

A Healthy Diet in Pregnancy



A healthy diet will help a pregnant woman to fill fit and healthy and it will help the baby to develop and grow.

What is a healthy diet?

This picture “My Plate” shows what a complete and healthy diet consists of:

- Half of what you eat is fruit and vegetables
- The other half of your diet consists of grains and protein
- The cup next to the plate stands for “dairy”



Fruit and Vegetables

Eat plenty of fruits and vegetables. They provide vitamins and minerals, which will boost your resistance. It also contains fibers, which help with digestion and prevent constipation.

How much should you eat?

Eat at least five portions per day (about 400 grams), for example two pieces of fruit and 250 grams of vegetables.

What counts as one portion “fruit & vegetable”?

100 grams of vegetables or fruit OR

1 cup of green leafy vegetables

1 medium size of fruit or 1 medium size tomato

2 plums



Grains

Grains are the starchy foods like rice, millet, flour, bread, potatoes, sweet potatoes, pasta, noodles, maize, oats, cereals, yams, cornmeal.

Grains give us energy, they’re also a source of vitamins, calcium and iron. Whole grains contain fibres, which help with digestion and prevent constipation. Try to make at least half of your grains whole. Examples of whole grains include: whole-wheat flour, millet, brown rice, oatmeal, whole cornmeal.

How much should you eat?

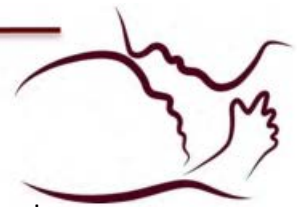
Eat 6-11 portions per day.

What counts as one portion “grains”?

1 large slice of bread (30-40 g) or 1 medium

potato, half a cup of cereal (rice, millet, oatmeal), 30 g ready to eat dry cereal, 3 small crackers.





Protein

Lean meat, poultry, seafood, eggs, beans and peas, nuts and seeds are “protein foods”, which contain both iron and protein. Protein is an important component of muscles, bones, skin, blood, nails, and hormones. Iron can help to prevent anemia.

How much should you eat?

Eat two portions per day.

What counts as one portion “protein”?

Two eggs or 150-200 g of cooked beans, 70-80 g of fish, lean meat or poultry.

Try to at least eat two portions of fish a week.

Dairy

Dairy foods are one of the richest sources of calcium in your diet. Calcium is important for the development of your baby’s bones and teeth. Calcium supplementation in pregnancy might reduce the risk of pregnancy-induced hypertension, it might protect against low birth weight, and it might prevent hypertension in the next generation.

How much dairy should you consume?

Three portions per day.

What counts as one portion “dairy”?

200 ml yoghurt OR

300 ml milk

45 g hard cheese



Some things to keep in mind:

- Choose a variety of products from each group!
- A pregnant woman doesn’t need to “eat for two”!
- Drink plenty: about 8 cups per day. Your urine should be light yellow.
- The earlier you start with a healthy diet, the better!
- Limit foods that are high in fat and sugar
- **Read handout “Eating Safely in Pregnancy”**

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.

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