

The goal of choosing the topic is to raise awareness for mothers and new pregnant people about how to take care of themselves, their health, and the baby during pregnancy, after pregnancy, and during breastfeeding, and what supplements they should take. There is an association between healthy dietary patterns before and during pregnancy, and a reduced risk for disorders such as gestational diabetes, preterm birth, obesity-related complications, and in some populations, preeclampsia and high blood pressure. The Dietary Guidelines for Americans recommend lactating parents consume 290 mcg of iodine and 550mg of choline daily throughout the first year postpartum.