

Pregnancy Nutrition



WHAT TO EAT WHEN PREGNANT?

- Eat for you, not for two.
- In the 2nd & 3rd trimester, you may need some extra nutrients, this is equivalent to a bowl of wholemeal pasta, with vegetables, and a meat/bean sauce each day.

To provide you and your baby with all the nutrients you need, eat a wide variety of foods from the five food groups every day.

These include:

- Vegetables, fruit, wholegrains, lean meats/alternatives and low-fat dairy products or alternatives.
- Limit seafood, (including low mercury fish) to only 2 to 3 times a week.
- Limit saturated fats, added sugar, salt and sugar sweetened drinks.

TIPS FOR A HEALTHY PREGNANCY

Being active every day can help increase your energy levels and quality of sleep.

5 times each week, aim for:

- 30 minutes of moderate intensity exercise
e.g. a brisk walk where you can still talk.
- PLUS 15 minutes of vigorous exercise
e.g. dancing, stationary cycling and swimming.
- Pelvic floor exercises every day.

[Click here](#)





DRINKS

- Drink plenty of water every day.
- Avoid alcohol.
- Limit caffeine which is present in coffee, black tea, green tea, cola, and energy drinks.
- Reduce to 1 espresso OR 2 instant coffees OR 4 cups of tea.
- Swap soft drinks for sparkling water (add mint and lemon/lime for flavour).

FOODS TO AVOID

Some foods are more likely to contain harmful bacteria. While pregnant, it is recommended you avoid:

- Pre-made salads, chopped fruit, sandwiches and rice.
- High mercury containing fish including shark/flake, marlin, broadbill or swordfish.
- Unpasteurised dairy products, soft/semisoft cheeses and soft serve ice-cream.
- Raw or undercooked meat, deli meat, pate, eggs (mayonnaise) and seafood.
- Foods past their use-by-date.

MANAGING CONSTIPATION

- Drink more water.
- Eat high fibre food, such as fruit, vegetables, legumes and high fibre breads.
- Move your body every day.

[Click here for more information.](#)

MANAGING MORNING SICKNESS

- Eat small meals frequently.
- Avoid having an empty stomach.
- Choose plain foods like toast, rice, dry cereal, fruit, nuts and cheese.
- Staying hydrated, take sips of fluids throughout the day.
- Ginger and mint may help settle nausea. Try ginger or peppermint tea, ginger ale, or ginger lollies.
- If vomiting, rinse your mouth out with water.

FOR MORE INFORMATION VISIT

- www.karitane.com.au
- www.healthybeginnings.net.au