

Pregnancy well-being

Meet the EXPERT



M&B* panellist **Sonali Shivlani** is an Internationally Certified Pregnancy Consultant and a child nutrition counsellor. She is the executive director of CAPPA India, and also trains aspiring birth professionals to achieve certification in pregnancy, birth and lactation counselling.

HOW TO ENSURE YOU ARE EATING RIGHT DURING PREGNANCY?

It's so easy to actually balance meals and eat healthily. The best way to do it is to follow the five finger rule for all the meals which means that each of your meal should comprise of:

1. **A healthy carb** — choose an unrefined option like whole grain *roti* or bread, *upma* or red rice, *poha*, *idli* or *dosa*.
2. **Vegetables and fruits** — choose a range of colours to get a wider intake of nutrients.
3. **Protein** — pulses, legumes, sprouts, eggs, meat, and nuts.
4. **Calcium** — milk, *paneer*, curd, *lassi*.
5. **Healthy fats** - You don't need too much of this so just about six teaspoons in a day should be enough. Opt for unsaturated options like olive oil, flax seed oil, and nut-based oils.

IS IT NORMAL TO EXPERIENCE SWELLING AND FLUID RETENTION DURING PREGNANCY?

In most Indian families swelling is considered to be absolutely normal during pregnancy. It is assumed that it is part of the natural weight gain process. However, keep in mind that any

kind of swelling should be reported to the doctor. It could be simple fluid retention which occurs due to standing or sitting in one position for a long time. This type of swelling usually subsides with movement in a little while and hence, is not alarming. If swelling happens for no

particular reason and it does not subside with movement or dietary changes, it could be due to elevated blood pressure and this can pose a potential threat to your health. You can do a simple check and ensure that your fingering fits you throughout your pregnancy. **MB**

