

PRENATAL NUTRITIONAL ADVICE

Most importantly a healthy, well balanced diet is required in pregnancy. Folic acid supplements are necessary in the first trimester to prevent neural tube defects, but no additional supplementation are necessary, unless dietary restrictions e.g. coeliac, vegan (talk to medical professional). Weight gain is normal, but it is not necessary to 'eat for two'. A pregnant lady requires on average an extra 200kcal in the third trimester. It is also not safe to restrict foods/diet during pregnancy. Below provides clear images and descriptions of foods/food types which are essential, to be avoided and to be eaten in moderation, in pregnancy:

ESSENTIAL



Fluid – 8-12 glasses/day, more if engaged in physical activity



Folic acid – essential supplementation until 12 weeks gestation



Fruit and vegetables
Consume 5 portions / day minimum. Ensures vits and minerals, fibre helps constipation



Carbohydrates
Consume >1/3 diet as starchy food, preferably unrefined e.g. wholemeal bread, pasta.



Protein – good sources chicken, beans, eggs (ensure 'British Lion' stamp for soft boiled)



Healthy fats - salmon, tuna (omega 3 oils), avocado, nuts, olive oil

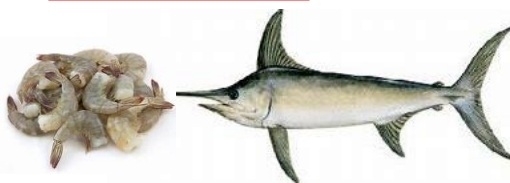


Dairy – important for calcium eg cheese (not soft or blue rind), milk, (if using alternatives ensure fortified with Ca and vit D & unsweetened eg soya, almond), yoghurt

FORBIDDEN



Soft cheeses & pate
-white rind eg brie & blue vein cheese. Risk of listeria- very harmful to unborn baby. Risk of miscarriage and preterm labour.



Raw shellfish – harmful bacteria.
Swordfish, shark, marlin- high mercury content can cause brain damage to the unborn foetus



Alcohol – can cause fetal alcohol syndrome

IN MODERATION



Limit sugary snacks e.g. cake, sweets, fizzy drinks



Limit red meat, ensure well cooked if eaten



Limit caffeine to 200mg/day (instant coffee 100mg, filter 140mg, dark chocolate 50mg)