

## **TREATMENT PLAN 1 – MARCH 29, 2022**

### **MELANIE FORBES – 26 weeks gestation**

Firstly, thank-you for seeing me and allowing me to be a part of this exciting time in your life.

As discussed in our consultation, a lot of what is done in the 3<sup>rd</sup> trimester is to assist physiological preparation for labour, recovery, lactation and significant foetal growth and development.

This treatment plan series aims to:

- Address general health for the remaining pregnancy, optimise foetal health and maternal recovery post birth. Initially, keep an eye on weight gain, joint pain, and physical status.
- Manage fatigue by supporting glucose metabolism through encouraging a balanced, sustaining diet, while minimising energy depletion.
- Management of IBS symptoms and addressing any symptoms as they occur through diet and lifestyle modifications.

At this stage of your pregnancy, it is completely understandable to be feeling not quite yourself. In the first 2 trimesters, a lot of the effort was put into growing and developing your baby. Now entering the 3<sup>rd</sup> trimester, your body is preparing for birth, while still developing your baby for life outside the womb.

There's a lot going on!

With Clinical Nutrition, our aim is to educate clients to make long term changes that suit their lifestyle, rather than just churn out meal plans that are followed for a short time and hard to stick to. It is a collaborative exercise between practitioner and client. With that in mind, feel free to offer suggestions or to let me know what hasn't worked for you so that we can come up with alternatives.

## **DIET**

The main aim to begin with is to maintain your energy levels to get through your busy days and to manage that mid-afternoon energy slump. After putting the 24 hour diet recall (which is not ideal to go on as it is just a snapshot) through Foodzone, it was noticeable that your protein intake wasn't level across the day. In particular, the meal of Saladas was low in protein and low in fibre which means you

wouldn't be satisfied and have energy stores to last through to afternoon snack time.

1. Try to incorporate at least 20g protein into each meal/snack. This will help stabilise your blood sugar levels maintaining energy. Try adding some canned salmon (the flavored varieties might help your dislike of seafood at the moment), tofu/tempeh, a cup of miso broth, hard boiled egg, cooked chicken/lamb. Note: don't overdo the tinned salmon/tuna, 2-3 x week, considered safe for mercury levels in pregnancy.
2. Try and choose wholefoods, wholegrains, and increase plant foods esp. vegetables. The added fibre will keep you feeling full for longer, assist blood sugar regulation, and will help the IBS with elimination and reduction of symptoms. Aim for 5-7 serves of veg and 2 serves of fruit per day.
3. Minimise processed, high sugar, saturated fat containing foods. These will not sustain your energy levels, don't offer any nutritional benefit and will increase weight gain and risk of gestational diabetes/pre-eclampsia.
4. Lunch ideas: **Nourish Bowl** – add vegetables or salad ingredients to a container, add a protein such as chopped cooked chicken, tinned salmon, hard boiled eggs or pan fried tofu. At lunch, slice some avocado, add a microwaveable cup of brown rice, or rice/quinoa mix and sprinkle over some toasted pumpkin and sesame seeds. If you use flavoured salmon, you don't really need a dressing, but drizzle some lemon juice, olive oil, salt and pepper to taste. High in protein, fibre and a good hit of omega 3s.

**Salada Swap** - Swap out the Salada biscuits for wholegrain rice cakes or other wholegrain cracker.

**Fried Rice** – have some brown rice going on the stove while cooking dinner for the next day to save time or use the microwaveable cups from the supermarket for convenience. Cook up some extra chopped veg that you can tolerate and toss through rice, along with some sliced egg omelette and/or chicken, drizzle of tamari or light soy. Reheat for lunch the next day. Don't keep this for longer than the next day if cooking the rice yourself, as cooked rice can be a playground for bacteria after 24 hours!

**Frittata recipe** – sent as attachment. Can be made on the weekend.

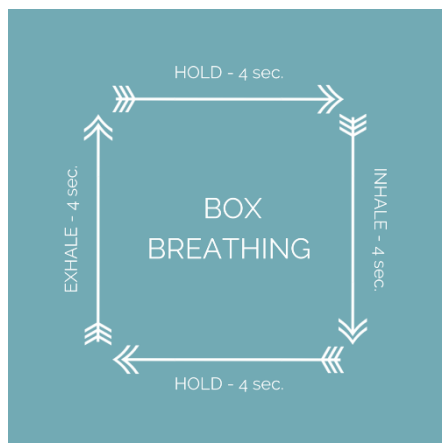
**Veggie Hash Browns** – as you love your Macca's hash browns you could give these a try

<https://minimalistbaker.com/crispy-hash-brown-haystacks/>

5. Snack ideas: Nut butter and veggie sticks, your Carman's bars, fresh fruit. If looking for a sweet treat make some protein balls (recipe attached) or grab some "Tom and Luke" Snackaballs from the supermarket in the health food aisle.
6. Maintain hydration by drinking 2-3 litres of water per day. This will help with elimination which often slows in the 3<sup>rd</sup> trimester. As the weather cools, if you are finding this difficult, broths and tea all count towards your fluid intake. Or you could add some fruit, lemon, or mint to your water.

### **LIFESTYLE**

1. To soothe tired joints and muscles, have a warm bath with ½ to 1 cup of magnesium sulphate (Epsom salts). This is great to induce sleep and lower cortisol levels initiating your 'rest and digest' phase. There are some precautions to keep in mind. It is important not to overheat. Bath water around 40 degrees for 20 minutes is safe. Watch for red skin, sweating, feeling hot.
2. To avoid reflux, ensure you are eating mindfully. Sit up to the table, chew your food thoroughly and remove distractions like television. It is best to consume any drinks away from your food as this can dilute valuable digestive secretions and make the digestive process longer and may affect nutrient absorption. Remain upright for 15-20 minutes after eating to aid peristalsis. Take a light walk or tidy up the kitchen before relaxing for the evening.  
<https://www.nutritionist-resource.org.uk/memberarticles/mindful-eating-a-tool-to-fix-your-digestive-problems>
3. Breathing technique to aid relaxation. Box breathing – sit quietly and upright. Try and breathe as deeply as possible. INHALE for 4 seconds, HOLD for 4 seconds, EXHALE for 4 seconds, HOLD for 4 seconds. Repeat.



### **PATHOLOGY**

Blood tests 4.2.22 – Serum ferritin was High. This could be a sign of inflammation, but after looking at the dates, could also have been inflammation from Covid-19 infection. We will reassess after next blood test.

Vitamin D, although in the reference range, is slightly sub-optimal for our Functional Medicine ranges. Try and get some extra sunshine on exposed skin in the middle of the day for 15 mins, and we will see how the levels look at the next lot of tests before supplementing.

Vitamin B12 is fine at this stage – next blood test.

Folic acid was slightly sub-optimal by Functional Medicine reference ranges, however, it can take time to build up systemically or there may be an absorption issue.

**NUTRIENTS**

Important nutrients to factor in for 3<sup>rd</sup> trimester:

Iron – Folic acid – iodine – B12 - calcium

Zinc – pumpkin seeds, red meat, Burgen wholemeal bread, cashews

Omega 3 EPA/DHA – predominantly found in fish and seafood. Foetus is needing high DHA in the 3<sup>rd</sup> trimester as it is a period of rapid brain development and can reduce risk of pre-eclampsia. (Consider supplementation due to not eating fish).

Zinc, vitamin D, vitamin C and E are all important in either blood glucose regulation or insulin secretion so are helpful in reducing risk of gestational diabetes.

Once I have your diet diaries, I will enter them into the software and it will give me a greater idea of where your nutritional status is and we can adjust from there.

A follow-up appointment at 28 weeks or when you have your 28 week test results would be great.

Please let me know if you have any questions.

*Karen x*