

Pregnancy



ARTICLE

## 16-Week pregnant: Development and diet

If you could see inside yourself and watch your growing child, you might soon see him sucking his thumb! He has finally managed to

**get to his mouth. Read more about this week.**

**2 mins**

**to read**

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## **WEEK 16 DEVELOPMENT**

If you have been experiencing craving you might be wondering if it's because you are lacking nutrients. No, it is simply a hormone-related side effect of pregnancy. You've probably noticed that certain foods seem "different" or less appetizing. Others, however, feel like they are indispensable! Welcome to your body while pregnant. No rhyme or reason to it. Just do your best to think "moderation" in all you eat. Try and balance treating yourself with taking care of yourself and your growing child.

If you haven't already, it is possible that you feel your little love move for the first time this week (or in the coming weeks). These movements are still very light, so don't expect massive sensations. Be on the lookout for what feels like butterfly wings inside your belly. Or small bubbles. It is exciting and wonderful when it happens,

## **NUTRITION**

Vitamin A is important when you are pregnant but in just the right amounts, neither too much nor too little. Cryptic enough for you? , Excessive intake could be harmful to your developing child. Know that some skin treatments that contain Vitamin A it are forbidden for pregnant women. Foods to eat that are rich in Vitamin A include milk and dairy products, butter, eggs (the yolks in particular), bright vegetables such as spinach, lettuce, parsley, tomatoes or carrots, and orange and yellow fruits (apricots, melon, mango).

## **TIPS**

By around month six, it may be recommended that you and your partner go to an ante-natal class to start to prepare for your child's birth, especially if this is your first child (or if your first child was born ages ago!). You will learn about the birth, and about pain relief, breathing, and relaxation techniques. A visit to a delivery room, exercises for fitness in pregnancy, answers to your questions about breastfeeding and many other really useful things can also be on the programme. Ante-natal classes are the ideal opportunity to get to know other mothers or couples as well. Who better to share your experience with?

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