

Powerful Mamas® Natural Birth Course

****Focus Guide Series****

Lesson 4: Nutrition for a Healthy Pregnancy & Birth

How can healthy nutrition improve a woman's mental as well as physical health during pregnancy?

- A. Women report better sleep, less gastrointestinal distress, and more energy when eating a healthy diet during pregnancy.
- B. A healthy diet means eating for two.
- C. The baby will get everything it needs from the mother's body, so nutrition is not important.

Identify 2 ways healthy nutrition can improve a woman's mental and physical health during pregnancy.

How can excellent nutrition assist a woman in achieving a natural childbirth?

- A. Nutrition plays no role in achieving a natural childbirth.
- B. Excellent nutrition may help keep a woman low-risk, hopefully requiring less medical intervention during pregnancy and birth.
- C. Nutrition does not matter because everyone knows women can't eat during labor.

Name one risk associated with not drinking enough water.

Share one tip for getting enough fluid during the day.

What role does protein play in the development of the fetus?

- A. A developing fetus needs protein for cell growth, including the development of the brain and other major organs. Deficiencies in the mother's diet can directly impact the growth of the baby.
- B. Protein doesn't really matter because the baby will take whatever it needs from the mother's body.