

Medical Edge Radio from Mayo Clinic

Pregnancy & Nutrition

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	FROM YOUR HEART TO YOUR MUSCLES AND BONES, WE ALL KNOW THAT EATING RIGHT CAN PAY BIG DIVIDENDS WITH YOUR HEALTH. AND WHEN YOU'RE PREGNANT, THAT'S EVEN MORE IMPORTANT, BECAUSE ...
Roger Harms, M.D.	"THE SECOND PATIENT, THE ONE INUTERO, NEEDS TO BUILD EVERYTHING FROM SCRATCH."
	DR. ROGER HARMS EDITOR OF THE MAYO CLINIC GUIDE TO A HEALTHY PREGNANCY SAYS A HEALTHY DIET FOR MOM, WITH LOTS OF FRUITS AND

	VEGETABLES, WILL USUALLY PROVIDE ALL THE NUTRIENTS NECESSARY FOR BABY'S DEVELOPMENT TOO.
Dr. Harms	“BUT THAT REQUIRES SOME SELF-ANALYSIS ON WHETHER YOU'RE HITTING THE FAST-FOOD PLACE FOR HALF OF YOUR MEALS DURING THE WEEK. YOU WILL NOT GET ADEQUATE NUTRITION, ALTHOUGH YOU WILL GET PLENTY OF CALORIES.”
	DR. HARMS ALSO SAYS STANDARD PRE-NATAL VITAMINS ARE A GOOD WAY TO ENSURE YOU'RE GETTING THE VITAMINS AND MINERALS YOU AND YOUR BABY NEED.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.

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