


## Nutrition Across the Lifespan

Nutritional needs change as clients pass through the stages of the lifespan, reflecting physiological changes.

Nurses must address nutritional needs across the lifespan and have a thorough understanding of how needs change. Nurses should focus on planning and implementing dietary plans that meet clients' specific needs.

Major stages of the lifespan that have specific nutritional needs include pregnancy and lactation; infancy; childhood; adolescence; and adulthood and older adulthood. 

### Pregnancy and lactation

- Prepregnancy nutrition is highly significant and plays an important role, because early fetal development occurs before a woman might realize she is pregnant. A woman should be well nourished and within her normal weight range prior to conception.
- Good nutrition during pregnancy is essential for the health of the unborn child.
- Maternal nutritional demands are increased for the development of the placenta, enlargement of the uterus, formation of amniotic fluid, increase in blood volume, and preparation of the breasts for lactation.
- A daily increase of 340 calories is recommended during the second trimester of pregnancy, and an increase of 452 calories is recommended during the third trimester of pregnancy.
- The nutritional requirements of women who are pregnant or lactating involves more than increased caloric intake. Specific dietary requirements for major nutrients and micronutrients should be met.

### DIETARY GUIDELINES

- Achieving an appropriate amount of weight gain during pregnancy prepares a woman for the energy demands of labor and lactation, and contributes to the delivery of a newborn of normal birth weight.
- The recommended weight gain during pregnancy varies for each woman depending on her body mass index (BMI) and weight prior to pregnancy. (7-3)
- Lactating women require an increase in daily caloric intake. If the client is breastfeeding during the postpartum period, an additional daily intake of 330 calories is recommended during the first 6 months, and an additional daily intake of 400 calories is recommended during the second 6 months.

### MAJOR AND MICRONUTRIENT REQUIREMENTS

- Dietary requirements for major nutrients
  - Protein should comprise 20% of the daily total caloric intake. The Dietary Reference Intake (DRI) for protein during pregnancy is 1.1 g/kg/day. Protein is essential for rapid tissue growth of maternal and fetal structures, amniotic fluid, and extra blood volume. Women who are pregnant should be aware that animal sources of protein might contain large amounts of fats.
  - Fat should be limited to 30% of total daily caloric intake.
  - Carbohydrates should comprise 50% of the total daily caloric intake. Ensuring adequate carbohydrate intake allows for protein to be spared and available for the synthesis of fetal tissue.
- The need for most vitamins and minerals increases during pregnancy and lactation. Vitamins are essential for blood formation, absorption of iron, and development of fetal tissue. Table 7.2 lists the comparative dietary reference intakes (DRIs) of major vitamins for women age 19 to 30 during nonpregnancy, pregnancy, and lactation.

#### 7.1 Recommended weight gain during pregnancy

**FIRST TRIMESTER:** Recommended weight gain is 1.1 to 4.4 lb.

**SECOND AND THIRD TRIMESTERS:** Recommended weight gain is 2 to 4 lb/month.

- Normal weight client (BMI 18.5–24.9): 1 lb/week for a total of 25 to 35 lb.
- Underweight client (BMI < 18.5): just more than 1 lb/week for a total of 28 to 40 lb.
- Overweight client (BMI 25–29.9): 0.66 lb/week for a total of 15 to 25 lb.
- Obese client (BMI ≥ 30): 0.5 lb/week for a total of 11 to 20 lb.

# Chapter 7 Nutrition Test

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