

Medical Edge Radio from Mayo Clinic

Pregnancy & Weight Gain

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
	"HAVE ANOTHER HELPING ... YOU'RE EATING FOR TWO NOW." IT'S AN OLD ADAGE FOR SOON-TO- BE MOMS. AND WHILE IT MAY BE WELL INTENTIONED, YOU MIGHT WANT TO THINK TWICE BEFORE REACHING FOR SECONDS.
Roger Harms, M.D.	"IN AMERICAN SOCIETY WHERE CALORIES ARE KIND OF EASY TO COME BY, FAR MORE PEOPLE GAIN EXCESSIVE WEIGHT IN PREGNANCY THAN HAVE INADEQUATE WEIGHT GAIN."
	MAYO CLINIC OBSTETRICIAN, DR. ROGER HARMS SAYS IT ONLY

	TAKES ABOUT 200 EXTRA CALORIES A DAY TO FUEL A BABY'S DEVELOPMENT.
Dr. Harms	"IF YOU'VE EVER BEEN ON A DIET, YOU KNOW THAT MEANS, MAYBE TWO PIECES OF BREAD, A COUPLE OF GLASSES OF COCA-COLA, ONE PIECE OF CAKE WITHOUT THE FROSTING...WOULD TAKE CARE OF ALL OF YOUR CALORIC INCREASED NEEDS DURING THE COURSE OF PREGNANCY."
	DR. HARMS SAYS MOST PEOPLE DON'T NEED TO GAIN VERY MUCH WEIGHT DURING THE FIRST HALF OF PREGNANCY - MAYBE SEVEN TO TEN POUNDS - BECAUSE WHAT EVER YOU GAIN IN THAT FIRST HALF, WILL PROBABLY TRIPLE BY THE END OF THE PREGNANCY.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN

	WILLIAMS.