

Home > Lifestyle > **STUDY AIMS TO DISPEL PREGNANT MYTH OF EATING FOR TWO**

LIFESTYLE

Study aims to dispel pregnant myth of eating for two

5:05 pm, October 29th, 2013



Credits: FILE PHOTO

CATHERINE GRIWKOWSKY | QMI AGENCY

EDMONTON — Moms to be, you are not eating for two, more like 1.2.

University of Alberta researchers are hoping to find strategies for women to gain a healthy amount of weight during pregnancy and dispel the myth of melting away post-partum weight.

When Ximema Ramos, a student at the Faculty of Public Health, was pregnant with her son, friends would insist she give in to sweet treats.

As an aerobics instructor, she kept active, but she felt the 40 pounds she added on. Her son weighed 6.5 pounds at birth. She was more easily tired while cleaning the house, or teaching fitness classes.

"You kind of fall down on the priority in your pregnancy," she said. "Everybody around me kept telling me its OK to gain weight because that's what you do when you're pregnant. Basically, they gave me permission."

Then, as a busy new mom and a student, she skipped breakfast and ate whatever was in front of her. She typed her thesis and breastfed at the same time. Her father died when her son was two years old, and the depression added to the weight.

Ramos said now she realizes she needs to be healthy to be a good mom, and she wants to be a good role model for her now seven-year-old son.

Researcher Dr. Rhonda Bell said the study will build on previous studies that found 60% of pregnant women gain more weight than is recommended. Often, women take pregnancy as a licence to eat as much as they want of whatever they want.

"You're not eating for two, it's more like 1.2," she said.

The recommended weight gain depends on the woman's pre-pregnancy weight. Usually it's about 350 to 400 more calories per day during the second and third trimester — about an apple and a serving of yogurt. She added the extra calories should come from Canada's food guide.

"It's not like six pieces of lasagna and half a cake," she said.

Bell said few people talk about the post-partum period and the study will measure how many calories women expend during the postpartum period.

"We suspect women expend fewer calories than most people think," she said.

They will compare women who have lost the weight they gained during pregnancy and those who haven't.

"One of the hopes is that we will come up with really practical strategies," Bell said.

RELATED VIDEOS



Media intimidation



Soft on crime



Freedom of the press?

RELATED ARTICLES



Swaddling babies can cause hip problems, surgeon warns



With an extra hour a week, most would spend time with family and friends: Survey



No women on Canadian banknotes any time soon: Poloz

FREE CAKE DECORATING CLASSES!

Enroll for Free



DON'T MISS

CANADA



Calgary Stampede to serve 777-lb. burgers, 125-lb. hot dogs

WORLD



Georgia man found beheaded in garage, wife missing

POLITICS



Liberal candidates must be pro-choice: Trudeau

PRIME TIME

THE ARENA



Michael Coren brings you strong, balanced opinions to challenge conventional thinking.

Check out our prime time schedule

FACEBOOK

TWITTER

Find us on Facebook



Sun News Network

Like

307,742 people like Sun News Network.



Facebook social plugin



Add a comment..

Comment

Facebook social plugin