

■ Evelyn & Rose Women's Health

Healthy Eating in Pregnancy

■ Why Healthy Eating Matters

Eating well during pregnancy supports your baby's growth and helps you feel your best. A balanced diet provides essential nutrients like iron, calcium, folate, iodine, and protein — vital for your baby's brain, bones, and blood development.

■ Key Nutrients in Pregnancy

- **Folate:** Prevents neural tube defects. Aim for a supplement with 400–500 mcg daily before and during early pregnancy.
- **Iron:** Supports oxygen transport. Include lean red meat, chicken, fish, tofu, and leafy greens.
- **Calcium:** Builds strong bones and teeth. Found in dairy, fortified soy milk, and leafy greens.
- **Iodine:** Important for brain development. Choose iodised salt and prenatal vitamins with iodine.
- **Protein:** Needed for growth. Include eggs, legumes, nuts, fish, lean meats, and dairy.

■ Daily Food Group Guide

- 5 serves of vegetables and legumes
- 2 serves of fruit
- 4 serves of whole grains (bread, rice, pasta)
- 2–3 serves of lean meats or alternatives
- 2–3 serves of dairy or fortified alternatives

Drink plenty of water — around 8–10 cups daily.

■ Foods to Avoid

To protect your baby from infection and toxins, avoid:

- Soft cheeses, pâté, raw or undercooked eggs, meats, or seafood
- Pre-prepared salads, cold deli meats, and unpasteurised dairy
- High-mercury fish (shark, swordfish, marlin)
- Alcohol and excessive caffeine

■ Managing Common Concerns

- **Morning sickness:** Eat small, frequent meals and avoid greasy foods.
- **Constipation:** Increase fibre, fluids, and gentle exercise.
- **Heartburn:** Eat smaller meals, avoid lying down after eating, and limit spicy foods.

■ Key Takeaway

Healthy eating doesn't mean perfection — it's about balance. Focus on whole, fresh foods and nutrient-rich choices to support your baby's growth and your wellbeing.

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■■■■■ Compassionate care through every stage of womanhood.

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