



Daily Food Requirements for Twin Pregnancy

Your Guide to Healthy Eating for You and Your Babies

Daily Nutrition Checklist

Grains (10 Serves)	• 1 slice bread, ½ cup cooked rice/pasta, or 2/3 cup cereal flakes
Vegetables & Fruits (9 Serves)	• ½ cup cooked vegetables, 1 medium fruit, or 1 cup salad
Dairy (3–4 Serves)	• 1 glass milk, 1 tub yoghurt, or 1–2 slices cheese
Protein (4–5 Serves)	• 65g cooked meat, 2 eggs, 1 cup lentils, or 30g nuts
Fluids	• Drink 2+ glasses of water above your usual daily intake
Extras	• Small amounts of fats, oils, and sweets occasionally

ESSENTIAL NUTRIENTS

PROTEIN: FOR MUSCLE AND ORGAN DEVELOPMENT (MEAT, FISH, EGGS, DAIRY, TOFU, LEGUMES, NUTS)

IRON: FOR RED BLOOD CELLS (MEAT, CHICKEN, FISH, LEGUMES, NUTS, LEAFY GREENS + VITAMIN C)

CALCIUM: FOR STRONG BONES AND TEETH (DAIRY, FORTIFIED SOY MILK, ALMONDS, TOFU, LEAFY GREENS)

IODINE: FOR BRAIN AND NERVE DEVELOPMENT (SEAFOOD, DAIRY, IODINE-ENRICHED BREAD + 150MG SUPPLEMENT DAILY)

FOLIC ACID: PREVENTS BIRTH DEFECTS (GREEN VEGETABLES, LEGUMES, CEREALS, BREADS + 300-500MG SUPPLEMENT DAILY)

VITAMIN D: HELPS ABSORB CALCIUM (SUNLIGHT, FISH, EGG YOLK, MARGARINE + SUPPLEMENTS IF NEEDED)

OMEGA-3 FATTY ACIDS: FOR BRAIN AND EYE DEVELOPMENT (FISH 2-3 TIMES WEEKLY, LEAFY GREENS, NUTS, SEEDS)

WEIGHT GAIN GUIDELINES

BMI 18-24: GAIN 17-25KG (1.9-2.8KG/MONTH)

BMI 25-29: GAIN 14-23KG (1.6-2.6KG/MONTH)

BMI 30+: GAIN 11-19KG (1.2-2.1KG/MONTH)

MANAGING COMMON SYMPTOMS

NAUSEA/VOMITING: EAT AND DRINK AS TOLERATED

CONSTIPATION: DRINK WATER, EAT HIGH-FIBER FOODS, AND EXERCISE

INDIGESTION/HEARTBURN: EAT SMALLER MEALS, AVOID LYING DOWN AFTER EATING, AND WEAR LOOSE CLOTHING

QUICK TIPS

TAKE FOLIC ACID AND IODINE SUPPLEMENTS DAILY

EAT NUTRIENT-RICH FOODS

DRINK EXTRA WATER

STAY ACTIVE WITH LIGHT EXERCISE

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