

Gebelikten Emzirmeye Beslenme Serüveni

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Sağlıklı Emzirme ve Gebelik İçin
125 Tariften Fazla Beslenme Klavuzu

Çeviri Editörleri
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UYARI

Bu üründe yer alan bilgiler sadece lisanslı tıbbi çalışanlar için kaynak olarak sunulmuştur. Herhangi bir konuda profesyonel tıbbi danışmanlık veya tıbbi tanı amacıyla kullanılmamalıdır. *Akademisyen Kitabevi* ve alıcı arasında herhangi bir şekilde doktor-hasta, terapist-hasta ve/veya başka bir sağlık sunum hizmeti ilişkisi oluşturmaz. Bu ürün profesyonel tıbbi kararların eşleniği veya yedeği değildir. *Akademisyen Kitabevi* ve bağlı şirketleri, yazarları, katılımcıları, partnerleri ve sponsorları ürün bilgilerine dayalı olarak yapılan bütün uygulamalardan doğan, insanlarda ve cihazlarda yaralanma ve/veya hasarlardan sorumlu değildir.

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Akademisyen Kitabevi, üçüncü bir taraf tarafından yapılan ürüne dair değişiklikler, tekrar paketlemeler ve özelleştirmelerden sorumlu değildir.

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Önsöz

Annelik, gebelikle başlayan ve emzirme dönemi ile devam eden, yaşam boyu süren kutsal bir sorumluluktur. Bu sorumluluk, annenin kendine iyi bakması, doğru beslenmesi ve bebeğine sağlıklı bir yaşam sunmasını kapsar. Doğru beslenme, yalnızca organik beslenme, besinler ya da besinlerin içeriği ile ilgili değildir. Bütün besin öğeleri ve gruplarından yeterli ve dengeli miktarda besinler alınarak sağlıklı bir gebelik süreci yaşanabilir.

Ortalama 40 hafta boyunca devam eden gebelik süreci, üç aylık trimesterlerden oluşur. Birinci trimesterde (0-13 hafta) bebeğin organ ve doku gelişimi başlar; ikinci trimesterde (14-26 hafta) gelişim devam eder ve son trimesterde (27-40 hafta) bebeğin gelişimi hızlanır. Gebeliğin 12.haftasından sonra bebek, plasenta yoluyla annenin besin öğeleri depolarını kullanır. Bu nedenle annenin gebelik öncesinde de beslenmesine dikkat ederek depolarını sağlam tutması, gebelik ve emzirme dönemini rahat, mutlu, huzurlu ve sağlıklı geçirmesini sağlar.

Beslenme, hayatın her döneminde önemlidir. Annenin bebeğine yeterli ve kaliteli süt sağlayabilmesi için gebelik döneminde olduğu kadar emzirme döneminde de beslenmesine dikkat etmesi gerekir. Anne sütü, bebek için vazgeçilmez ve mucizevi bir besindir. Bebek için gerekli olan anne sütü; annenin sıvı alımı, doğru beslenmesi ve emzirme pozisyonunun sağlanması ile yeterli ve kaliteli hale gelir. Bu koşullar sağlandığında her anne, hem ekonomik hem de bebeğin bütün ihtiyaçlarını karşılayacak sütü üretebilir. Kulaktan duyma veya halktan gelen bilgilerle beslenme veya besin denemeleri yapmak anneyi de bebeği de tehlikeye sokar. Beslenme konusunda alanında uzmanlaşmış kişilerden destek alarak sağlıklı bir gebelik ve emzirme dönemi geçirebilirsiniz.

Gebelikten Emzirmeye Beslenme Serüveni adlı kitabımızda size gebelik öncesi, gebelik ve emzirme döneminde doğru beslenme önerileri ve sağlıklı tarifler sunduk. Bu kitabın annelik sürecinizde başucunuzda sürekli bulunan bir rehber olmasını öneriyoruz. Annelik serüveninizde sizlere eşlik ettiğimiz için kendimizi çok şanslı hissediyoruz!

Dr. Dyt. Gizem Köse & Uzm. Dyt. Eftal Geçgil Demir

Kaynaklar

This list of resources is sorted by topic, beginning with pregnancy and nutrition, then proceeding alphabetically through more specific topics.

Gebelik & Beslenme

American College of Obstetricians
and Gynecologists
409 12th St, S.W., PO Box 96920
Washington, DC 20090-6920
Tel: 202-638-5577 or 1-800-762-2264
www.acog.org

American Dietetic Association
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
Tel: 1-800-877-1600
www.eatright.org

American Pregnancy Association
1425 Greenway Dr, Suite 440
Irving, TX 75038
Tel: 1-800-672-2296
www.americanpregnancy.org

Dietitians of Canada
480 University Ave, Suite 604
Toronto, ON M5G 1V2
Tel: 416-596-0857
Fax: 416-596-0603
www.dietitians.ca

Health Canada
Office of Nutrition Policy and Promotion
Tower A, Qualicum Towers
2936 Baseline Rd, 3rd Floor A.L. 3303D
Ottawa, ON K1A 0K9
Tel: 613-957-8329
E-mail: healthy_eating@hc-sc.gc.ca
www.hc-sc.gc.ca/fn-an/nutrition/prenatal/national_guidelines_tc-lignes_directrices_nationales_tm_e.html

March of Dimes
Pregnancy and Newborn Health Education
Center
1275 Mamaroneck Ave
White Plains, NY 10605
www.marchofdimes.com

Motherisk
The Hospital for Sick Children
555 University Ave
Toronto, ON M5G 1X8
Tel: 416-813-6780
www.motherisk.org

Other Motherisk Services
Nausea and Vomiting in Pregnancy:
1-800-436-8477
Motherisk HIV Healthline and Network:
1-888-246-5840
Motherisk Alcohol and Substance Use
Line: 1-877-FAS-INFO (327-4636)

The Society of Obstetricians and
Gynaecologists of Canada
780 Echo Dr
Ottawa, ON K1S 5R7
Tel: 613-730-4192 or 1-800-561-2416
Fax: 613-730-4314
E-mail: helpdesk@sogc.com
www.sogc.medical.org

U.S. Department of Health and Human
Services
The National Women's Health Information
Center
Pregnancy and a Healthy Diet
Tel: 1-800-994-9662
www.womenshealth.gov

Alerji & Gebelik

American Academy of Allergy, Asthma
and Immunology
555 East Wells Street, Suite 1100
Milwaukee, WI 53202-3823
Tel: 414-272-6071 or 1-800-822-2762
E-mail: info@aaaai.org
www.aaaai.org

Food Allergy and Anaphylaxis Network
11781 Lee Jackson Hwy, Suite 160
Fairfax, VA 22033-3309
Tel: 800-929-4040
Fax: 703-691-2713
E-mail: faan@foodallergy.org
www.foodallergy.org

Emzirme

Canadian Lactation Consultants Association
www.clca-accl.ca

International Lactation Consultants
Association

1500 Sunday Drive, Suite 102
Raleigh, NC 27607
Tel: 919-861-5577 Fax: 919-787-4916
E-mail: info@ilca.org
www.ilca.org

La Leche League International
1400 N. Meacham Rd
Schaumburg, IL 60173-4808
Tel: 847-519-7730
www.lalecheleague.org

Gebelik & Diş Sağlığı

American Dental Association
211 East Chicago Ave
Chicago, IL 60611-2678
Tel: 312-440-2500
www.ada.org

Canadian Dental Association
1815 Alta Vista Dr
Ottawa, ON K1G 3Y6
Tel: 613-523-1770
www.cda-adc.ca

Besin Güvenliği & Gebelik

Canadian Diabetes Association
National Office
1400-522 University Ave
Toronto, ON M5G 2R5
Tel: 1-800 BANTING (226-8464)
E-mail: info@diabetes.ca
www.diabetes.ca

Center for Science in the Public Interest
(United States)

1875 Connecticut Ave, N.W., Suite 300
Washington, DC 20009
Tel: 202-332-9110 Fax: 202-265-4954
E-mail: csppi@cspinet.org
www.cspinet.org

Centre for Science in the Public Interest
(Canada)

CTTC Bldg, Suite 4550
1125 Colonel By Drive
Ottawa, ON K1S 5R1
Tel: 613-244-7337 Fax: 613-244-1559
E-mail: jefferyb@istar.ca
www.cspinet.org/canada

Environmental Protection Agency
Ariel Rios Building
1200 Pennsylvania Ave, N.W.
Washington, DC 20460
Tel: 202-272-0167
www.epa.gov

United States Department of Agriculture
Food Safety and Inspection Service
www.fsis.usda.gov

USDA Meat & Poultry Hotline
Tel: 1-888-MPHotline (1-888-674-6854)
or 1-800-256-7072 (TTY)
E-mail: mphotline.fsis@usda.gov

FSIS Technical Service Center
Tel: 402-221-7400 Fax: 402-221-7438
Hotline 1-800-233-3935
E-mail: TechCenter@fsis.usda.gov

USDA Animal and Plant Health Inspection
Service (APHIS)
4700 River Road
Riverdale, MD 20737
Tel: 1-866-536-7593 or 202-720-7943
www.aphis.usda.gov

United States Food and Drug
Administration
Center for Food Safety and Applied Nutrition
5600 Fishers Lane
Rockville, MD 20857
Tel: 1-888-INFO-FDA (1-888-463-6332)
or 1-888-SAFEFOOD
www.cfsan.fda.gov

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