

Kebutuhan gizi ibu hamil vegetarian (dipresentasikan pada The 4th Asian Vegetarian Congress, Novotel Batam, 6-10 November 2009)

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Abstrak

Long-term health benefits can be achieved by vegetarian including a lower risk of cardiovascular disease, some forms of cancer, and hypertension. Some vegetarians worry, that they're not getting enough nutrients when they are pregnant. In fact, there is nothing to be worried about. Pregnant vegetarian could meet good nutritional status by knowing key nutrients they should eat. Key nutrients for vegetarian pregnancy include protein, iron, zinc, calcium, vitamin D, vitamin B12, iodine, and omega-3 fatty acids. A vegetarian or vegan diet can meet requirements for all of these nutrients although in some instances, fortified foods or supplements can be especially useful in meeting recommendations. The nutrient content of supplements targeted to pregnant vegetarians should be evaluated to make sure nutrient needs are being met. Other important aspect concerning vegetarian diet is gestational weight gain. Optimal birth weight and outcome are influenced by maternal weight gain. Low gestational weight gain is associated with poor fetal growth and risk of preterm delivery while excessive weight gain affects infant growth, body fatness in childhood, and the potential for postpartum weight retention and future obesity. Vegetarian women should also be counseled to follow standard weight gain recommendations. Ideally, weight gain recommendations should be individualized to promote the best outcomes while reducing risk for excessive postpartum weight retention and reducing the risk of later chronic disease for the child and adult. Some studies (Rosso, 1985; Umniyati, 2009) stated an optimal weight gain for pregnancy outcome is 20% of ideal maternal weight. In order to calculate a recommendation of optimal weight gain to be achieved by pregnant mothers, pre-pregnancy weight should be known. By understanding these aspects, optimal weight gain and important nutrients needs, vegetarian pregnant mother can get optimal pregnancy outcomes.