

## Healthy Eating in Pregnancy

Pregnancy is a special time in a woman's life and we know how important it is to eat well while pregnant for your own health and for the health of your baby. Here are the nutritional recommendations during pregnancy.

| Food Group     | Recommended serves/ day | 1 Serve =  |
|----------------|-------------------------|--|
| Fruit          | 2                       | <ul style="list-style-type: none"> <li>• 1 medium apple, banana, orange, pear</li> <li>• 2 small apricots, kiwi fruits or plums</li> <li>• 1 cup fruit salad</li> </ul>  |
| Vegetables     | 5                       | <ul style="list-style-type: none"> <li>• ½ cup cooked vegetables i.e. broccoli, spinach, carrots, pumpkin</li> <li>• ½ cup cooked, dried or canned beans, peas, lentils</li> <li>• ½ medium potato</li> <li>• 1 tomato</li> <li>• 1 cup raw salad vegetables</li> </ul>  |
| Protein        | 3.5                     | <ul style="list-style-type: none"> <li>• 65g cooked lean meat i.e. beef, lamb, veal, pork (100g raw)</li> <li>• 80g cooked chicken or turkey (100g raw)</li> <li>• 100g cooked fish fillet or small can fish</li> <li>• 2 eggs</li> <li>• 1 cup cooked or canned legumes/ beans such as lentils, chickpeas, split peas</li> <li>• 30g nuts or nut butter</li> <li>• 170g tofu</li> </ul> |
| Dairy          | 2.5                     | <ul style="list-style-type: none"> <li>• 1 cup milk (cow)</li> <li>• 1 cup soy, rice, almond milk with added calcium</li> <li>• 2 slices hard cheese (40g)</li> <li>• 200g yoghurt</li> </ul>  |
| Grains/cereals | 8                       | <ul style="list-style-type: none"> <li>• 1 slice bread</li> <li>• ½ cup cooked rice, pasta, quinoa, cous cous</li> <li>• 3 crispbreads</li> <li>• ½ cup cooked porridge</li> <li>• ½ cup wheat cereal flakes</li> </ul>  |

- You do not need to eat twice the amount of food during pregnancy. In fact during the first 3 months of pregnancy, you have no additional calorie (energy) needs above your normal diet.
- Healthy weight gain in pregnancy is so important. The amount you are expected to gain all depends on how healthy your weight was before pregnancy. If your weight was healthy, a healthy weight gain in pregnancy is 11-16kg.
- During pregnancy you require more of certain vitamins and minerals so choosing nutrient rich foods over energy rich foods is more important. (i.e. choosing a fruit over 2 biscuits is richer in vitamins and minerals even though both snacks have similar amounts of calories).
- Watch the amount of fat you are eating. A small amount of healthy fat in the diet is acceptable (cooking with olive oil, avocado in salads, handful of nuts) but generally we do

not need any more. Large amounts of unhealthy saturated fats (chicken skin, butter, cream, pastries etc) provide no benefit to you or your developing baby.

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