

Myths & Facts Regarding Diet in Pregnancy-A Survey Review

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ABSTRACT

At the current scenario due to more and more civilization pregnancy diet related myths are self-explanatory as well as confusing due to misleading by the social media. Especially in the rural areas of India including the underdeveloped and developing countries this problem is a social drawback in this 21st century. Pregnancy can be equally an incredibly exciting and nerve-racking time. And as the logistical authenticity of pregnancy sets in, women who are expecting often swiftly come to understand all the ways they may not be able to eat exactly as they did before—principally when it comes to the safety of many foods and beverages as well as their timings and frequency. This article offers a comprehensive review of Myths & Facts Regarding Diet in Pregnancy including the factual explanation. The survey conducted from 1st September to 15 October.

Keywords: Myths, Dairy products, Maternal nutrition, Obstetricians, Gynaecology, Human chorionic gonadotropin, oestrogen

INTRODUCTION

There are manifold myths around what foods to eat and evade during pregnancy. Henceforth, we spoke to a nutritionist about the precise pregnancy diet. Pregnancy is a very distinct phase in a woman's life, a beautiful journey. As exciting as it is, it likewise brings with it anxiety and nervousness. We know that people around us have unlimited advice so it becomes tough with integrating and digesting information and putting it to good use. To gain significant insights into the importance of nutritious food for hopeful mothers and to bust some myths around the foods they can eat or avoid, we spoke to Dr. Rajeshwari, a Nutrition expert with Adichunchanagiri Institute of Medical Sciences & Research Centre.

Significance of maternal nutrition

Dr. Rajeshwari conveyed to us that nutrition ensues to be a key factor in ensuring the good health of both the mother and the child. She said, "Pregnancy revenues a toll on the body and therefore, good nutrition is compulsory due to augmented maternal metabolism and to offer foetal nutrition."

Busting myths around food for pregnant women

We, however, cannot contradict that there are multiple myths about what mothers should and should not eat. This can generate confusion and lead to nervousness in expectant mothers. Hence, it is imperative to combat misinformation and myths.

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Dr. Rajeshwari busted numerous myths about food for pregnant women. Pregnancy can be both an amazingly exciting and nerve-racking time. In this article, we rounded up and demystify some of the most common myths neighboring nutrition and food safety during pregnancy so that the gravid mothers can feel more self-assured about her food choices and eating patterns over the next 9 months.

METHODOLOGY

This detailed review includes open data about Myths & Facts Regarding Diet in Pregnancy. This information collected from the different search engines like 'Cinahl', 'Google Scholar', 'Cochrane' etc. from plentiful review as well as research articles along with a number of renowned articles. The search borne almost 60 papers, including reviews, case reports, case series, and small clinical studies. After excluding the 20 non-English reports without an English abstract, we encompassed the remaining 40, notwithstanding of publication date.

MYTHS VS FACTS

MYTH 1: Eating peanuts and dairy products can make the baby ALLERGIC

TRUTH: It's perfectly safe to eat these foods unless the mother herself is allergic to them, or if the doctor advises the pregnant mother not to. There is no proof that cutting out some foods will prevent the baby from being allergic to them, but limitation in diet can be harmful to the baby as the mother might not get all the nutrition needed.

There are some nutriment that it's best to circumvent during pregnancy due to the risks in certain harmful microbes. They comprise some soft cheeses, patés, raw meat or fish, uncooked or partially cooked eggs, and soft-serve ice cream.

MYTH 2: The mother should eat DOUBLE during pregnancy

TRUTH: There is no proof or evidence to show that the mother needs to eat for 2 when during

pregnancy. How much extra the mother needs to eat depends on her weight and height, how active the mother is and depends on the months of pregnancy. But, in over-all, most women must only eat about 350 to 450 additional calories each day while they are pregnant. That's a twosome of extra healthy nibbles like fruit, a hard-boiled egg or a berry smoothie.

MYTH 3: Cream can assist to evade STRETCH MARKS

TRUTH: There is no proof that creams or oils can remove or prevent stretch marks, which often weaken in time.¹

MYTH 4: Give up the SPICES

Myth also proposes that spicy foods eaten during pregnancy can burn the baby's eyes, consequential in blindness. Spicy diets also have been answerable for miscarriages and the induction of labour. While those connotations might sound plausible to some people, they aren't real. Spicy foods can upsurge a pregnant woman's risk of heartburn, though. Recurrent heartburn during pregnancy may mean that the baby will be born with a head full of hair, if we are to believe another old wives' tale.²

TRUTH: There no relevance in between the use of spices (within limit) and pregnancy complications.

MYTH 5: Pregnant People should avoid SWEETS.

TRUTH: Pregnant people should be aware of what they eat; however, ostracism an entire food group isn't essential—unless the doctor says so. What's more, some sweets provide health benefits, i.e., eating chocolate every day can be good for the pregnant mother. According to an August 2010 study, consumption the sugary substance can decrease the risk for preeclampsia and gestational hypertension.

MYTH 6: Say goodbye to SEAFOOD.

Eating fish high in omega-3 fatty acids and low in mercury throughout pregnancy may

produce cleverer kids. Children whose parents ate at least twelve ounces of seafood a week during pregnancy had higher verbal IQ, better social and communication skills, and superior motor skills, according as per an October 2019 study. Another study proves that the children also had a better metabolic profile, thanks – in large part – to seafood.

TRUTH: There is no direct connection in between seafoods and pregnancy until contraindication confirmed by the physician.

MYTH 7: The pregnant mother shouldn't have CAFFEINE.

In the past, pregnant people were counselled to avoid caffeine—in soda, coffee, tea, and chocolate.

TRUTH: Current studies show that modest amounts are safe. Conferring to the ACOG, pregnant people can safely devour up to 200 milligrams of caffeine a day, or one 12-ounce cup of coffee.

MYTH 8: Eating PEPPERONI PIZZA During Pregnancy Can Maltreatment the Foetus.

According to the American Pregnancy Association, deli and luncheon meats should be dodged during pregnancy. This is due to conceivable contamination and their high nitrate concentration.

TRUTH: However, these foods can be consumed—in moderation—if they are properly prepared, i.e., deli meats can be eaten if they are heated to 165 degrees F or higher. This means pepperoni pizza, for example, is a safe bet.³

MYTH 9: It's Okay to Have an Occasional GLASS OF WINE

The pregnant mother should never drink any alcohol while pregnant. There is no safe quantity or type of alcohol during pregnancy, and even moderate consumption can lead to lifelong problems for the offspring. These problems can be less noticeable than those caused by heavy drinking and can comprise coordination, attention, and learning issues.

TRUTH: Alcohol-related congenital disabilities are entirely preventable. The OB-GYN can offer instruction on avoiding alcohol while pregnant.⁴

MYTH 10: Pregnant women should avoid CHOCOLATE

Although chocolate does contain caffeine in small volumes, as with coffee and other caffeinated beverages, it's faultlessly fine in moderation.

TRUTH: Chocolate is not contraindicated during pregnancy if the physician confirms about any allergies.

MYTH 11: It's not safe to eat FISH while pregnant

TRUTH: Fish contains more nutrients and proteins. So, fish is very healthy food during pregnancy. But if any women is having allergy about any particular species of fish then that should be avoided.⁵

MYTH 12: The pregnant women need more CALORIES during all stages of pregnancy.

TRUTH: For the first trimester, the mother can eat about the same amount as she did before she was pregnant. Formerly, in the second trimester, the mother calorie needs will surge by about 340 calories per day—about the quantity in two tablespoons of hummus, one pita bread and raw veggies or about 5 ounces of yogurt, one fourth cup granola and 1 cup berries. In the third trimester, the mother should aim for about 500 extra calories per day. Note that these calorie needs may differ depending on the women's pre-pregnancy weight, activity level and if she is carrying multiples, and it's best to speak with her healthcare provider about your specific needs. If counting calories makes the head spin, try focusing on tuning into her hunger and fullness cues. The pregnant woman's body is smart, and it's especially helpful to listen to its signals as she undergoes the many physical changes of pregnancy.

MYTH 13: CHEESE is off-limits.

TRUTH:Most cheeses items, particularly hard and pasteurized cheeses like Cheddar, Parmesan and Romano are safe to eat during pregnancy. Nevertheless, the pregnant woman should evade unpasteurized cheeses (as well as unpasteurized milk and other dairy foodstuffs) and soft full-grown cheeses, including brie, gorgonzola, and camembert. Unpasteurized cheeses along with soft ripened cheeses (as well as delicatessen meats and undercooked poultry) have a complex risk of containing potentially harmful bacteria that could lead to listeriosis, and because pregnant women have a higher risk of foodborne illnesses, they should take safeguards with cheeses that are more prone to bacterial growth.

MYTH 14: MORNING SICKNESS only happens in the morning.

Morning sickness is theoretically a misnomer, because the nausea and vomiting that characterize it can occur at any time during the day (even though it does tend to be more Spartan in the morning for many women). While the cause of nausea and vomiting in pregnancy is not entirely understood, it's thought to be related to low blood sugar and/or the rise in pregnancy hormones, including HCG or oestrogen. If the pregnant mother find herself struggling to eat due to nausea, here are a few strategies she can try:

- Plan for five to six slighter meals throughout the day, in its place of three larger ones
- Line up protein in the meals and snacks
- Should take prenatal vitamins with a snack
- Make tea with ginger or lemon
- Get sufficiently rest
- Drink profusely of fluids throughout the day
- Eat a few crackers as soon as wake up to curb the hunger may feel first thing in the morning
- Take a walk in the fresh air⁶

CONCLUSION

Though the concept clearance regarding this topic is tough to handle but still we tried to keep the real facts against the wrong concepts of the society simultaneously we tried to cover the related information regarding the facts behind the formation of those myths. We hope that the readers have received all the information and mythical concept clearance regarding diet pattern during pregnancy.

LIST OF ABBREVIATIONS

- ACOG-American College of Obstetricians and Gynaecologists
- HCG-Human chorionic gonadotropin

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