

What to eat to supplement blood for pregnant mothers during pregnancy

What to eat with blood? - This is one of the questions that most mothers care about today.

More than anyone else, pregnant women need to have enough blood, enough nutrition for their healthy development. So **what** should pregnant mother **eat to replenish blood** ? Let's find out with TipsMake.com!

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What are the consequences of anemia during pregnancy?

Anemia is not a rare disease but is extremely dangerous, especially for pregnant women. Many studies show that there are about 500 thousand cases of women dying each year during birth or after birth, of which anemia due to anemia accounts for about 20-40%. Anemia is also the cause of premature birth; fetal growth retardation, low birth weight, poor brain function, high risk of death; reduces the quality of breast milk, .



Anemia during pregnancy poses many dangers to mother and fetus

What should pregnant mother eat to replenish blood?

Pregnant women need about 1000mg of iron in their entire pregnancy to provide placenta, fetus and blood for mothers. To prevent the risk of anemia, pregnant women need a diet rich in nutrients. So **what** should pregnant mother **eat to supplement blood** ? The following food will be a great suggestion for you:

Red pumpkin

Pumpkin - a vegetable that is so familiar to us. Not only delicious, pumpkin also contains a lot of essential nutrients for the body such as amino acids, iron, zinc, calcium, plant proteins, carotene, . Adding pumpkin to the daily menu will help mother vote avoid the risk of anemia effectively.



Animal liver

Animal liver is a source of food with high iron content, for example, in 100g of pig liver contains about 12mg of iron, 100g of chicken liver with 10mg of iron, 100g of beef liver containing 6.5mg of iron, . However, when eating liver, pregnant mother should pay attention not to eat too much. In addition, the processing must be washed and cooked to remove toxins in the liver.



Egg

Eggs are a very nutritious and good food for pregnant women. In eggs contains many vitamins and minerals such as calcium, protein, phosphorus, iron, etc. Regularly eating eggs will help pregnant mothers prevent anemia effectively.



Beef

If you ask ' **what is good for your blood** ,' we will definitely respond to beef. Just eat 100g of beef, you have to supplement your body about 3.1mg of iron.



Functional foods help supplement blood for pregnant women

In addition to supplementing these foods during daily meals, pregnant women can prevent the risk of anemia by using more iron and blood tonic drugs. The advantages of these products are convenience, ease of use and fast performance. Here are some typical products you can use:

Tablets for pregnant women, breast-feeding Doppelherz Aktiv Vital Pregna (30 tablets): The product contains 18 different nutrients such as Omega 3, vitamins E, B, C, D, iron, magnesium, Copper, zinc, iodine, Beta-carotene, . Use of Doppelherz pills Aktiv Vital Pregna will elect to prevent anemia, reduce abdominal stretching and help the fetus grow healthy. Reference price: 315,000 VND.

Pediakid Fer + VitaminS B - Additional iron and vitamins group B: The product is produced in the form of banana flavor syrup from natural ingredients so it is safe for pregnant women. Using this product, your body will be supplemented with iron, B vitamins and many other nutrients to ensure that you are healthy during pregnancy. Pediakid Fer + VitaminS B can be used for both pregnant and pregnant mothers. Selling price

Hopefully our article has helped you answer the question of what to feed your pregnant mother. Visit META.vn for advice and order the best blood tonic.

>>> More references:

1. What to eat, should not be eaten by anemia
2. Did you know that these 7 foods are richer than iron?

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