

Nutrition During Pregnancy



Eating a healthy, balanced diet during pregnancy is important for you as well as your baby's development. This guide will help give you an outline of what a healthy pregnancy diet can look like, but we encourage you to find what works best for you and to work with your healthcare practitioner to make sure that you are fuelling your body to get all the essential nutrients that you need.

As you move through pregnancy, try to work with these guidelines on daily increased calorie consumption throughout each trimester. Baring in mind some days you may be hungrier than others, and that's ok!

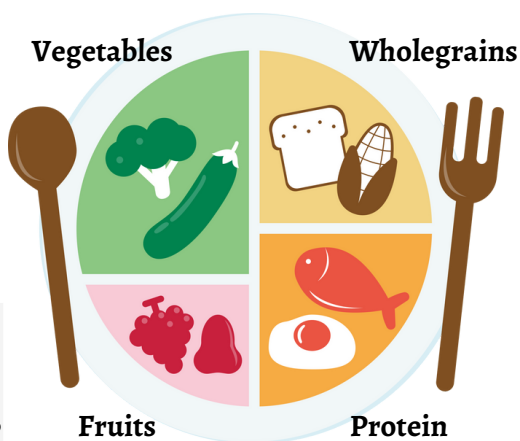
Trimester 2 = +340 Kcals

Trimester 3 = +450 Kcals



Dairy

Dairy is included in a healthy balanced meal as it contains high levels of calcium and vitamin D, but is an addition to your meal, not the star of the show!



When you are preparing your meals, we want to aim for 1/2 of your plate being fruits and vegetables, 1/4 protein and 1/4 whole-grains for a well-balanced, nourishing meal.

We want to make sure we thoroughly wash all fruits and vegetables and avoid cleaning up cat litter. Toxoplasmosis is a disease that is transmitted through food or cat feces and can cause severe complications for pregnant women.

Examples of Foods In Each Food Group

Protein

- Eggs
- Tofu
- Nuts and Seeds
- Beef
- Chicken
- Fish

Vegetables

- Spinach
- Broccoli
- Sweet Potatoes
- Tomatoes
- Bell Peppers
- Carrots

Fruits

- Apples
- Bananas
- Mangos
- Blueberries
- Oranges
- Pears

Whole-grains

- Rice
- Pasta
- Bread
- Quinoa

Dairy

- Milk
- Cheese
- Yoghurt
- Almond Milk

If you follow a vegan diet, try to get the fortified versions of the dairy-free options to make sure you are still getting the vitamins from the item.

Supplements

Taking a good quality pre-natal vitamin during pregnancy helps to support you and your baby.

We recommend consulting with your healthcare professional about what supplements can best suit you throughout your pregnancy.

We have more information on vitamins during pregnancy within the Resources on our App, so be sure to check them out! Quality is important when choosing vitamins.

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Food & Drinks we
want to be avoiding
throughout
Pregnancy include:

There are certain foods and
drinks that we want to avoid
during pregnancy as they may
have a higher risk of toxins
and/or Bacteria, such as
Toxoplasmosis which was
mentioned earlier .



Reduced caffeine
consumption



Raw and Uncooked
Sushi/Sashimi

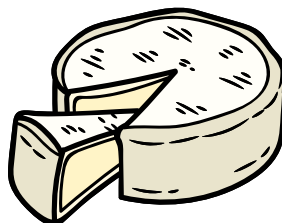


Alcohol

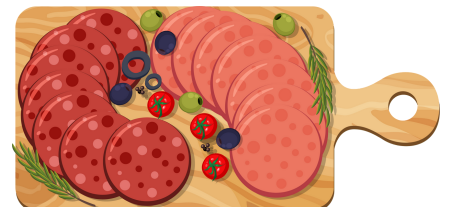


Juice that has
not been
processed

Soft Cheese



Raw Meat & Deli Meats



Mercury

We also need to be aware of our exposure to Mercury which has
been shown to be harmful to your babys' development. Certain fish
are to be avoided due to this reason:

- Swordfish
- Shark
- Marlin
- Raw Shellfish

It is also recommended that you should eat no more than 2 portions
of oily fish a week, such as salmon, trout, mackerel or herring.
As well as no more than 2 tuna steaks (about 140g cooked or 170g
raw) or 4 medium-size cans of tuna (about 140g when drained) per
week - this is because Tuna has more mercury in it that other fish.

Remember to listen to your body.
Some days you may be hungrier than
others, and that's ok! Do what works
best for you, and remember that food
aversions and cravings are common
throughout Pregnancy, so listen to
your body and try to be kind to
yourself!

You've got this!

