



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

Nutrition during Pregnancy





A healthy diet can help you keep well during your pregnancy and give your baby the best possible start on life. You don't need to go on a special diet; just make sure that you eat a variety of different foods every day in order to get the right balance of nutrients that you and your baby need.

Nutritional requirement during pregnancy is vital for tissue building in mother and growth & development of the fetus



What the experts recommend

- **Starchy food:**

These provide an essential carbohydrate, without many calories. This food group should be the main part of your daily meal.

These include: bread, rice, oats, potatoes & pasta



- **Fruit & vegetable:**

These provide vitamins and minerals in addition to fibers, it is advised that you have at least 5 portions of fresh, frozen, canned, dried or juiced fruit and vegetables each day.

- Fruits and vegetables rich in Vitamin C will help with wound healing, tooth and bone development, and promote metabolic processes. Experts recommend at least 85 milligrams per day.
- Pregnant women need 70 mg of Vitamin C per day.
- Every pregnant woman needs at least 0.4 mg of folic acid per day to help prevent neural tube defects such as spina bifida.

- **Protein:**

This is crucial for baby growth especially during the second and third trimesters. Please eat a moderate amount each day including, meat, fish, eggs and beans.

Note:

Pregnant women should avoid having liver as it contain high levels of Vitamin A.

The Eatwell Plate



- **Dairy products:**

Dairy foods are important because they contain calcium & other nutrients that your body needs, eat two or three portions a day including, cheese, yoghurt and milk.

- The daily requirement of calcium is around 1000 milligrams during pregnancy.
- Calcium helps your body regulate fluid, and it helps build your baby's bones and tooth buds.

You should:

- Eat at least three servings of **iron-rich foods** per day to ensure that you are getting 27 mg of iron daily.
- Choose at least one good source of **Vitamin C** every day, such as oranges, grapefruits, strawberries, honeydew, papaya, broccoli, cauliflower, Brussel sprouts, green peppers, tomatoes, and mustard greens.
- Choose at least one good source of **folic acid** on daily basis, like dark green leafy vegetables, veal, and legumes (lima beans, black beans, black-eyed peas and chickpeas).
- Choose at least one source of **Vitamin A** every other day after the first trimester. Sources of Vitamin A include carrots, pumpkins, sweet potatoes, spinach, water squash, turnip greens, beet greens, apricots, and cantaloupe.

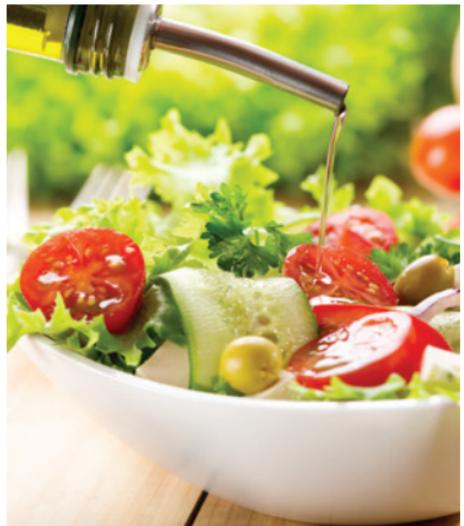


Note:

Know that excessive Vitamin A intake (>10,000 IU/day) may be associated with fetal malformations.

Take balanced diet. Consider foods rich in minerals:

- **Phosphorous** which includes chicken/turkey, organ meat, seeds/nuts, whole grains, beans & lentils and dairy
- **Iodine & sodium** such as Iodized salt, eggs, prunes, seaweeds, dairy, lima beans.
- **Zinc** like meat, legumes, seeds/nuts, dairy, whole grains and some vegetables. Few vegetables rich in Zinc include mushroom, green peas, spinach, lima beans, lentil sprouts, asparagus, broccoli, okra and sweet corn
- **Vitamins D** namely mushroom, fish, egg yolk and dairy.
- **Vitamin B12** rich foods like meat, fish, fortified cereals, milk & dairy products and eggs.
- **Vitamin B2 (Riboflavin)** include milk, breads, fortified cereals, almonds, asparagus, chicken and cooked beef.



Enjoy the following, but with consideration

Foods that must be minimized:

- Tuna contains mercury, so no more than two tuna steaks a week (about 140 gram cooked or 170 gram raw each), or four medium-sized cans of tuna a week (about 140 gram when drained) is recommended.
- Oily fish includes fresh tuna (but not canned tuna), salmon, mackerel, sardines and trout, no more than two portions a week.
- Caffeine intake has to be no more than 300 mg per day such as coffee, tea and chocolate, some soft drinks and energy drinks.

Below are some caffeine content in food and drink:

- 1 mug of instant coffee: 100 mg
- 1 mug of filter coffee: 140 mg
- 1 mug of tea 75 mg
- 1 can of cola: 40 mg
- 1 can of energy drink: up to 80 mg
- 1× 50g of plain milk chocolate: up to 50 mg
- 1× 50g of milk chocolate: up to 25 mg



DO NOT EAT

the following can harm you and your baby:

- Some types of cheese: mould-ripened soft cheeses, such as brie, camembert and chèvre (goat cheese). Also to be avoided are soft blue-veined cheeses such as Danish blue or gorgonzola and roquefort. These are made with mould and they can contain listeria.
- Unpasteurized milk because of the risk of listeriosis poisoning.
- All types of pâté, including vegetable pâtés, as they can contain listeria.
- High-doses of multivitamin supplements, fish liver oil supplements or any supplements containing Vitamin A, (consult your physician about it).
- Raw or uncooked, and undercooked meals such as: eggs, meat & fish, as it increases risk of salmonella and listeriosis poisoning.
- Seafood such as; swordfish, shark, king mackerel, tilefish and marlin. These types of fish contain high levels of mercury that can damage the baby's developing nervous system.
- Sushi, smoked salmon and oysters due to the risk of listeriosis.
- Liver or liver products, especially in the first trimester such as liver pâté or liver sausage, as they may contain a lot of Vitamin A and too much Vitamin A can harm the baby.
- Raw sprouts or slightly cooked alfalfa sprouts (part of legume family also considered as herb) may contain harmful bacteria's namely Escherichia coli and Salmonella.
- Reduce the intake of herbal supplements and tea.
- Alcohol

Healthy snacks

If you get hungry between meals, choose from the following nutritious snacks:

- Sandwiches or pita bread filled with grated cheese, mashed tuna, salmon or sardines and salad
- Salad, vegetables, such as carrot, celery or cucumber
- Low-fat yoghurt or fromage frais
- Hummus with bread or vegetable sticks
- Ready-to-eat apricots, figs or prunes
- Vegetable and bean soups
- Unsweetened breakfast cereals, or porridge, with milk
- Milky drinks or unsweetened fruit juices
- Fresh fruit
- Baked beans on toast or a baked potato

Don't eat snacks that are high in fat and/or sugar, such as sweets, biscuits, and potato crisps or chocolate.



Food preparation and preservation - to ensure safety

To minimize the risk of food poisoning from potentially harmful pathogens such as listeria, toxoplasmosis, and salmonella the following procedure is recommended:

- Wash fruit, vegetables and salads
- Reheat ready-prepared meals
- Wash all surfaces and utensils, and the hand before and after preparing the food
- Keep leftovers in the fridge and use within 2 days
- Store raw foods separately from ready-to-eat foods, otherwise there's a risk of contamination - this is to avoid other types of food poisoning from meat (such as salmonella, campylobacter and E.coli)
- Use a separate chopping board for raw meats



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