

Well Woman

DIETETICS

10 reasons to have a certified prenatal dietitian as part of your pregnancy care team.

Nutrition plays an important role in pregnancy, not only for the mother but for the future health of a baby. A Certified Prenatal Dietitian has the expertise to support mothers through pregnancy by translating nutritional evidence into practical advice.

You feel reassured that you are reaching your nutritional requirements during pregnancy.

As each woman is unique so are their macro and micronutrient needs during pregnancy. A dietitian can help you meet key nutrient targets for the health of you and your baby.

You understand how to navigate your pre-existing health condition now that you are pregnant.

Being pregnant can be an overwhelming time especially when managing other health conditions. A dietitian can help guide you to make diet and nutrition choices to optimise you and your baby's health.

You are supported in your dietary needs.

If you follow a vegan, vegetarian, gluten free or low FODMAP diet, a dietitian can guide you to meet your nutritional requirements.

You feel empowered to make the best food choices backed by science.

A dietitian can provide you with an understanding of food safety during pregnancy so you and your baby can stay safe without unnecessary restrictions.

You can achieve healthy weight gain during pregnancy.

A dietitian can educate you on the optimal weight gain for your pregnancy to increase the chances of a healthy baby.

You feel that you have the tools to manage pregnancy related symptoms.

Nutrition based solutions can be provided by a dietitian to help manage symptoms such as nausea, bloating, constipation and food aversions.

You feel less overwhelmed about nutrition when pregnant with multiples.

A dietitian can help you eat well and meet your unique nutritional needs for your babies.

You feel supported to manage your gestational diabetes.

A new diagnosis during pregnancy can be confusing and overwhelming. A dietitian can give practical nutrition advice to best manage the condition and help you to reduce the risk of complications.

You feel guided in your pregnancy journey.

A dietitian can help you reduce the risks of miscarriages and manage symptoms through food.

You feel in control of your baby's future health.

Diet during pregnancy can influence a baby's immune system and the development of allergies after birth. A dietitian can help you reduce the risk of your baby developing allergies, eczema and asthma.

Say Hello

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