

## Diet During Pregnancy

The latest research show that pregnant women should eat lots of nuts, seeds, whole grains, beans, fruits and vegetables, restrict added vegetable oils and avoid foods that contain partially hydrogenated fats. Both mother and child need essential fatty acids that are classified into omega-3s and omega-6s. Pregnancy uses up fatty acids, particularly omega-3s such as docosahexaenoic acid (DHA). Several recent studies show that post-partum depression is caused by low levels of omega-3 fatty acids. Essential fatty acids are found in all nuts, seeds, beans and whole grains, but not in refined flour used for most bakery products and pastas. Pregnancy depletes folic acid, and a deficiency can cause birth defects. Folic acid is found in leafy greens, nuts, seeds and beans. Extracted oils from seeds such as corn, soybeans, cottonseed, rapeseed (canola) and safflower are often converted to partially hydrogenated fats and added to foods. These fats deplete the body of omega-3 fatty acids and therefore should be avoided by pregnant women. The U.S. Food and Drug Administration recommends that pregnant women and young children avoid large predatory fish because they may accumulate large amounts of mercury that could possibly cause brain damage in young children. However, there are no reports of North American children actually being harmed by mercury in fish. Check with your doctor.

## About the Author

The ketogenic diet is a very high fat diet that relies on inducing a state of ketosis. The ketogenic diet has been reported to work in cases where multiple sclerosis, epilepsy, and certain types of cancer.

Source: <http://productsherbal.com>