

# Food Safety and Hygiene &

# Nutrition, Food Science and Technology

March 07-09, 2019 | London, UK

## Food, Diet and Nutrition for pregnant and breastfeeding mothers

**Caroline King**

Imperial College Healthcare NHS Trust, UK

**P**regnancy is a time of massive growth for the fetus. Empirically calculated nutritional requirements are far larger than actual observed intakes of pregnant women. Nutritional recommendations will be discussed and the mechanisms whereby a pregnant women's body adapts to allow optimal accretion of nutrients by the fetus.

After delivery breast milk is a continuation of the immunological protection a mother confers on her baby via the placenta during pregnancy. Breast milk is manufactured by a woman from her nutritional stores however homeostatic mechanisms ensure a highly consistent nutritional profile independent of her diet.

The lipid content varies more frequently being dependent on the degree of emptying of the breast. That of some water-soluble vitamins also varies but that depends more on maternal intake. The role of alcohol, caffeine and some medications in a lactating mother's diet will also be discussed

### Speaker Biography

Caroline King is a pediatric dietitian and neonatal specialist at Imperial College Healthcare NHS Trust at London, UK.

e: caroline.king12@nhs.net



Notes: