



7 Weeks Pregnant - Trimester 1

PREGNANCY

ARTICLE

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2 MINS

Your baby is already a pretty impressive 10 mm long. Though you won't feel it yet, they're on the move.

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Your Baby at 7 Weeks

With their first muscles in place, **your baby is moving a little**, although involuntarily. Legs and arms are growing, elbows are forming and toes and fingers will soon look like 'real' toes and fingers. Your little one's eye development is coming along nicely, too. **Lots of little changes this week!**



At 7 weeks, your baby is around the size of a pea and starting to look like a baby now. The placenta is forming and will soon deliver nutrients and oxygen to your baby from you.

Your Body at 7 Weeks Pregnant

A **craving** for pickles is more than just a pregnancy cliché. Things you loved pre-pregnancy may turn you off now, even your favourite perfume may now make you cringe. Your habits might change because your **altered hormone levels have an effect on your sense of smell and taste**. Unfortunately, you may also experience the exact opposite of cravings. Many parents-to-be have a lot of trouble with nausea,

especially early in the morning.

Diet for Week 7 of Pregnancy

Your body, under the influence of natural hormones, is already thinking ahead. It needs to **store some fat tissue** to begin preparing for the final months of pregnancy and, after that, breastfeeding. During your first trimester, if you began your pregnancy at a healthy weight, you likely do not need to eat any more calories. However, be sure to **include foods from each of the food groups** and talk with your doctor about a multi-vitamin and mineral supplement designed for pregnant women. **Folic acid and iodine are particularly important** nutrients during early pregnancy.

Tips for Week 7 of Pregnancy

Noticed any strong food aversions lately? Totally normal! It is common during pregnancy to have a deep dislike for certain types of food and especially those with strong smells, particularly during the first trimester. To work around these food aversions, simply opt for a 'similar' food (i.e. one in the same food group). For example:

- If you can no longer stand the sight of fish, eat chicken or other white meat.
- If you can't manage to eat some vitamin C rich orange or yellow vegetables, compensate by eating peaches or apricots.