

When pregnant, you need magnesium.

ADVICE FOR
A HEALTHY
PREGNANCY AND
BREASTFEEDING



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You're pregnant!

What lies ahead is certainly a unique and infinitely precious experience: a time of great changes and many questions. Slowly, you begin to understand why pregnancy is euphemistically referred to as an “interesting” condition. Hormones have “taken over” your body, you're tired, your sense of smell is heightened, your breasts are becoming tender, and you're suffering from morning sickness. But there's no cause for alarm! All these changes are a normal part of almost every pregnancy. Perhaps you're one of those pregnant women who feel great and don't experience any major changes, and keep asking yourself: “Why all the fuss about pregnancy?”

Don't forget that every pregnancy is different. No matter how much attention you have paid to your health so far, pregnancy is an excellent opportunity to improve your lifestyle habits. It's time to make room for looking after yourself, because you and your baby come first now.

THE IMPORTANCE OF EATING PROPERLY DURING PREGNANCY

It is extremely important to pay special attention to the food you eat as soon as you are pregnant, since the quality of your diet has a big influence on your well-being and on that of your baby. Your body is the source of life for your baby from the very first day. This is why it is important to introduce as few harmful substances as possible into your organism and to provide it with a sufficient quantity of energy and all the vitamins, minerals and trace elements required. If you understand just how important eating habits are for you and your baby, it will be much easier for you to improve them. Diet is one of the few factors that you can influence yourself, so you should exploit this fact as intelligently as possible.

EATING FOR TWO OR DIETING?

Pregnancy is not a time to limit nutrition, but neither is it a time to put on too much weight. Your child needs nutrients in order to grow and develop properly. A good principle to stick to is this: **DON'T EAT FOR TWO – EAT BETTER!** Your weight gain should be such that it won't cause problems during your pregnancy. What is a normal weight gain in pregnancy?

Statistics say that the optimal weight gain over the entire course of a pregnancy is on average 12 kg.

Monitor your weight gain by the week:

2kg up to the 16th week of pregnancy

2kg up in weeks 17 to 22 of pregnancy

2kg up in weeks 23 to 26 of pregnancy

around 500g a week from the 27th week of pregnancy

Each pregnancy and body is different, so these figures should only be taken as a rough guide.

Your eating habits and a good choice of foods are your best ally in the fight against many of the problems associated with pregnancy such as constipation, heartburn, nausea, hypertension, gestational diabetes, excessive weight gain and even tiredness.

ENERGY REQUIREMENTS DURING PREGNANCY

Your energy and nutrient requirements increase during pregnancy. Now is the time to ensure you are getting enough nutrients to satisfy your needs and those of your baby. Your baby needs additional calories to grow and develop, but there's no need to overdo it. The World Health Organisation recommends an additional 200–300 kcal a day, but only after the first three months of pregnancy. This is not actually a very big increase in daily energy needs, so caution is advised.

Vitamins and minerals

The organism needs to be provided with a sufficient quantity of all vitamins and minerals in order to avoid the consequences of a deficit. But what is good in small quantities is not necessarily beneficial in large quantities, particularly during pregnancy. Some vitamins and minerals can be harmful to the body in large doses. This is particularly the case during pregnancy, and applies to vitamins A and D which can be toxic if consumed in quantities exceeding the recommended daily dose. Be careful with food supplements, because taking them on your own initiative is not recommended. Consult your doctor when deciding what is right for you.

	Women (19–50 years)	Pregnant women (19-50 years)	Breastfeeding mothers (19-50 years)
Water (L/d)	2,7	3,0	3,8
Vitamin A (µg)	700	770	1,300
Vitamin C (mg)	75	85	120
Vitamin E (mg)	15	15	19
Folate (µg)	400	600	500
Calcium (mg)	1000	1000	1000
Magnesium (mg)	310/320	350/360	310/320
Iron (mg)	18	27	9
Zinc (mg)	8	11	12
Iodine (µg)	150	220	290
Selenium (µg)	55	60	70
Copper (µg)	900	1000	1,300
Manganese (mg)	1,8	2,0	2,6

Source: *Dietary Reference Intakes for Water (2005)*, *Dietary Reference Intakes for Folate (1998)*, *Dietary Reference Intakes for Calcium, Phosphorous, Magnesium, Vitamin D and Fluoride (1997)*, *Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium and Carotenoids (2000)*, *Dietary Reference Intakes for Vitamin A, Copper, Iodine, Iron, Manganese and Zinc (2001)*, *Dietary Reference Intakes for Calcium and Vitamin D (2011)*; Food and Nutrition Board, Institute of Medicine, National Academy of Sciences

You often hear about how important folic acid, iron and iodine are. These are at the top of the list of the substances that are essential for a healthy and successful pregnancy. What about magnesium?

Magnesium (Mg)

The changes made to the methods of food production and processing in order to satisfy growing global needs have clearly altered the quantity and proportion of nutrients in food products. Eating habits have also changed as a result of our fast-paced, modern lifestyle. Then there's the environment we live in, which is becoming increasingly polluted.

Foods with a high magnesium content are rapidly disappearing from our daily diet because we unwisely eliminate this precious mineral through boiling, refining and freezing. And yet, not all is lost. **THERE STILL ARE FOODS AND NATURAL MINERAL WATERS WITH HIGH MAGNESIUM CONTENT.**

Magnesium is one of the most important minerals out there, and it is essential for good health. It is particularly important during pregnancy, when the body's need for magnesium increases.

An insufficient intake of nutrients, including magnesium, can lead to numerous adverse complications during pregnancy: premature birth, low birth weight, gestational diabetes, hypertension, pre-eclampsia, etc. (Durlach, 2004; Hutcheon et al., 2011)

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WHY IS MAGNESIUM IMPORTANT?

- Essential in certain periods and situations that lead to an increased need for the mineral (intensive growth, physical exertion, pregnancy).
- Involved in more than 300 biochemical processes in the human body.
- Helps reduce fatigue and exhaustion.
- Contributes to normal psychological functions.
- Contributes to electrolyte balance.
- Helps release energy from metabolism.
- Contributes to the functioning of the nervous system.
- Contributes to normal muscle functions, including the heart muscle.
- Helps keep bones and teeth healthy.
- Plays a role in cell division and protein synthesis.

How can Donat Mg help you with common problems during pregnancy?

DIGESTION AND SLOW METABOLISM

From the first day of your pregnancy, your body is controlled by your hormones. The most important of these is progesterone, sometimes called the pregnancy “protector”. This hormone relaxes smooth muscle tissue and, as a result, slows the movement of food through the digestive tract. That is why **CONSTIPATION, HEARTBURN, GASTROINTESTINAL PROBLEMS AND BLOATING** are an unpleasant part of almost every pregnancy. The digestive system slows down, food remains in the stomach for longer, the muscles between the stomach and the oesophagus are relaxed, while at the same time the uterus is growing and “pushing” the organs upwards. If we add an unbalanced diet, insufficient intake of fluids and a lack of physical activity to this hormonal maelstrom, these problems become even more unpleasant.

Donat Mg natural mineral water is rich in minerals and contains hydrogen carbonates. Because of its high hydrogen carbonate content, Donat Mg can ease problems related to heartburn. Sulphates in the form of sodium and magnesium salts have a favourable effect on digestion. Donat Mg can have a mild laxative effect.



FATIGUE AND EXHAUSTION

You're feeling tired and exhausted. You wonder why it feels like you simply have no energy. How is it that you can barely manage not to fall asleep at work? All this seems strange to you because you think that, despite everything, you're getting enough sleep. Tiredness is a very common phenomenon, particularly in the first three months of pregnancy. And there's nothing out of the ordinary about feeling tired and exhausted during this period. Your body is working hard to ensure that your baby can grow and develop without problems. It needs to create the placenta, which feeds the foetus and supplies it with oxygen. On the other hand stress, nausea, emotions and countless questions sap your will and energy and drain your strength. Your body is telling you, in its own way, that you need to slow things down. The correct choice of foods will undoubtedly help you feel better. Wholegrain cereals, legumes, sunflower seeds, plenty of fruit and vegetables and small quantities of dried fruit and nuts should be part of your daily diet – in other words, foods that are rich in magnesium.

Magnesium is a mineral that contributes greatly to reducing fatigue and exhaustion. Between 300 and 400 ml of Donat Mg natural mineral water is enough to satisfy your daily magnesium requirement. We recommend Donat MG natural mineral water alongside a varied and balanced diet and a healthy lifestyle.



MUSCLE CRAMPS

Did you know that magnesium contributes to normal muscle and nerve functions?

During pregnancy it is common to experience painful contractions of the muscles known as cramps. Cramps occur when the nerves send involuntary signals to the muscle walls, with the result that the muscles cannot relax. The cause of muscle cramps may be electrolyte imbalance in the muscles or muscle overload through expansion and contraction as a result of uncontrolled nerve impulses transmitted to the muscles.

In order for your body to remain in good physical and mental balance, it needs micro- and macroelements every day. One of the most important of these is magnesium, which contributes significantly to electrolyte balance. Magnesium is found in green leafy vegetables (in chlorophyll). It is also found in legumes and wholegrain cereals, dried fruit, soya, almonds and walnuts; however, around 70% of the magnesium found in foods is destroyed during processing. According to some estimates, a normal Mediterranean diet can only supply the body with a little over 200 mg of magnesium a day. Magnesium is also found in ordinary drinking water but, depending on the quality of the water, one litre only contains between 1 and 50 mg.

That is why we recommend drinking Donat Mg every day.

Just 300–400 ml of Donat Mg natural mineral water a day will provide your body with a sufficient quantity of magnesium.



Eating during pregnancy

HEALTH TIPS!

- Divide your total daily calorie intake into three to six meals – three main meals (breakfast, lunch and dinner) and two to three snacks between meals (morning and afternoon snacks and, if necessary, a bedtime snack).
- Don't skip meals – avoid starving yourself because this will lead to attacks of hunger and you will end up eating more than you need.
- Breakfast should be the most important meal of the day.
- Moderation is essential – even if you eat healthily, that doesn't mean you must overdo it with the quantity; don't load your plate with too much food – eat slowly and chew every mouthful well.
- Choose foods with a low glycaemic index. This will have a positive effect on your blood sugar level. Ideally your diet should include wholegrain cereals, polenta, green vegetables of all types, fresh fruit (except banana, melon, watermelon and raisins), dairy products such as skimmed milk and yoghurt, and protein in the form of meat, fish and eggs.
- Avoid the sugar in sweets and steer clear of processed and refined foods.
- Instead of crisps eat a handful of nuts (almonds, walnuts, hazelnuts), replace ice cream with a pot of yoghurt or a fruit frappé, and choose a fruit salad for dessert.
- Reduce your intake of saturated fats, although eliminating fats completely from the menu is not recommended because your body needs them. Increasing your intake of unsaturated vegetable fats and reducing your intake of saturated fats is already a big help. It may sound difficult, but it isn't really. Choose lean meat and remove the skin before cooking. Replace full-fat dairy products with those containing less fat. These are small but very useful tips.
- Include fish in your diet, particularly during the third trimester, when omega-3 fatty acids are especially important. Fish is definitely a good choice. But check where it comes from and avoid swordfish, shark and tuna of unknown origin. These fish can contain methylmercury, which is extremely harmful to health.

- Don't neglect physical activity – even a daily walk is very useful.
- Forget about your worries and stress – relax as much as possible.
- Drink plenty of liquids.
- Avoid cigarettes and alcohol.
- Wash fruit and vegetables thoroughly.
- Do not reheat food.



EXERCISE DURING PREGNANCY – YES OR NO?

Pregnancy is not a time to stop all physical activity, but exercise definitely needs to be adapted to your condition. The fact is, your body is now “overworked” even without exercise. A healthy pregnancy is a precondition for any form of physical activity during this vulnerable period. So before deciding to exercise, consult your doctor. No doubt you are wondering which activities are good for you and your child and which activities should be avoided. The most important thing is not to overdo things. You should feel comfortable while exercising. Listen to your body and choose an activity that suits your capabilities and wishes. Yoga, Pilates, stretching, swimming, walking, etc. These are all activities that can be recommended throughout pregnancy. Avoid activities that could lead to injury such as skiing, roller skating, diving, martial arts and similar activities.

Why exercise?

- You'll feel better.
- You'll have more energy and feel less tired.
- You'll increase your endurance.
- You'll strengthen your body and prepare it for giving birth.
- You'll stretch your muscles.
- You'll reduce the back pain you feel during pregnancy.
- You'll improve blood circulation.
- You'll reduce stress, apathy and depression.
- You'll relieve insomnia.
- You'll prevent excessive weight gain.

In short, be active even during pregnancy! Consult your doctor, exercise under expert supervision and enjoy the results. Regular physical activity will help you cope better with all the physiological changes that occur during pregnancy. But be careful to exercise moderately and carefully. It is best to choose forms of exercise that are designed for pregnant women and carried out under the expert supervision of trained experts. We all have the same goal: a healthy pregnancy that is as joyful and pleasant as possible.



And after I give birth?

Even after giving birth it is important to maintain a balanced and varied diet, so as to provide your baby with all the nutrients it needs for growth and development. The best food for your baby is breast milk, which contains all the necessary nutrients. Not only that, but a powerful emotional bond forms between mother and child during breastfeeding.

Nursing mothers have greater needs for energy and nutrients because the baby gets all the substances it needs to grow and develop from its mother's milk. This means that the nursing mother loses very important nutrients and must replace them with food. These nutrients include magnesium. In order to satisfy its requirements, the body takes magnesium from reserves in the bones and liver. The loss of nutrients is particularly pronounced in the case of mothers who are breastfeeding more than one child.

Good eating habits enable the nursing mother to ensure the best possible conditions for her baby's growth and development.

But the rule still applies: **DON'T EAT FOR TWO!**

There is nothing complicated about eating during breastfeeding and no special diet is required. It is recommended to eat a varied mixture of foods containing all food groups: cereals, milk and dairy products, meat, fruit and vegetables. A nursing mother needs on average 500 kcal a day more than a woman in good health who is not pregnant or breastfeeding.



Additional energy needs also depend on the mother's physique and the needs of the newborn. We recommend eating plenty of fruit and vegetables (seasonal if possible), wholegrain cereals, nuts, fish, poultry, lower-fat dairy products and lean meat. It is very important to drink plenty of water: approximately 2.5 litres a day. Drinking a glass of water while actually breastfeeding is also recommended. Food should be rich in good-quality proteins such as those we can obtain from lean meat and fish.

Individual foodstuffs in the nursing mother's diet can sometimes cause bloating, cramps and digestion problems in the child, but this is not always the case.

POTENTIALLY PROBLEMATIC FOODS

- citrus fruits – can cause reactions in the child, such as skin rashes;
- French beans, onion, cabbage, beans, kale, cauliflower – can cause bloating and cramps in the child;
- caffeine (found in coffee, green tea, black tea, energy drinks) – in large quantities can cause irritability in the child;
- food that is too salty and/or too spicy;
- garlic, onion – can affect the taste of breast milk, which might cause an unwanted reaction in the child;
- strawberries, kiwi fruit, peanuts, eggs, cow's milk – potential allergens.

It should be emphasised that there is no scientific proof for the above effects of foods. All these potential problems have been observed through practical experience.

The most important thing is to **LISTEN TO YOUR BODY** and observe your child's reactions. This is the best way of finding out what works for you and what doesn't. If during or after breastfeeding you notice a reaction in your child that might be linked to what you have eaten, it is a good idea to avoid that food for a while so that you can confirm or reject your suspicion.

This advice doesn't mean, of course, that while breastfeeding you need to completely give up the food you like. Never eliminate a dish from your menu until you are sure it is causing a reaction in your child. It's never a good idea for your diet to become monotonous.

I AM BREASTFEEDING BUT I WOULD LIKE TO LOSE WEIGHT!

Scientific studies carried out to date have shown that physical exercise does not affect the quality of breast milk. The intensity of exercise depends on the stage of breastfeeding. Four to six weeks after birth is the recommended time to start recreational exercise, provided the birth was natural and without problems. We recommend activities such as walking, cycling, swimming, climbing stairs and gentle hillwalking. More intensive exercise is only recommended in later stages of lactation. Regular exercise and a correct diet can contribute a great deal to postpartum health and also to milk quality.

If you have gained more weight than you would like, remember to take it slowly. Recommended weight loss for nursing mothers is between half a kilogram and one kilogram per week. More than this is not recommended, for the sake of your health and that of your baby. When breastfeeding, forget about limiting your food intake because this may only harm you and your baby. Replace sweets and snacks with fresh fruit, nuts and salads, so that even your snacks between meals are healthy and suitable. Replace white bread with wholegrain bread to give your body more nutrients – it also fills you up faster. Make sure your organism is getting enough water and reduce your intake of juices and sugared drinks. Avoid fruit yoghurts, which contain large quantities of monosaccharides, and choose natural yoghurts instead. Avoid fried and fatty foods. Prepare meals using a small quantity of olive oil. Avoid eating for two to three hours before going to bed. Do not skip breakfast. Eat smaller, more frequent meals. Avoid having an empty stomach. Eat slowly, chew your food well and do not drink while eating, since this slows down digestion.

Where can we find magnesium?

Magnesium is almost everywhere but most of all in foods such as green leafy vegetables, cereals, legumes, nuts, soya and beans. Magnesium is particularly effective in Donat Mg mineral water, since a single litre contains more than 1000 mg of magnesium. By drinking 300–400 ml of Donat Mg natural mineral water every day, pregnant women and nursing mothers can ensure they have a sufficient intake of magnesium.

Magnesium content of certain types of food (100 g)

FOOD	Mg CONTENT (mg)	% RDA (for pregnant women aged 19–51)
Apples	5	1,4
Oranges	14	4
Bananas	27	7,6
Strawberries	13	3,7
Pears	7	2
Tomatoes	11	3,1
Broccoli	21	5,9
French beans	25	7
Beans	21	6
Peas	33	9,3
Sardines	24	6,8
Walnuts	158	44,5
Hazelnuts	163	46
Oatmeal	177	50
Donat Mg	100	28

Source: USDA national Nutrient Database for Standard Reference, Release 16 (July 2003); Dietary Reference Intakes for Calcium, Phosphorous, Magnesium, Vitamin D and Fluoride (1997); Food and Nutrition Board, Institute of Medicine, National Academy of Sciences



Why is the magnesium in Donat Mg so effective?

Although many food supplements containing magnesium are available, the best way to take magnesium is through water as this is the most suitable form for minerals to be absorbed into the metabolism. Magnesium in mineral water is immediately available to the body.

IMPORTANT:

Before drinking, pour Donat Mg into a glass and stir well. This will remove gaseous CO₂ bubbles that could lead to a bloated sensation. Don't forget that carbonated drinks are not recommended during pregnancy and breastfeeding for you and your baby. Dear mums-to-be, we hope that you can now see why minerals, especially magnesium, really are worth talking about. They may seem small and insignificant, but they are extremely important for you and your baby. Make sure your body always has enough of them. Eat food that is rich in magnesium and drink Donat Mg, and your pregnancy and your child's first months will be the most beautiful thing that has ever happened to you. By following the simple advice in this booklet, you are taking a step forward into a new life. We wish you every happiness!

Donat Mg natural mineral water is rich in minerals and contains hydrogen carbonates. Because of its high hydrogen carbonate content, Donat Mg can ease problems related to heartburn. Sulphates in the form of sodium and magnesium salts have a favourable effect on digestion. It can have a laxative effect.

Recommended daily quantities of Donat Mg:

- To stimulate digestion: 200–300 ml of Donat Mg in the morning on an empty stomach and 100 ml in the afternoon and evening.
- To supplement magnesium in a regular diet: up to 300 ml.

The magnesium content in Donat Mg natural mineral water makes it suitable for cases where there is an increased need for magnesium.

Note: Pregnant women and breastfeeding mothers suffering from water retention should avoid drinking mineral water. Donat Mg is not recommended for those suffering from kidney problems, bradycardia or acid-base imbalance (alkalosis). If you are suffering from serious illness, you should consult your doctor before drinking Donat Mg.