to the risk of lyme disease, which can be deadly to your developing baby. You Should Not Eat Junk Food The basic problem with junk food is that it fills you up but does not provide vitamins or protein. Exposure during the first trimester is the worst. Natural sources of vitamin A are OK - it is foods that are artificially supplemented that cause the problem, and most foods are. You need to start reading packages to make sure you are not getting too much Vitamin A. Other fat-soluble vitamins such as D,E, and K can also accumulate in the body organs and tissues and high-dosage supplementation should be discussed with your doctor. See this article , this article , this article , this article , and this article. Informing your doctor or dentist of the fact that you are pregnant is probably the best way to control your risk. If an X-Ray can be postponed until after the pregnancy, then that would eliminate the risk. However, later studies have been less conclusive or contradictory. See also this article and this article. You Should Avoid Microwaves An excerpt from this page , states, "Particularly vulnerable to excessive microwave radiation is the developing fetus. You Should not Use an Electric Blanket Electric Blankets give off low-level electromagnetic fields which may be harmful to a developing baby. See this article , this article and this article. You Should Not Use a Water Bed The heaters used in water beds give off the same electric fields as those found in electric blankets see previous and should therefore be avoided for the same reasons. You Should Avoid Drinking Tap Water if Possible Recent studies have shown that drinking tap water during the early months of pregnancy can increase your risk of miscarriage. If this concerns you or you have a history of miscarriage, you may want to discuss drinking bottled water with your doctor. This article discusses research that showed California tapwater was linked to miscarriages. Also see this article. This article discusses why tap water may cause problems for all people does not directly discuss miscarriage. You Should Avoid Stress Stress at work is defined as, "high psychological demands from work activities, and low decision-making powers on the job". See this article and this article for more information. This article is also interesting. You Should Not Expose Yourself to Pesticides Pesticides including insecticides, herbicides, fungicides and so on can have a variety of effects on your unborn baby depending on the type of chemical, the length and intensity of exposure and the age of the fetus. In general it is best to avoid exposure to all pesticides. The problem is that pesticide use is extremely widespread in the U. You can be exposed to pesticides in your home ant and roach bait traps, no-pest strips, household pest control products and services, flea collars on dogs and cats The most you can do is attempt to avoid these dangers as best you can. See this site , this page and this page. You Should Avoid Fumes from Paint, Paint Thinner, Household Cleaning Products and so on This article and this article discuss the large numbers of toxic products and by-products found in the home and yard. As with pesticides see previous the best you can hope for is educating yourself and trying to limit your exposure. You Should Avoid Raising Your Body Temperature There is a potential danger to the developing fetus if your body temperature rises above degrees. You can raise your body temperature to this level by getting a fever, by exercising too strenuously, working outside on hot summer days, and so on. See the previous item for details. You Should Avoid Uncooked Meat. Both cat litter and undercooked meat present the risk of toxoplasmosis, which causes birth defects. See this article and this article for details. You Should Avoid Herpes Herpes when transferred to the baby during delivery, can lead to severe complications. The easiest way to avoid this possibility is to avoid contracting herpes. If you do have herpes, you should be sure to tell your doctor. See this article for more information.

### 8: First trimester pregnancy: What to expect - Mayo Clinic

*After learning that you're pregnant, your main agenda is simple: Tell your partner and celebrate! But once the happy news sinks in, the next steps can seem overwhelming. To help simplify the situation, we asked Akua Afriyie-Gray, M.D., an assistant professor of obstetrics and gynecology at Loyola.*

During this time, your body needs additional nutrients, vitamins and minerals 1. In fact, you may need “extra calories each day during the second and third trimesters 2. Poor eating habits and excess weight gain may also increase your risk of gestational diabetes and pregnancy or birth complications 6. Put simply, choosing healthy, nutritious foods will help ensure the health of you and your baby. Dairy Products During pregnancy, you need to consume extra protein and calcium to meet the needs of the growing fetus 7 , 8. Dairy products contain two types of high-quality protein: Dairy is the best dietary source of calcium, and provides high amounts of phosphorus, various B vitamins, magnesium and zinc. Yogurt , especially Greek yogurt, is particularly beneficial for pregnant women 9. It contains more calcium than most other dairy products. Some varieties also contain probiotic bacteria , which support digestive health 10 , 11 , People who are lactose intolerant may also be able to tolerate yogurt, especially probiotic yogurt Taking probiotic supplements during pregnancy may reduce your risk of complications such as preeclampsia, gestational diabetes, vaginal infections and allergies Summary Dairy products, especially yogurt, are a great choice for pregnant women. They help you meet increased protein and calcium needs. Probiotics may also help reduce the risk of complications. Legumes This group of food includes lentils, peas, beans, chickpeas , soybeans and peanuts. Legumes are excellent plant-based sources of fiber, protein, iron, folate B9 and calcium “ all of which your body needs more of during pregnancy. Folate is one of the B vitamins B9. However, most pregnant women are not consuming nearly enough folate 15 , This has been linked with an increased risk of neural tube defects and low birth weight. Insufficient folate intake may also cause your child to become more prone to infections and disease later in life 17 , Legumes contain high amounts of folate. Furthermore, legumes are generally very high in fiber. Some varieties are also high in iron, magnesium and potassium. Summary Legumes are great sources of folate, fiber and many other nutrients. Folate is a very important nutrient during pregnancy and may reduce the risk of some birth defects and diseases. Sweet Potatoes Sweet potatoes are very rich in beta-carotene, a plant compound that is converted into vitamin A in your body. Vitamin A is essential for growth and the differentiation of most cells and tissues. However, they are also advised to avoid very high amounts of animal-based sources of vitamin A, which may cause toxicity when eaten in excess Therefore, beta-carotene is a very important source of vitamin A for pregnant women. Sweet potatoes are an excellent source of beta-carotene. Furthermore, sweet potatoes contain fiber , which may increase fullness, reduce blood sugar spikes and improve digestive health and mobility 26 , Summary Sweet potatoes are an excellent source of beta-carotene, which your body transforms into vitamin A. Vitamin A is important for the growth and differentiation of cells in your growing fetus. Salmon is very rich in essential omega-3 fatty acids. Most people, including pregnant women, are not getting nearly enough omega-3 through their diet 28 , These are found in high amounts in seafood, and help build the brain and eyes of your fetus Yet, pregnant women are generally advised to limit their seafood intake to twice a week, due to the mercury and other contaminants found in fatty fish This has caused some women to avoid seafood altogether, thus limiting their intake of essential omega-3 fatty acids. However, studies have shown that pregnant women who eat “3 meals of fatty fish per week achieve the recommended intake of omega-3 and increase their blood levels of EPA and DHA 32 , Summary Salmon contains the essential omega-3 fatty acids EPA and DHA, which are important for brain and eye development in your growing baby. Eggs Eggs are the ultimate health food , as they contain a little bit of almost every nutrient you need. A large egg contains 77 calories, as well as high-quality protein and fat. It also packs many vitamins and minerals. Eggs are a great source of choline. Choline is essential for many processes in your body, including brain development and health Low choline intake during pregnancy may increase the risk of neural tube defects and possibly lead to decreased brain function in the fetus 38 , Summary Whole eggs are incredibly nutritious and a great way to increase your overall nutrient intake. They

also contain choline, an essential nutrient for brain health and development. Broccoli and dark, green vegetables, such as kale and spinach, contain many of the nutrients pregnant women need. These include fiber, vitamin C, vitamin K, vitamin A, calcium, iron, folate and potassium. Furthermore, broccoli and leafy greens are rich in antioxidants. They also contain plant compounds that benefit the immune system and digestion. Due to their high fiber content, these vegetables may also help prevent constipation, which is a very common problem among pregnant women. Consuming green, leafy vegetables has also been linked to a reduced risk of low birth weight <sup>43</sup>. Summary Broccoli and leafy greens contain most of the nutrients that pregnant women need. Lean Meat Beef, pork and chicken are excellent sources of high-quality protein. Furthermore, beef and pork are also rich in iron, choline and other B vitamins—all of which are needed in higher amounts during pregnancy. Iron is an essential mineral that is used by red blood cells as a part of hemoglobin. Pregnant women need more iron since their blood volume is increasing. This is particularly important during the third trimester. Low levels of iron during early and mid-pregnancy may cause iron deficiency anemia, which doubles the risk of premature delivery and low birth weight. It may be hard to cover iron needs with diet alone, especially since many pregnant women develop an aversion to meat <sup>46</sup>. However, for those who can, eating red meat regularly may help increase the amount of iron acquired from the diet. Eating foods that are rich in vitamin C, such as oranges or bell peppers, may also help increase absorption of iron from meals. Summary Lean meat is a good source of high-quality protein. Beef and pork are also rich in iron, choline and B vitamins, all of which are important nutrients during pregnancy. Fish Liver Oil Fish liver oil is made from the oily liver of fish, most often cod. The oil is very rich in the omega-3 fatty acids EPA and DHA, which are essential for fetal brain and eye development. Low vitamin D intake has been linked with an increased risk of preeclampsia. This potentially dangerous complication is characterized by high blood pressure, swelling of the hands and feet and protein in the urine <sup>48</sup>. A single serving one tablespoon or 15 ml of fish liver oil provides more than the recommended daily intake of omega-3, vitamin D and vitamin A. High levels of omega-3 may also have blood-thinning effects. Summary A single serving one tablespoon or 15 ml of fish liver oil provides more than the required amount of omega-3 fatty acids, vitamin D and vitamin A. Berries are packed with water, healthy carbs, vitamin C, fiber and antioxidants. They generally contain high amounts of vitamin C, which helps your body absorb iron. Vitamin C is also important for skin health and immune function <sup>52</sup>. Berries have a relatively low glycemic index value, so they should not cause major spikes in blood sugar. Berries are also a great snack, as they contain both water and fiber. They provide a lot of flavor and nutrition, but with relatively few calories. Summary Berries contain water, carbs, vitamin C, fiber, vitamins, antioxidants and plant compounds. They may help pregnant women increase their nutrient and water intake. Eating whole grains may help pregnant women meet their increased calorie requirements, especially during the second and third trimesters. As opposed to refined grains, whole grains are packed with fiber, vitamins and plant compounds. Oats and quinoa also contain a fair amount of protein, which is important during pregnancy. Additionally, whole grains are generally rich in B vitamins, fiber and magnesium. All of these are frequently lacking in the diets of pregnant women <sup>54</sup>. Summary Whole grains are packed with fiber, vitamins and plant compounds. Avocados Avocados are an unusual fruit because they contain a lot of monounsaturated fatty acids. Because of their high content of healthy fats, folate and potassium, avocados are a great choice for pregnant women. The healthy fats help build the skin, brain and tissues of your fetus, and folate may help prevent neural tube defects. Potassium may help relieve leg cramps, a side effect of pregnancy for some women. In fact, avocados contain more potassium than bananas. Summary Avocados contain high amounts of monounsaturated fatty acids, fiber, folate and potassium. They may help improve fetal health and relieve leg cramps that are common in pregnant women. Dried Fruit Dried fruit is generally high in calories, fiber and various vitamins and minerals. One piece of dried fruit contains the same amount of nutrients as fresh fruit, just without all the water and in a much smaller form. Therefore, one serving of dried fruit can provide a large percentage of the recommended intake of many vitamins and minerals, including folate, iron and potassium. Prunes are rich in fiber, potassium, vitamin K and sorbitol.

### 9: I Just Found out I'm Pregnant—What Should I Do Now? | WeHaveKids

*So as soon as you find out you are pregnant, get some! And you can even buy giant bottles that will last all of pregnancy, so that is fantastic. And if taking a pill isn't your thing, now they have gummy vitamins that I'm assuming are delicious and a lot easier to take.*

Although you might not look epically pregnant at this point, you are definitely feeling pregnant in every way. Need to save money on baby? Within the next three weeks, your baby will double in length. Tips for A Healthy Pregnancy at 11 Weeks Safe Travel — Unless your doctor has already declared your pregnancy high risk, you should be in the clear for travel at this point. It might actually be more comfortable for you to travel now opposed to later in your pregnancy. Whether by car, train, or airplane, remember to get up to move around every hour. Seat Belt — Some women are unsure of how to wear their seatbelt or even concerned about wearing it. The truth remains that wearing your seatbelt dramatically decreases the likelihood of injury during an accident. Position the lap belt under your abdomen, and your shoulder strap should rest comfortably between your breasts. Be cautious at potlucks where the food tends to sit out for longer periods of time. Take the liberty to be picky with your food intake. After all, your baby is counting on you. Though, many experts advise moms to wait until the second or third trimester or after pregnancy altogether. Furthermore, there are other alternatives if you want to err on the side of caution. Vegetable oil dyes henna are a popular choice among expecting mothers. How Many Months is 11 Weeks? You are officially two months and two weeks pregnant, mama! Your baby is growing at a rapid rate now, but you might be growing a little more slowly. Only a few more weeks until the first trimester is in the books. It is starting to uncurl from the body more than before. As the neck develops and gets longer, the chin seems to lift up from the chest. Toenails will soon follow. External male or female genitalia is more distinguished and will continue to develop in the coming months. Now is the time to consider how amazing your body truly is. Within the matter of a few months, it will grow and expand to bring another life into this world. Wrap your head around that idea for a moment and let it sink in. The newfound gratefulness for your motherly figure might make it easier to accept and embrace. Your pelvis is nearly filled up with your growing uterus now. In fact, you are probably curving out now, and your belly is becoming more firm when pressed on. Though, feeling those first baby flutters are right around the corner. Remember that both symptoms are completely normal. It can be frustrating learning how to adapt to these new and often unexpected symptoms but remember that most of them are reserved for the few months in life that you get to be pregnant. In other words, go with the flow. The reason that this brain fog descends upon you during pregnancy is mostly because hormones like to play dirty tricks. Research has shown that expecting moms carrying girls tend to be more forgetful than those carrying boys. A few practical ways to battle this fog is simply to write things down as soon as they come to you and depend heavily on technology for reminders. Time to put that growing belly to good use and release a big ole belly laugh, mama! Because the hormone progesterone is measuring in at epic levels in your pregnant body, all your muscles are more relaxed. This includes your digestive tract. A relaxed digestive tract means slower digestion, which can quickly turn into gas, bloating, burping, etc. Help your gut out by cutting back on foods that cause gas like some fiber-rich foods, dairy, and fructose. Much like with pregnancy brain, have a good laugh about it all. And further still, this is so normal that many expecting moms resort to wearing panty liners. Of course, you want to stay away from tampons as they can introduce unwanted bacteria into your vagina. Discharge during pregnancy is called leukorrhea. If you experience any bleeding, discolored or odd-smelling discharge, or discharge accompanied by pain then call your doctor. With Twins Your little swell is likely a full-on baby bump at this point. Twins and multiples have a way of taking up a lot more space! They also zap your energy and beef up your appetite, too. Pay special attention to how you feel and what your body is telling you. Those motherly instincts tend to kick in at just the right time, so offer a listening ear to your incredible body. A Checklist Invest in a quality sleep bra to offer your breasts some comfort. Pamper your feet with comfy shoes, foot soaks, lotion, and foot massages.

Window Displays in Milan (Best Interior Selection) A peaceable season. BRIDESHEAD DESERTED Quick start guide for amcrest ip3m-941\_ip2m-841\_ipm-721 pt camera. 1 mb Ishq ka sheen part 3 Amelia Bedelia and the Cat (Amelia Bedelia (HarperCollins Hardcover)) Orlando (Frommers City Guides) Bad Dada (Evola Jeffrey T. Schnapp What every body is saying Hook-Adventures to Color Scan sheet music to midi Environmental vulnerability and genetic-environmental interactions Jim Van Os and Richie Poulton Truth-functional expansions The Marriage Campaign In pursuit of freedom The petrified flower The Greed and Fear Factor The spectacular adventures of Sophie and Sebastian The pet of Parsons ranch Merchant of venice full Michigan ecce practice tests A true test of faith A mental health coalition evaluation report Your body battles a stomachache The overlord protocol Three philosophical moralists Once upon a dream lana del rey piano Directory of educational statistics History of chemistry from earliest times to the present day being also an introduction to the study of th The Athena treasury Umentation for rehabilitation 3rd edition Long-term Ecological Change in the Northern Gulf of Alaska With Dersu the hunter Here without you tammara webber A french story youll understand Assassins creed black flag art book Public Health Advocacy Professional Video Poker Im sorry, Ill read that again Lonely Planet Supercargo