

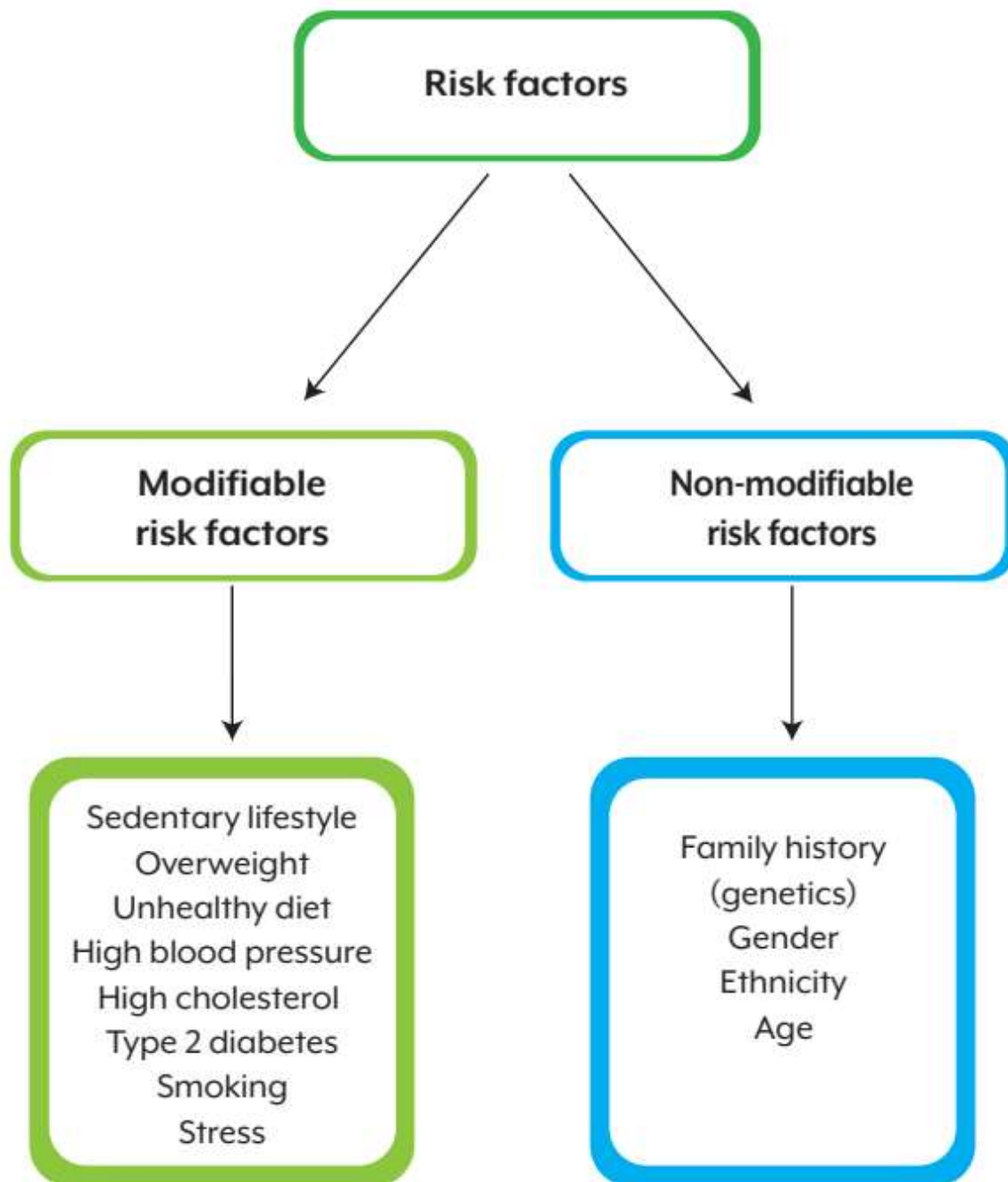
Health Science Coverage (Girls)

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There are two types of risk factors:

- ⊙ **Modifiable** risk factors are risk factors that you can change.
- ⊙ **Non-modifiable** risk factors are ones that you cannot change.



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Screening

Screenings are medical tests that doctors use to check for diseases and health conditions in people before there are any signs and symptoms. Most often, screening is done on healthy people.

Medical screening for diseases can be done in many ways, for example, blood tests, scans, and physical examinations.



Regular health checks and screenings are extremely important in disease prevention. They can:

- ⦿ diagnose diseases or health issues before they start to affect you.
- ⦿ allow you to get treatment early. This increases your chance of recovering from certain life-threatening diseases, for example cancer.
- ⦿ allow you to keep track of your health, such as weight and blood pressure.
- ⦿ help you to have a healthier, longer life.
- ⦿ give you peace of mind. Knowing that you have been screened for certain conditions can help you to stop worrying.

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Body mass index (BMI)

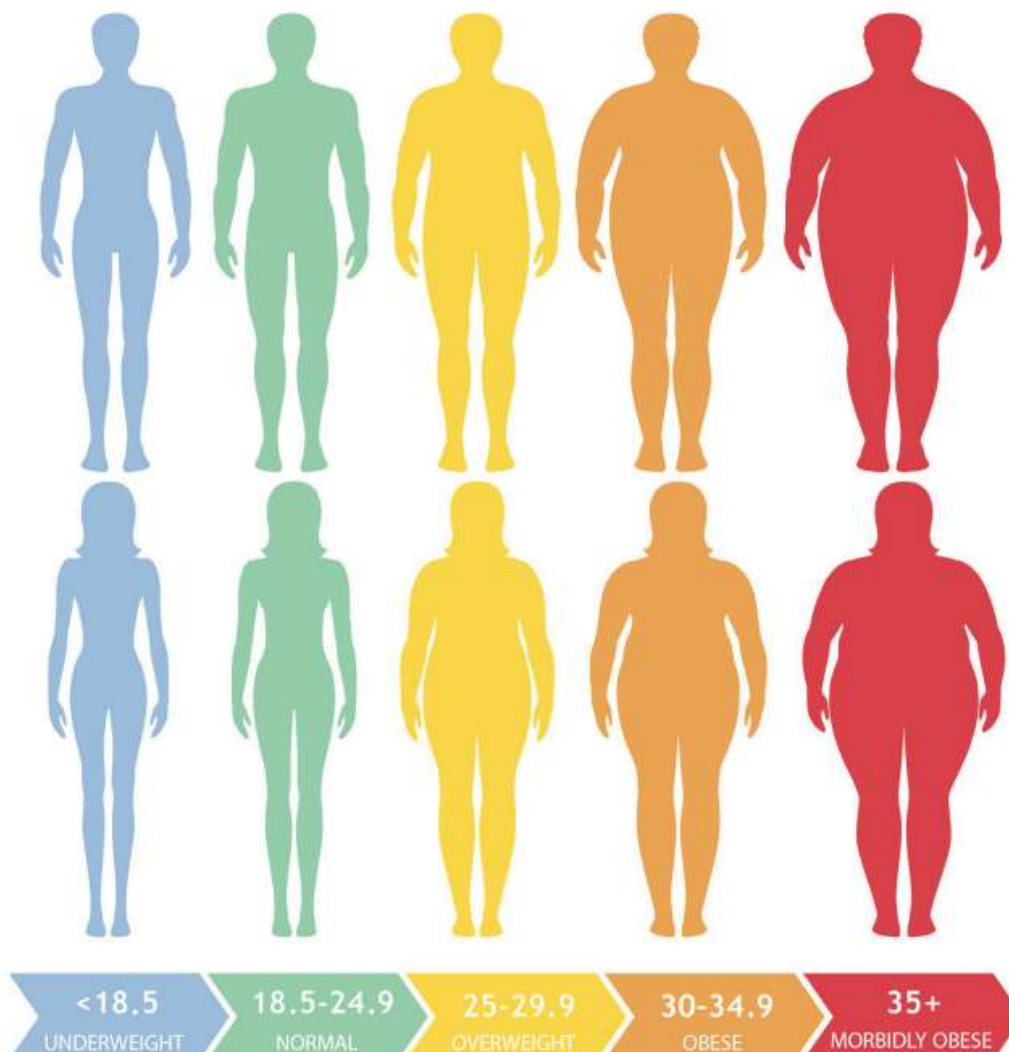
Body mass index (BMI) is a measurement of a person's weight for their height which is used to identify weight status. So, to calculate BMI, you need to know the person's weight and height.

Calculating BMI

BMI is calculated using the following equation:

$$\text{BMI} = \text{weight (kg)} \div \text{height}^2 (\text{m}^2)$$

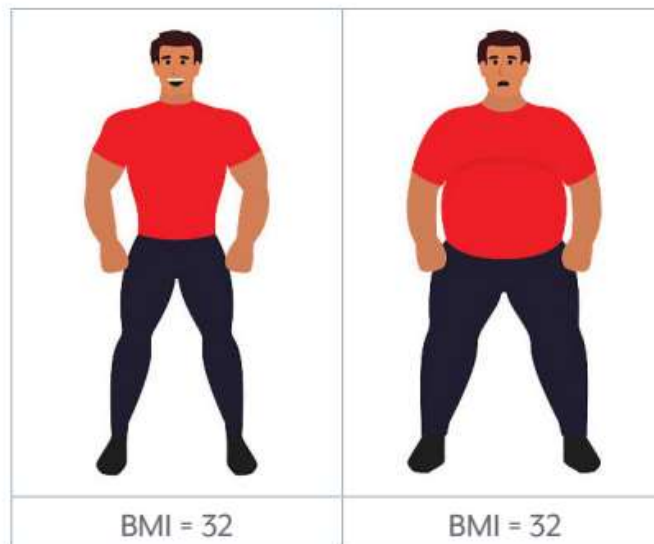
After calculating BMI, the next step is to understand the results. The BMI number will fall into one of four categories; underweight, normal weight, overweight or obese (there are different classes of obesity).



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Body fat percentage

Sometimes it is useful to use BMI alongside body fat percentage to assess health. A person could be overweight or obese according to their BMI, but their body fat percentage could be quite low. This happens a lot with sports players and athletes who have a lot of muscle.



Everyone has fat on their body. We need fat to protect our organs, provide energy, and help our bodies stay warm. Too much fat on the body can increase the risk of developing non-communicable diseases such as heart disease and cancer.

Measuring body fat

Before you can calculate body fat percentage, you must first measure the amount of fat on the body.

The most accurate way to measure body fat is by using a **DEXA scanner**. This is an X-ray that shows an exact breakdown of fat mass, bone density and muscle mass.

Another method for calculating body fat is to measure **skinfold thickness**. Skinfolks are areas of skin that can fold when pinched. Skinfolks are measured using a tool called callipers which grip the fat through the skin at various parts of the body.

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Bioelectrical impedance analysis (BIA) is another method of measuring body fat. It sends a weak electrical current through the body. The person does not feel the electrical current. The machine can tell when the electrical current is travelling through fat as opposed to muscle.

Calculating body fat percentage

Once you have measured body fat, you can then calculate the body fat percentage. You need three things for this:

- ⊙ Total body weight (TBW) in kilograms (kg)
- ⊙ Body fat in kilograms (kg)
- ⊙ Age

The formula for calculating body fat percentage:

$$\frac{\text{Body fat}}{\text{TBW}} \times 100$$



Example

Hamad's body fat is 30kg and his TBW (total body weight) is 100kg. He is 30 years old.

$$30 \div 100 = 0.3$$

$$0.3 \times 100 = 30\%$$

Hamad's body fat percentage is 30%.

Maha's body fat is 14kg and her total body weight (TBW) is 58kg. She is 22 years old.

$$14 \div 58 = 0.24$$

$$0.24 \times 100 = 24\%$$

Maha's body fat percentage is 24%.

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Understand the results

Once you calculate the results of the body fat percentage, you need to interpret the results. Body fat levels change as people get older. This is why it is important to know the person's age so you can accurately identify which range they fit into.

There are four possible ranges that a person can fit into:

Blue

This category shows that the person has too little body fat for their age.

Green

This category shows that the person has a healthy amount of body fat for their age.

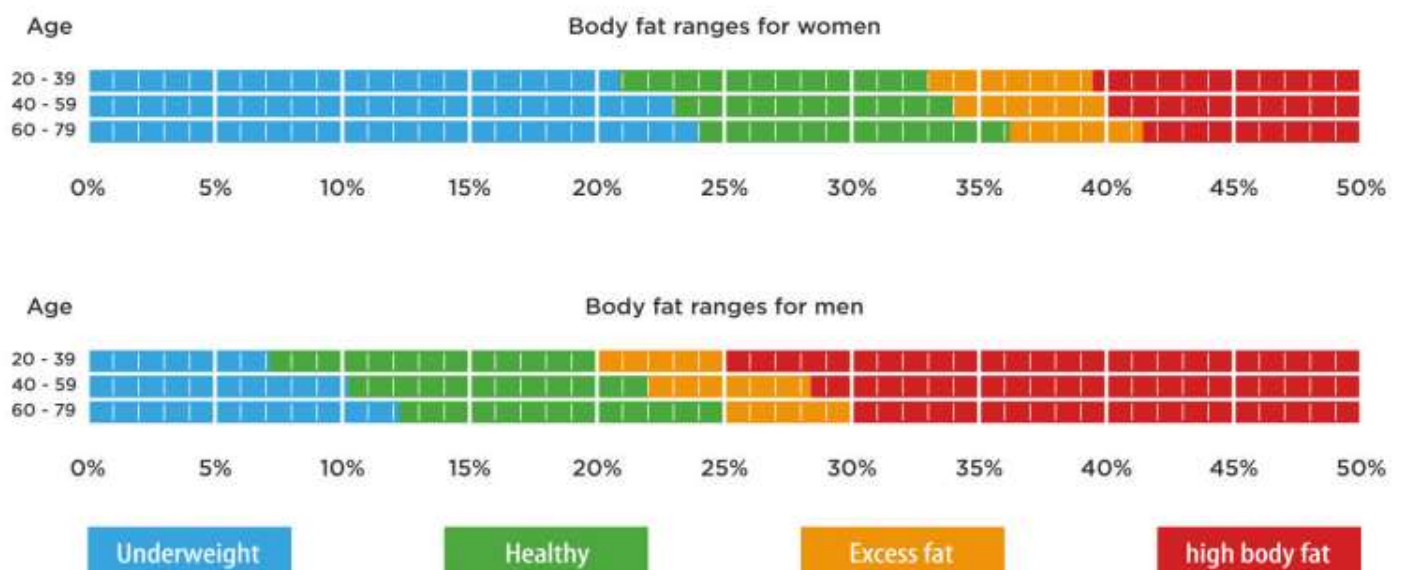
Amber

This category shows that the person has gone above the healthy body fat for their age and they should try to reduce it.

Red

This category shows that the person has so much body fat for their age that it could have a negative impact on their health by putting them at a higher risk of certain conditions. They need to reduce it.

Healthy body fat ranges for adults



Trimester 1



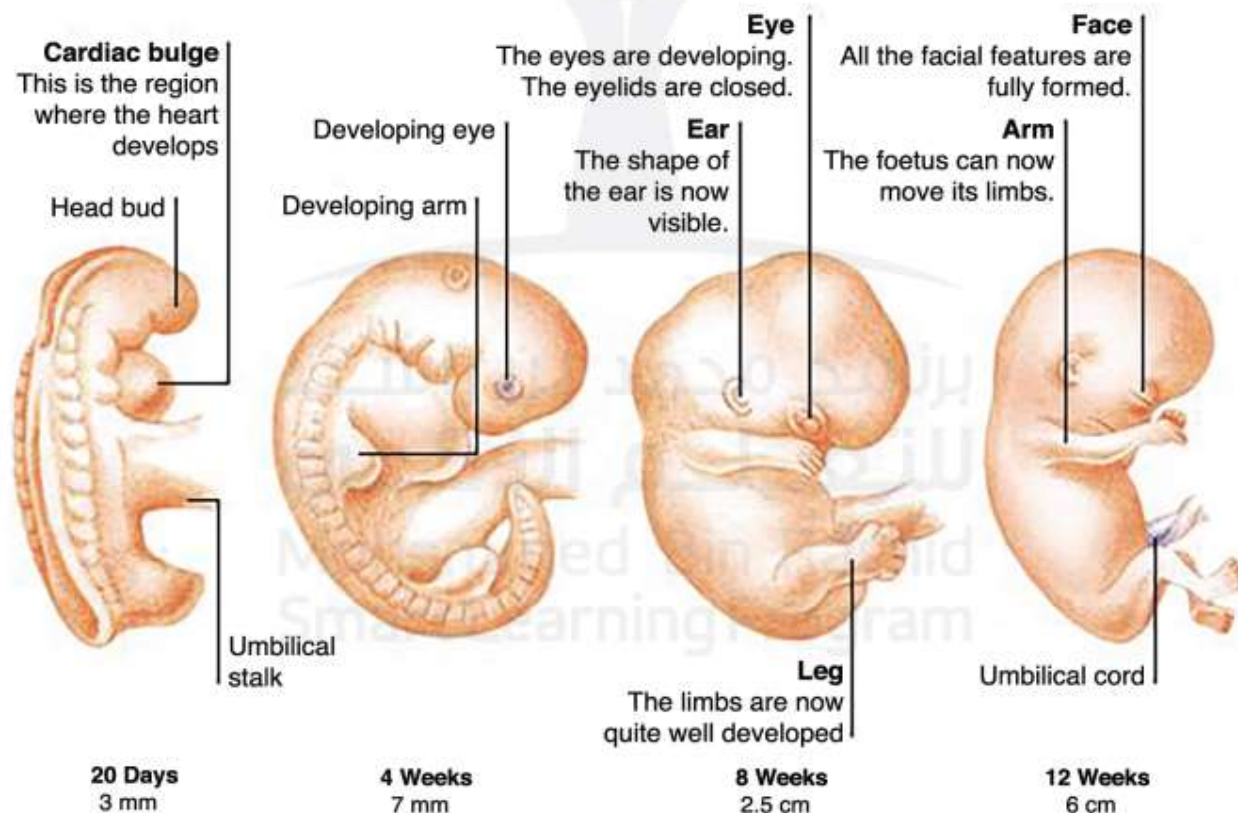
Keyword

trimester

a period of three months

A fertilised egg forms an embryo inside the mother's womb. At first, this looks like a group of cells. From around eight weeks, this group of cells gradually turns into the shape of the human body. This is called the foetus. The foetal stage officially starts after 10 weeks of pregnancy.

Before the foetus has formed, there have already been a lot of physical developments that have happened to the embryo, as shown below.



There are many symptoms that may happen for the pregnant woman during the first trimester. These include:

- ⊙ Fatigue (tiredness)
- ⊙ Heartburn
- ⊙ Missed period
- ⊙ Nausea and possibly vomiting (this is known as morning sickness)

The following changes happen during the first trimester:

- ⊙ Early in the pregnancy, the nervous system (brain and spinal cord) begins to develop.
- ⊙ The umbilical cord forms.
- ⊙ The heart, eyes, ears, mouth, nose, hands and feet take shape.
- ⊙ By the end of the first trimester, the organs have formed and are developing.

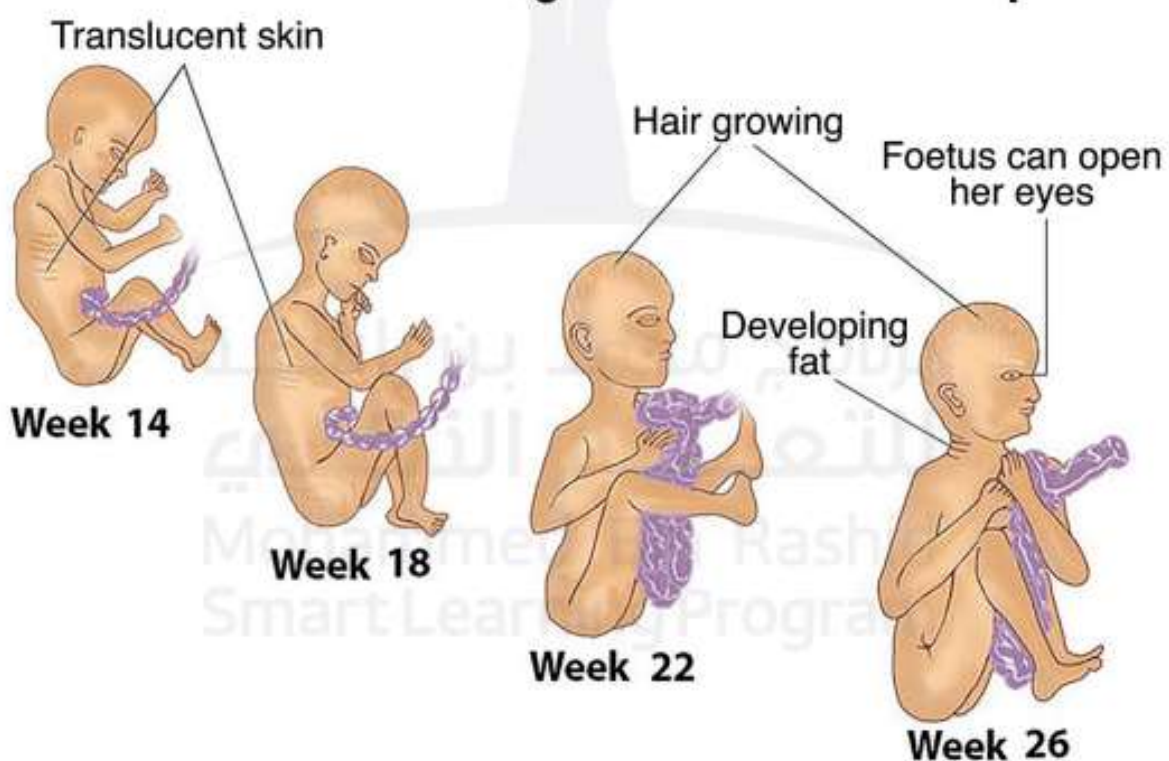
Trimester 2

During the second trimester, the following changes happen to the foetus:

- ⊙ The foetus begins to make urine.
- ⊙ They develop meconium. This is the first bowel movement.
- ⊙ The gender will become apparent.
- ⊙ The musculoskeletal system is developing, and the bones begin to harden.
- ⊙ The skin is translucent (almost see-through).
- ⊙ The foetus can suck their thumb, and their fingerprints form.
- ⊙ By the end of this trimester, they are gaining some body fat.

The second trimester is one where a lot of women start to feel well. Morning sickness eases off, and the growth of the foetus is noticed as the bump gets larger. The mother can feel the foetus moving.

Second trimester: stages of foetal development



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Trimester 3

This is the final stage of pregnancy before childbirth. As the foetus gets bigger, it can become uncomfortable for the mother. The frequency of urination increases as there is more pressure against the organs. It might be more difficult for her to sleep.

By this stage, the foetus' bones are fully formed, and the eyes can open and close. At 37 weeks, they are classed as full-term. At this stage, the organs are functioning.

Near to the end of the third trimester, the woman's body will prepare for childbirth. The foetus will turn and be in position for childbirth towards the end of the pregnancy. Most women go into labour and give birth between 40 and 42 weeks of pregnancy.



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Benefits of physical activity during pregnancy

Taking part in regular physical activity during pregnancy can:

- ⊙ improve self-esteem and mood.
- ⊙ help a woman to gain only a healthy amount of weight during pregnancy.
- ⊙ help to improve energy levels.
- ⊙ help to reduce stress and anxiety.
- ⊙ help to maintain cardiovascular and muscular fitness. This helps to prepare the mother's body for childbirth.
- ⊙ reduce the risk of developing gestational diabetes; a form of diabetes that only develops during pregnancy.
- ⊙ help the woman to recover faster and remain healthy after giving birth.

Recommended exercises during pregnancy

The most recommended exercises to do when pregnant are ones which increase blood circulation and tone the body. For example:

- ⊙ Walking
- ⊙ Swimming
- ⊙ Low impact aerobics (with a qualified instructor)

Pelvic floor exercises which strengthen the muscles of the pelvis are also recommended as they can help during labour and after the birth of the baby.

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Nutritional assessment

Nutritional assessment methods allow medical professionals to assess a person's nutritional status.

Medical professionals, such as a dietitian, will often measure the nutritional status of a patient. They interpret the results to understand the patient's health status and advise them on how to improve their diet and overall nutritional status.

There are four main types of undernutrition: wasting, stunting, underweight, and deficiencies. Long term undernutrition can have lots of negative effects on health, especially for children. It increases someone's risk of disease and even death.



Wasting is when someone is a low weight for their height. This is usually due to severe weight loss, through lack of food or they have had an infectious disease, such as diarrhoea, which has caused them to lose weight. A young child who is wasted has an increased risk of death.

Stunting is when a child is a low height for their age. It is the result of undernutrition over time and is more common in low-income countries. It is also linked to poor nutrition of the mother during pregnancy and poor feeding during infancy.

Underweight is when a child is a low weight for their age. A child who is underweight may also be stunted or wasted, or both.

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When to get emergency medical care

If a pregnant woman experiences any of the following, she should get immediate medical attention.

- ⦿ No movement from the foetus
- ⦿ Excessive fatigue
- ⦿ Excessive thirst
- ⦿ Feeling of anxiety
- ⦿ Heavy bleeding
- ⦿ More than three contractions per hour
- ⦿ Sudden loss of fluid
- ⦿ Unexplained pains



Stage 1

During the first stage of labour, the woman will feel contractions, which are the muscles in the womb tightening and relaxing. These can be identified by a dull pain. These contractions will be regular.

During early labour, women can time their contractions. They will be around five minutes apart. There is less time between contractions at the later stages of labour.

Stage 2

During this stage, the woman will feel the urge to push. Contractions become stronger and last longer. The abdominal muscles help with the delivery of the baby during this stage. The second stage of labour usually lasts 1-2 hours.

Stage 3

After the birth of the baby, the umbilical cord is clamped. The placenta is delivered 5-20 minutes after the delivery of the baby.

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Nutritional needs of a newborn

The nutritional needs of a newborn are very specific. A newborn baby is growing and developing very fast. During the first six months, a baby's weight will have doubled. They are building their immune system to fight infection and disease. The best way to support this growth and development is to breastfeed the baby.

Breastfeeding

Breastmilk is very important for the baby. It is the milk that is produced by the mother and fed to her baby from the breast. The baby must latch onto the breast and suckle to feed from the mother's breast.



Keyword

breastfeeding

the action of feeding a baby with milk from the breast

Breastmilk contains all of the nutrients and antibodies the baby needs to grow and develop and fight infection. It gives the baby all of the energy they need to meet their demands. Mothers should try to feed their baby for the first time within one hour of birth.

Breastfeeding is important for many reasons:

- ⦿ It encourages bonding between the mother and the baby.
- ⦿ It contains all the nutrients the baby needs.
- ⦿ It is free, safe and readily available.
- ⦿ It helps to develop the baby's immune system.
- ⦿ It is environmentally friendly.

At the end of the six months, it is recommended that the baby should be introduced to home-made food, but breastfeeding should continue until two years of age or longer.

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Replacing negative behaviours with positive ones can help people to:

- ⊙ reduce their risk factors for disease.
- ⊙ increase their life expectancy.
- ⊙ increase their wellbeing.

Behaviour change interventions

Behaviour change interventions encourage a person, a community, or a whole population to make a positive behaviour change.



Keyword

intervention

action that is taken to change something

These interventions are usually carried out by government health departments or healthcare providers to protect and improve people's health.

The aims of a behaviour change intervention are to:

- ⊙ promote health.
- ⊙ prevent illness and disease.
- ⊙ reduce healthcare costs.

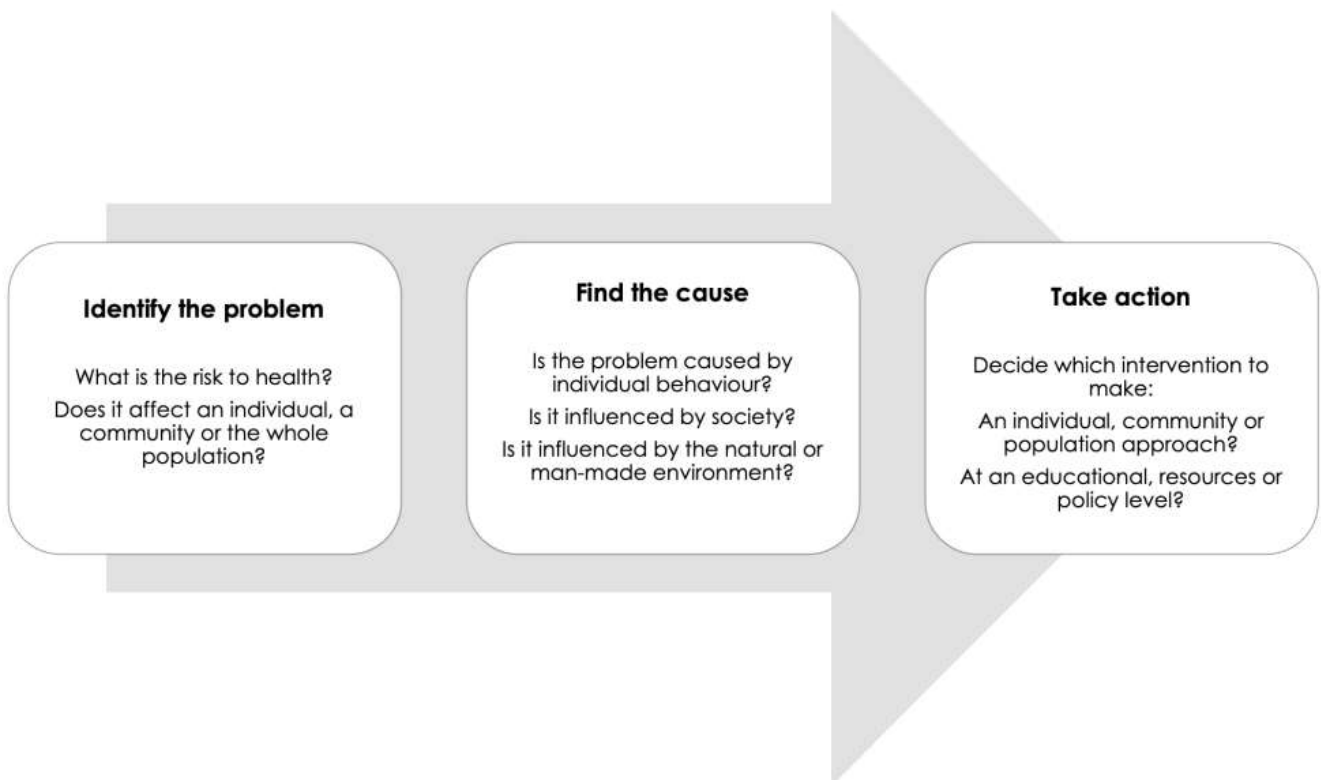
Three types of interventions:

1. **Education and communication** - This is when health advice is given to one or more people.
This could be advice from a doctor given to one person about how to have a healthy diet. It could also be a TV advert about the dangers of smoking which many people would see.
2. **Resources** - This is when things are provided for people to use to help them to make positive health changes.
For example, if people have access to a park or a gym near where they live it makes it easier for them to choose to exercise.
3. **Policy** - This is when governments bring in measures to change something that affects the health of many people.

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Planning a behaviour change intervention

Behaviour change interventions can be planned using the steps below.



Following these steps can help to create a targeted behaviour change plan that helps to change a particular health problem in a person or group of people.

What influences behaviour?

Social Cognitive Theory

There are many things that influence the way that a person behaves. Social Cognitive Theory is a theory that can be used to explain why people behave the way that they do.

Social Cognitive Theory explains that our behaviour is influenced by:

- ⊙ the natural and man-made environment.
- ⊙ our social environment.
- ⊙ personal factors.

Environmental influences on behaviour

The natural and man-made environment

The natural environment is everything that makes up the natural world around us such as the air, land, water, and the weather. The man-made environment includes things that people have created such as cars, buildings, and roads.

The environment can have a big influence on the way that people behave. It can direct them to make healthy or unhealthy choices.

Man-made things are usually created to make our lives easier and more comfortable. But these can also affect people's decisions to make healthy choices.

But quite often, people do not even know that their behaviour is being influenced by the man-made things around them.

The social environment

The social environment includes all the social things that surround a person. This includes our relationships with other people, the society we live in and our culture.



Keyword

culture

the beliefs and customs of a group of people

The social environment can affect people's behaviour because many things that people do are influenced by the people that they know such as family and friends.

We learn many things from the people around us. They could be how we do something, or how we act. For example:

- ⦿ learning communication skills such as talking and listening
- ⦿ learning practical skills such as cooking
- ⦿ learning how to behave in different situations
- ⦿ learning to know right from wrong

This means that the way that we behave could be because we watched our parents behave that way, or that we have been taught a particular behaviour.

Society

It could also be that society influences us to behave or act in a certain way. For example, when you go to a shop to buy something you wait in line to be served. You behave that way because it is what society expects you to do.

Personal factors

Personal factors are individual things that influence a person's behaviour.

Some personal factors that can explain why people behave the way that they do are:

Self-efficacy. This is people's belief in themselves and their ability to do something.

Example: If you believe that you can run for 30 minutes, then you are more likely to be able to do it.

Outcome expectations. This is what people expect to happen if they do something.

Example: If you change to a healthier diet and exercise more you would expect to lose weight.



Goals. These are things that a person wants to do in their life.

Example: If you have a goal that you want to achieve, then you might change your behaviour so that you can reach the goal.

You will learn more about goals and goal setting later in this unit.



Causes of disease and illness

The cause of diseases can be split into two categories:

- ⦿ Diseases caused by bacteria, viruses and parasites which enter a person's body and make them ill.
- ⦿ Diseases caused by a person's lifestyle choices, the environment they live in, or their family history.



Communicable diseases

Communicable diseases are caused by bacteria, viruses and parasites which can be spread from one person to another. They can be spread through contact with an infected person, through contaminated food or drinks, through insect bites or the air.

You can help to prevent communicable diseases by:

- ⦿ practising good personal hygiene.
- ⦿ cleaning and disinfecting shared areas.
- ⦿ keeping a safe distance from people who are unwell.

Non-communicable diseases

You cannot get non-communicable diseases from another person. They are usually chronic (long-term) diseases.

Four of the most common non-communicable diseases are:

- ⦿ cardiovascular disease
- ⦿ cancer
- ⦿ respiratory disease
- ⦿ diabetes

Non-communicable diseases are usually caused by having an unhealthy lifestyle, living in an unhealthy environment or genetics (family history).

People can lower their risk factors for non-communicable diseases by changing their lifestyle habits, such as losing weight or stopping smoking.

Personal health behaviours are lifestyle habits that can affect a person's health. They can be positive behaviours, which could be good for your health or negative behaviours which could be bad for your health.

Positive health behaviours include:

- ⦿ Having a healthy diet and drinking enough water
- ⦿ Getting enough sleep
- ⦿ Having good personal hygiene
- ⦿ Being physically active
- ⦿ Getting regular medical check-ups

Having good personal health behaviours and a healthy lifestyle could affect your modifiable risk factors for developing a disease.

UAE National Immunisation Programme

In the United Arab Emirates, there is an immunisation schedule to vaccinate children against many different diseases.

The vaccination schedule starts when a child is born and usually continues until the child is in grade 11.

If you miss some injections when you are a child, you can still have them as an adult. There are also other vaccinations you can request as an adult, such as a flu injection, or vaccinations for when you are travelling to different countries which have a high risk of certain diseases.

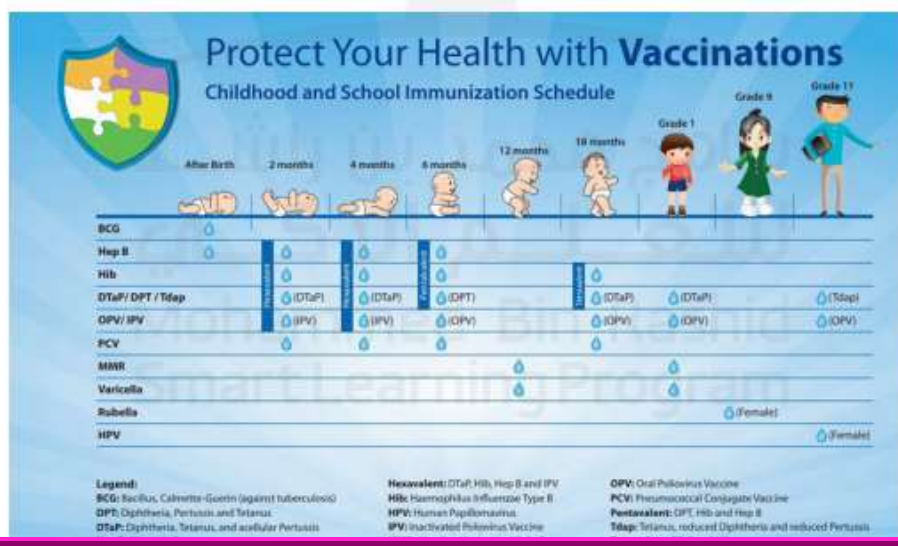


Think

Can you remember having injections in school? The injections that you might have had are part of the UAE Government's programme to protect your health and wellbeing.

The UAE vaccinates children against diseases such as:

Tuberculosis (BCG)	Measles, mumps, rubella (MMR)
Hepatitis B (Hep B)	Varicella (chickenpox)
Polio (OPV/IPV)	Influenza (Hib)



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Folic acid



Keyword

supplement

something that provides a nutrient; it can be added to a food or a drink or taken in liquid or tablet form

Women should take a supplement of 400µg of folic acid before, and up to the 12th week of pregnancy. Taking a supplement of folic acid can help prevent the foetus developing defects of the brain, spine or spinal cord (these are known as neural tube defects). Folic acid is the synthetic (man-made) version of folate (vitamin B9).

Certain foods contain natural folate. These foods should be eaten every day. Green leafy vegetables like spinach are a good source of folate. Broccoli and asparagus are also good sources. Some foods are fortified with folic acid.

Calcium

Calcium is an important nutrient that should be included in everyone's diet. During pregnancy, a woman needs to consume enough calcium for her own needs, as well as for the needs of the foetus.

A pregnant woman should aim to eat three servings of calcium-rich foods every day.

Milk and dairy products are good sources of calcium. These include:

- ⦿ milk
- ⦿ cheese
- ⦿ yogurt

There are also some non-dairy foods that are good sources of calcium. These include:

- ⦿ green leafy vegetables
- ⦿ dried fruit
- ⦿ sardines with the bones
- ⦿ non-dairy milk alternatives such as soy, almond and oat milk
- ⦿ fortified foods such as cereals

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Iron

Consuming enough iron in their diet is very important for women during pregnancy. This is because the demand for iron increases as the foetus grows.

Pregnant women should eat iron-rich foods regularly. These foods include the following:

- ⊙ Red meat
- ⊙ Eggs
- ⊙ Pulses
- ⊙ Seafood
- ⊙ Green leafy vegetables
- ⊙ Fortified foods

Foods to avoid during pregnancy

1. Caffeine

Caffeine during pregnancy can reach the foetus and can be harmful. Caffeine intake should be limited.

2. Fish high in mercury

Some fish contain high levels of mercury. This can be dangerous for the foetus.

Fish that are high in mercury include bigeye tuna, shark, mackerel, marlin and swordfish. Pregnant women should avoid eating these types of fish.

Pregnant women should choose fish and seafood that are low in mercury such as canned light tuna, salmon, anchovies and sardenes. These are safe to eat 2-3 times a week when pregnant.

Advice About Eating Fish

What Pregnant Women & Parents Should Know

Fish and other protein-rich foods have nutrients that can help your child's growth and development.

For women of childbearing age (about 15-49 years old), especially pregnant and breastfeeding women, and for parents and caregivers of young children.

- Eat 2 to 3 servings of fish a week from the "Best Choices" list OR 1 serving from the "Good Choices" list.
- Eat a variety of fish.
- Serve 1 to 2 servings of fish a week to children, starting at age 2.
- If you eat fish caught by family or friends, check for fish advisories. If there is no advisory, eat only one serving and no other fish that week.*

Use this chart!

You can use this chart to help you choose which fish to eat, and how often to eat them, based on their mercury levels. The "Best Choices" have the lowest levels of mercury.

What is a serving?

To find out, use the palm of your hand!



For an adult
4 ounces



For children,
ages 4 to 7
2 ounces

Best Choices EAT 2 TO 3 SERVINGS A WEEK			OR Good Choices EAT 1 SERVING A WEEK		
Anchovy	Herring	Scallop	Bluefish	Muskfish	Tilapia (Atlantic Ocean)
Atlantic croaker	Loftstet	Shad	Buffalo fish	Rockfish	Tuna, albacore/white tuna, canned and fresh/loose
Atlantic mackerel	American and spiny	Shrimp	Carp	Sablefish	Tuna, yellowfin
Black sea bass	Mullet	Slate	Children sea bass/Patagonian toothfish	Sheepshead	Walleye/sea trout
Butterfish	Oyster	Sinait	Grouper	Souper	White croaker/Pacific croaker
Catfish	Pacific chub mackerel	Sole	Haddock	Spanish mackerel	
Clam	Perch, freshwater and ocean	Squid	Mahi mahi/dolphinfish	Striped bass (ocean)	
Cod	Tilapia	Tilapia			
Crab	Flounder	Tuna, freshwater			
Coverfish	Flounder	Tuna, canned light (includes skipjack)			
Flooder	Pollock	Whitefish			
Haddock	Salmon	Whiting			
Hake	Sardine				

Choices to Avoid HIGHEST MERCURY LEVELS		
King mackerel	Shark	Tilapia (Gulf of Mexico)
Marlin	Swordfish	Tuna, bigeye
Orange roughy		

*Some fish caught by family and friends, such as larger carp, catfish, trout and perch, are more likely to have fish advisories due to mercury or other contaminants. State advisories will tell you how often you can safely eat these fish.

www.fda.gov/fishchoice
www.epa.gov/fishadvisories

EPA
U.S. FOOD & DRUG ADMINISTRATION

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3. High fat, salt and sugary foods

Intake of foods that are high in fat, salt and sugar should be limited during pregnancy. Having a diet containing too much fat, sugar and salt can raise a pregnant woman's blood pressure and cause her to gain too much weight.

4. Saturated and trans fat

Too much saturated fat in the diet can lead to the build-up of a fatty layer in the arteries. Saturated fat is found in foods such as butter, crisps, chips, mayonnaise and in the fat on meat. Pregnant women should eat less of these types of foods and avoid trans fat which is commonly found in fried fast food, cookies and cakes.

5. Processed meat

Processed meats are high in salt and saturated fat. Intake should be limited during pregnancy. Processed meats include hot dogs, canned meats and cured or salted meats. Lots of takeaway foods contain processed meats.

6. Other 'high risk' foods



Keyword

bacteria

very small living things that can cause disease or illness

Bacteria and parasites are present in many foods. It is important during pregnancy to avoid eating foods which may contain parasites and bacteria. These can reach the foetus and can be harmful. Pregnant women should also practice good food hygiene to lower their risk of food poisoning.

It is recommended that women who are pregnant should avoid eating the following:

- ⊙ raw sprouting vegetables
- ⊙ undercooked or raw meat
- ⊙ processed meat
- ⊙ undercooked or raw eggs
- ⊙ undercooked or raw fish and shellfish
- ⊙ unpasteurised milk and dairy products
- ⊙ unwashed fruit and vegetables

Growth charts

The WHO provide growth charts for all children up to nineteen years of age. These charts are used to compare height and weight against people of the same age and gender. They are also used to follow a child's growth and can identify some medical problems at an early age.

Lines or curves on the growth chart show the height of many other children at each age.

The WHO growth charts are divided up into age groups. There are charts for babies aged 0-2 years, 2-5 years, and 5-19 years. In general, people do not grow after nineteen years of age.



World Health Organization

What you will need

To figure out where someone fits on the growth chart there are a few things you need to know.

- ⦿ The person's gender (male or female)
- ⦿ The person's age (usually in years)
- ⦿ The person's height (in centimetres)

How the chart works

The bottom of the chart shows the age of the person. Once you find the age of the person, you then look for their height on the chart. Make a mark on the chart where the age meets the height. The red, yellow, and green lines on the chart are called percentiles.

Healthcare professionals use growth charts to compare the growth of individuals of the same age. They also help to monitor and track the development of boys and girls over time. Growth charts can be used to identify if there is a growth problem that could be related to malnutrition.

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Fruit and vegetables

Fruit and vegetables are an important part of everyone's diet, as they contain a lot of vitamins and minerals. They are also a good source of fibre.

Pregnant women should aim to eat at least five fruit and vegetables every day.



There are many ways you can include fruit and vegetables in your diet. It doesn't matter if they are raw or cooked, eaten on their own or as part of a meal.

They can be:

- ⦿ added to breakfast cereal/eaten with yoghurt.
- ⦿ added to main meals.
- ⦿ eaten as a snack between meals.
- ⦿ included in salads.
- ⦿ included in smoothies and juices.
- ⦿ used to make soups.

Cereals and their products

Cereals and their products are one of the main food groups. They are important for everyone, including pregnant women. Foods like grains, cereals, bread, potatoes, rice, crackers and pasta make up this food group. These foods are a good source of carbohydrates.



Did you know?

Carbohydrates can be broken into two categories; simple carbohydrates and complex carbohydrates.

Pregnant women should aim to eat between five and eight servings of cereals and their products every day, in the form of complex carbohydrates. Complex carbohydrates can be found in wholegrain bread and cereals.

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Milk and dairy products

Milk and dairy products are an important part of a pregnant woman's diet. These foods provide pregnant women and the foetus with the calcium needed for the healthy development of bones. Foods containing calcium also help the foetus grow a healthy heart, nerves and muscles.



Did you know?

Calcium can also help to control blood pressure.

Pregnant women should aim to eat three servings of dairy products every day. Low-fat dairy products are recommended over the full-fat versions. A pregnant woman can choose non-dairy alternatives to milk such as soya, rice or almond milk, as long as these contain added calcium.

Milk and dairy products can be included in the diet in many ways. They can be:

- ⦿ added to breakfast cereal.
- ⦿ used in cooking.
- ⦿ eaten as a snack.
- ⦿ added to fresh fruit as a healthy breakfast or snack option.
- ⦿ added to sandwiches and salads.

Meat, eggs and legumes

These foods are important for pregnant women and for the foetus during pregnancy. Foods from this group include meat, poultry, fish, pulses and eggs. Some of these options are meat sources, and others are non-meat sources. Both sources give the mother and foetus protein and iron.

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It is common for women to develop an iron deficiency in pregnancy, so they should eat plenty of foods from this food group that contain iron. It is found in red meat, nuts, eggs and pulses.



Pregnant women should aim to eat two to three servings from this food group every day. They should follow the steps below to include foods from the meat, eggs and legumes food group in their meals:

- ⊙ Regularly include meat and non-meat foods in the diet.
- ⊙ When having red meat, remove the fat before cooking.
- ⊙ Try to grill or bake meat instead of frying.
- ⊙ Try to have more fresh meat and fish.
- ⊙ Make sure all meat and meat products are cooked through to kill any bacteria.

Fats

Fats are essential to give the body energy. They also help the body to absorb vitamins and nutrients. However, not all fats are healthy, and a pregnant woman should know how to recognise healthier fats to include in her diet.

There are different types of fats; saturated, unsaturated and trans-fat. Pregnant women should limit their intake of saturated fats and avoid trans-fats.

Unsaturated fats however, are considered healthier fats. These fats should be regularly included in the diet.

Foods containing unsaturated fats include the following:

- ⊙ Nuts
- ⊙ Seeds
- ⊙ Olive oil
- ⊙ Rapeseed oil
- ⊙ Avocados
- ⊙ Oily fish such as salmon and trout