Healthy Eating for Pregnancy

During your teenage years your body is still growing and developing. You need extra nutrition to support this, including extra energy, protein, vitamins and minerals. Good nutrition is also important for a healthy pregnancy, to help your baby grow and develop properly. Eating a healthy, balanced diet while you are pregnant will help to make sure you get enough of these nutrients for you and your baby.

What is a “healthy diet” for pregnancy?

1. During pregnancy most women need **3 meals per day**.
   - It is a good idea to plan regular meals, at similar times each day. This reduces your chances of grabbing fast-food or convenience foods, which aren’t as nutritious.
   - If you are hungry between your meals, include some extra snacks to keep you going!

<table>
<thead>
<tr>
<th>Sample times for regular meals and snacks:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
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2. Include some **carbohydrate foods** at each of your meals for slow-release energy. Try to choose the “brown” versions as much as possible as these have extra fibre and vitamins.

   **Good carbohydrate food to choose:**
   - Wholegrain or wholemeal breads, wraps, pita bread, chapatti
   - Boiled, baked potatoes or sweet potatoes
   - Whole-wheat pasta

3. Include some **protein foods** at each of your main meals and snacks, for growth and development.

   **Good protein food to choose:**
   - Lean meat – for example, steak or pork chop without the fat or high quality mince.
   - All fresh/ tinned/ frozen fish (not battered).
   - Baked beans (ideally low-sugar versions), kidney beans, mixed beans, lentils, falafel
   - Nuts, seeds, hummus and peanut butter
   - Lean chicken or turkey – for example, breast without the skin.
   - Try to eat oily fish (salmon, trout, mackerel) once each week. If you do not eat oily fish, consider taking an omega 3 supplement.
   - Cheese (ideally choose “light” versions)
   - Baked beans (ideally low-sugar versions), kidney beans, mixed beans, lentils, falafel
   - Nuts, seeds, hummus and peanut butter
   - Eggs (e.g. hard-boiled/poached, fried, scrambled, omelettes)

   Cheddar, Edam, Emmental, Parmesan, Feta, Cottage, mozzarella, mascarpone and Philadelphia® are safe in pregnancy.
4. **Eat 5 or more fruit or vegetables** each day for vitamins, mineral and fibre.

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Vegetables</th>
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</thead>
<tbody>
<tr>
<td>Fresh, frozen, tinned fruit (in natural juice) and fruit salads</td>
<td>Fresh, frozen or tinned vegetables, which can be boiled, steamed or roasted</td>
</tr>
<tr>
<td>Juices and smoothies</td>
<td>Mixed salad</td>
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<tr>
<td><em>Note: limit to 1 x 200ml glass per day as juices and smoothies are high in natural sugars.</em></td>
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<tr>
<td>Small amount of dried fruits</td>
<td>Soup</td>
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5. **Eat 5 or more portions of dairy or dairy alternatives** each day to make sure you get enough calcium for you and your baby’s bones and teeth.

<table>
<thead>
<tr>
<th>1 serving of dairy:</th>
<th>1 serving of dairy alternatives:</th>
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</thead>
<tbody>
<tr>
<td>200mls milk (choose fortified milk such as Supermilk® for added calcium)</td>
<td>Calcium-enriched yoghurt alternatives (e.g. soya)</td>
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<tr>
<td>Hot chocolate (made on milk)</td>
<td>Calcium-enriched Soya, Oat and Almond milk alternatives</td>
</tr>
<tr>
<td>125g pot of yogurt</td>
<td>½ tin sardines</td>
</tr>
<tr>
<td>2 thumbs size of cheese</td>
<td>400g tin baked beans</td>
</tr>
<tr>
<td><em>Nuts, seeds, bread and some vegetables also contain some calcium, but in lower amounts. Ask to speak with the dietitian if you are concerned about your calcium intake.</em></td>
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</tbody>
</table>

6. Make sure you are taking **vitamin D** and **folic acid supplements** every day throughout pregnancy.
   - If you are taking a multivitamin for pregnancy, this will have enough vitamin D and folic acid. Discuss with your midwife or doctor if you are unsure.

**The plate model is a useful guide to plan nutritionally-balanced meals.**
## Sample Meal Ideas

### Breakfast ideas:
- Porridge made with milk topped with berries/banana and nuts/seeds
- Scrambled/boiled egg with wholegrain toast +/- avocado/mushrooms/spinach
- Beans on wholegrain toast
- Wholegrain cereal with fruit and seeds
- Wholegrain toast with nut butter and banana
- Granola with yogurt & berries

And 1 glass of fortified orange juice or milk

### Lunch ideas:
- Sandwich on wholegrain bread with chicken, cheese & salad (or your favourite filling!)
- Soup (chicken/lentil) with wholegrain bread
- Beans and/or eggs on toast
- Pasta with tuna, sweet corn and mayonnaise & side salad
- Pitta bread-wrap filled with falafel, hummus and salad
- Burrito bowl with beef/chicken/beans, rice, lettuce, tomatoes and guacamole/cheese & salsa
- Couscous with roast vegetables and cheese
- Leftover dinner

Add some fruit and a glass of milk or a yogurt to balance your meal.

### Dinner ideas:
- Spaghetti bolognaise with side salad
- Chicken & vegetable stir-fry with noodles
- Salmon cooked with cajun spice mix, served with homemade wedges and vegetables
- Meat or bean chilli with rice, guacamole & corn on the cob
- Chicken, roast vegetables and potatoes
- Homemade burger in wholegrain bun with corn on the cob and homemade coleslaw

Add some fruit and a glass of milk or a yogurt to balance your meal.

### Snacks ideas:
- Yoghurt (with oats / nuts / seeds / berries) & Trail mix or a handful of nuts
- Glass of milk & Apple slices & nut butter
- Piece of fruit & Small bowl of homemade soup
- Hummus and snack peppers/baby corns/cherry tomatoes/carrot sticks/ mini cucumber & Wholegrain crackers / small pitta/ oat cake with cheese or nut butter or hummus or avocado
- Cereal bar & glass of milk & Rice cakes with banana and peanut butter
- Bag of plain popcorn and handful of nuts