

Healthy Eating for Pregnancy





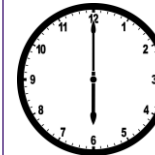
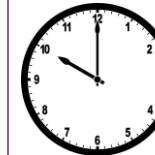
During your teenage years your body is still growing and developing. You need extra nutrition to support this, including extra energy, protein, vitamins and minerals. Good nutrition is also important for a healthy pregnancy, to help your baby grow and develop properly. Eating a healthy, balanced diet 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!

Sample times for regular meals and snacks:

					
Breakfast	Snack	Lunch	Snack	Dinner	Snack

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	High fibre cereal e.g. Porridge, Weetabix, Bran, Muesli, Granola,
Boiled, baked potatoes or sweet potatoes	Egg noodles (not instant or “Pot Noodles”)
Whole-wheat pasta	Couscous, quinoa or rice

3. Include some protein foods at each of your main meals and snacks, for growth and development. They are also a source of iron, which is important for your growth and for a healthy pregnancy.

Good protein food to choose:

Lean meat – for example, steak or pork chop without the fat or high quality mince.	Lean chicken or turkey – for example, breast without the skin.
All fresh/tinned/frozen fish (not battered). <i>Try to eat oily fish (salmon, trout, mackerel) once to twice each week. If you do not eat oily fish, consider taking an omega 3 supplement safe for pregnancy.</i>	Cheese (ideally choose “light” versions) <i>Cheddar, Edam, Emmental, Parmesan, Feta, Cottage, mozzarella, mascarpone and Philadelphia® are safe in pregnancy.</i>
Baked beans (ideally low-sugar versions), kidney beans, mixed beans, lentils, falafel	Eggs (e.g. hard-boiled/poached, fried, scrambled, omelettes)
Nuts, seeds, hummus and peanut butter	Tofu/tempeh

4. Eat **5 or more portions of fruit or vegetables** each day for vitamins, mineral and fibre.

Fruit	Vegetables
Fresh, frozen, tinned fruit (in natural juice) and fruit salads	Fresh, frozen or tinned vegetables, which can be boiled, steamed or roasted
Juices and smoothies <i>Note: limit to 1 x 200ml glass per day as juices and smoothies are high in natural sugars.</i>	Mixed salad
Small amount of dried fruits	Soup

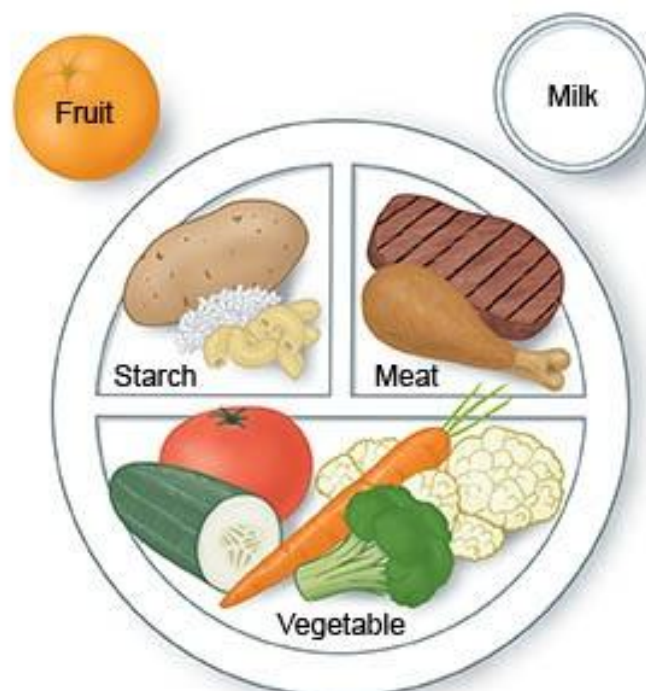
5. Eat **5 or more portions of dairy or dairy alternatives** each day to make sure you get enough calcium for you and your baby's bones and teeth.

1 serving of dairy:	1 serving of dairy alternatives:
200mls milk (choose fortified milk such as Supermilk® for added calcium)	Calcium-enriched yoghurt alternatives (e.g. soya)
Hot chocolate (made on milk)	Calcium-enriched soya, oat and almond milk alternatives
125g pot of yogurt	½ tin sardines
2 thumbs size of cheese (25g)	400g tin baked beans
<i>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.</i>	

6. Make sure you are taking **vitamin D (15ug)** and **folic acid (400ug) 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

Add 1 glass of orange juice or milk

Lunch ideas:

- ✓ Sandwich on wholegrain bread with chicken, cheese & salad (or your favourite filling!)
- ✓ Soup (eg. 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 Bolognese 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

Snack ideas:

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| ✓ Yoghurt (with oats/nuts/seeds/berries) | ✓ Trail mix or 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/pitta bread/oat cakes with cheese/nut butter/hummus/avocado |
| ✓ Cereal bar & glass of milk | ✓ Rice cakes with banana and peanut butter |
| ✓ Bag of plain popcorn and handful of nuts | |