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Dietary Plan for Pregnancy Induced Hypertension



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St. Maarten Medical Center

What you need to know about Gestational Hypertension

A diagnosis of gestational hypertension is made when a woman develops high blood pressure as a result of pregnancy.

Pregnant women need to have their blood pressure monitored regularly throughout the pregnancy. Gestational hypertension can develop into preeclampsia.

Preeclampsia during pregnancy is a serious condition which can be life threatening for the fetus and the mother. The mother's brain, kidneys and liver can be affected. Delivering the baby is the only "cure" for preeclampsia, or the more serious condition known as eclampsia.

Preeclampsia is also known as toxemia. Women with gestational hypertension require regular medical monitoring. Blood pressure medication side effects are worth enduring for the sake of allowing the fetus more time to develop.

While gestational hypertension is a condition that requires medical intervention, dietary changes can also be helpful in controlling high blood pressure.

Remember that gestational hypertension is a serious condition that can threaten the life and health of both mother and child. Do not try to manage this condition on your own!

Here are some suggestions To control your blood pressure during pregnancy

1. Eat 4 or 5 servings of vegetables each day.
2. Eat 4 or 5 servings of fruit each day.
3. Have 2 or 3 servings of fat free or low fat dairy products a day.
4. Limit fish, poultry and meat to two 3 ounce servings per day.
5. Have 4 or 5 servings of legumes, seeds or nuts each week.
6. Limit sweets and added sugar to 5 servings per week.
7. Healthy fats should be limited to 2-3 servings per day. Avoid animal fat.
8. Eat 7 to 8 servings of whole grains each day.
9. Reduce sodium intake. Read labels. There is a lot of hidden sodium (salt) in prepared foods of all kinds.

