

# The pregnant woman is anemic and should eat well for her mother and baby

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## What signs do pregnant women suffer from anemia?

Here are some signs that an pregnant woman is anemic:

1. The body is tired, pale, pale
2. Often nervous, chest pain
3. Headache
4. Short breath
5. Fast pulse
6. Feeling numb or cold in the limbs
7. Low body temperature
8. Uncomfortable.

Anemia when pregnant if not detected in time will be very dangerous, seriously affecting the health of the mother and baby. Anemia can also lead to a risk of premature birth, causing children to be retarded. Therefore,

during pregnancy, pregnant mothers should be very wary if these signs occur.

However, in order to understand whether or not they actually have anemia, pregnant mothers should regularly seek regular checkups and necessary tests to understand their health status.

## **What should pregnant pregnant women eat?**

There are many ways to deal with anemia during pregnancy and the following diet with blood-fortified foods will be a great suggestion for anemic pregnant women.

### **1. Pumpkin**

Pumpkin is a fruit that contains a lot of protein, vitamins, calcium, iron . this is a fruit that is considered to be extremely good for pregnant women. When buying, you should pay attention to choose ripe pumpkins because the content of iron, calcium, and zinc will be more.



### **2. Types of dried nuts**

With abundant iron resources, nuts such as walnuts, sunflower, pumpkin seeds . are always in the top of food for pregnant women. In addition to snacking, mothers can also take advantage of them to prepare some very tasty and nutritious dishes.



### 3. Spinach spinach

Did you know, half of a bowl of cooked spinach contains up to 3.2mg of iron and many other beneficial nutrients such as: Beta-carotene, vitamin C, calcium, fic acid.



### 4. Beef

When it comes to the problem of pregnant women needing to eat, many people will think of beef. This is a gold supplement that helps iron during pregnancy because every 85mg of meat will give you up to 2.1mg of iron. Even without anemia, many mothers still choose beef for their daily menu.



## 5. Ripe bananas

This is a very easy to find and familiar fruit. Eating a banana at every breakfast will help your mother prevent anemia during pregnancy, and also reduce constipation symptoms.



## 6. Animal liver

Animal liver types such as pig liver, foie gras, chicken liver . are excellent blood tonic foods. For example, 100 grams of chicken liver to 9 mg of iron is good for anemic pregnant women. However, it is important to pay attention to eating at moderate levels, not to eat regularly and to make sure they are supplied from healthy animals!



## 7. Chicken egg yolk

In egg yolk, chicken contains a lot of nutrients such as water soluble vitamins (B1, B6) and oil-soluble vitamins (Vitamins A, D, K) that are good for pregnant women. In addition, chicken egg yolk also helps supplement large amounts of iron to help pregnant mothers improve anemia.

Besides, according to some points of view, eating chicken eggs during pregnancy also helps babies born with beautiful white skin, so do not ignore this food.



## 8. Salmon

The use of salmon during pregnancy not only helps mothers to limit anemia, but also contains omega-3 which plays a very important role in fetal development.



## **9. Broccoli**

Broccoli is known to be a golden food for pregnant women. In broccoli contains a lot of folic acid to help reduce the risk of malformations to the fetus. Besides, broccoli also provides many nutrients, including iron, which greatly helps the fetal membrane process.



## **10. Chicken breast**

Chicken breast is the most iron-rich part of the chicken's body. Every 100 grams of chicken breast will contain about 0.7mg of iron. Chicken breast is also chosen by many women because it does not cause weight gain, which helps to stabilize the weight during pregnancy.



## Things to note when pregnant women are anemic

1. These foods are all iron-rich foods, suitable for anemic pregnant women. However, with many unsafe ways of processing, iron content will not be absorbed as much as possible. The pregnant mothers need to consider to combine with functional foods, iron tablets to bring the highest efficiency.
2. When anemia occurs during pregnancy, mothers should limit foods containing Oxalate because they interfere with iron absorption. Some foods contain Oxalate such as Chocolate, kale, parsley .
3. Foods containing Tannin such as beer, coffee, apple . should also be limited because they also inhibit the absorption of iron.
4. Absolutely do not drink calcium at the same time when using iron-rich foods. Should be used about 3-4 hours apart to ensure iron absorption process is most convenient.
5. Periodical examination and examination is required to monitor anemia to avoid iron overload, which also causes adverse effects for mother and baby.

**What should pregnant pregnant women eat?** With the top food on, the moms already have a list of foods to supplement. If you need to use iron supplements, please contact us at the hotline number below:

In Hanoi: **024.3568.6969** or in HCMC: **028.3833.3366**

>>> **See more:**

1. How to take iron supplements correctly to best absorb
2. The list of foods that contain the most iron is easy to find

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