

## References

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# Vitamin D and Pregnancy

## Sunshine vitamin



## Patient and Family Education

@ patienteducation@hamad.qa

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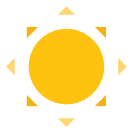
## Introduction

- Vitamin D, or the sunshine vitamin, is one of the most important vitamins that you need during your pregnancy. Diets that are high in vitamin D will help to keep your pregnancy healthy, as well as add more health benefits for you and your unborn baby.
- Expecting mothers need to make sure they get the recommended amounts of vitamin D during pregnancy for both their own wellbeing and the healthy development of their baby.
- Your body makes its vitamin D when you step out in the sun and regulate your vitamin D intake.

## Sources of Vitamin D:

Here is a list of items that will help you get the required amount of vitamin D that you need:

- Sunlight
- Fish
- Whole grains
- Cheese
- Butter
- Cereal
- Milk



## Why you need vitamin D during pregnancy

Vitamin D helps you to develop strong and healthy bones and it does the same for your developing baby.

Your body needs vitamin D especially to help build your baby's bones and teeth.

Getting enough vitamin D when you're pregnant helps your baby get enough vitamin D too, and also increases your chances of having an uncomplicated pregnancy.

## How much vitamin D do you need during pregnancy?

This depends on your vitamin D level, so you need to do blood test to detect your vitamin D level.

## How can you and your baby get vitamin D from the sun?

Exposing your skin to the sun is a great way to get the vitamin D your body needs. However, take care not to burn.

## What happens if you don't get enough vitamin D?

Vitamin D deficiency causes health problem for mother and baby

If you don't get enough vitamin D when you're pregnant, your baby's bones can become soft. A mother's deficiency of vitamin D has been linked to a greater risk of pregnancy complications, including high blood pressure during pregnancy.