## Contents

## **Section 1: Nutrition**

Nutritional Requirements During Pregnancy	3
Assessment of Nutritional Status	
During Pregnancy	49
Omega-3 Fatty Acids in Pregnancy	71
Obesity in Pregnancy	93
Alcohol Consumption During Pregnancy	119
Cigarette Smoking During Pregnancy	147
Drug Use During Pregnancy	173
Effects of Calcium Supplementation	
in Pregnancy	195
Iodine Supplementation During Pregnancy	211
Pica in Pregnancy	239
Use of Anti-oxidants During Pregnancy	249
Management of Common Pregnancy Related	
Problems	277
Taking Probiotics During Pregnancy	295
	Assessment of Nutritional Status During Pregnancy Omega-3 Fatty Acids in Pregnancy Obesity in Pregnancy Alcohol Consumption During Pregnancy Cigarette Smoking During Pregnancy Drug Use During Pregnancy Effects of Calcium Supplementation in Pregnancy Iodine Supplementation During Pregnancy Pica in Pregnancy Use of Anti-oxidants During Pregnancy Management of Common Pregnancy Related Problems

## **Section 2: Exercises**

14.	Exercise in Pregnant Women	.321
<b>15.</b>	Yoga During Pregnancy	365
16.	Belly Dancing During Pregnancy	389
<b>17.</b>	Pilates in Pregnancy	405
18.	Low Back Pain During Pregnancy	423
19.	Pelvic Floor Exercises	.441
20.	Traveling During Pregnancy	. <b>45</b> 9
	Index	475