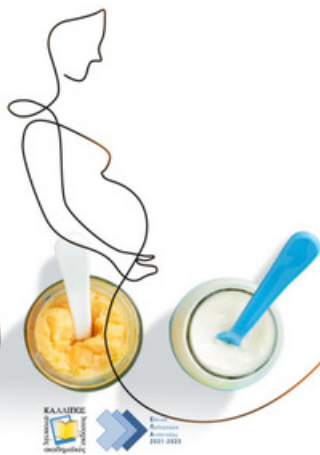


ΔΙΑΤΡΟΦΙΚΗ ΦΡΟΝΤΙΔΑ ΜΗΤΕΡΑΣ ΚΑΙ ΠΑΙΔΙΟΥ

—Αχιλλεύς Κεραμάρης—



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Abstract

Both the fetus and the mother's health have always been impacted by the mother's diet during pregnancy. Several factors influence a pregnant woman's eating habits, including interpersonal relationships, institutional, and social factors. Nutrition knowledge can have a positive impact on women's nutrition. Therefore, proper nutrition during pregnancy has been linked to favorable outcomes for mothers and newborns, especially among obese women. Nutritional counseling is uncommon among prenatal care

practitioners. Insufficient training, a scarcity of free time, a shortage of resources, and other issues all contribute to the absence of counseling. However, due to their frequent contact with pregnant women, midwives and obstetricians are in a unique position to provide nutrition care. Thus, the aim of this textbook is to develop the knowledge necessary to provide nutritional care and counsel women about the importance of acquiring optimal nutrition during pregnancy, breastfeeding, and infancy.

