Top tips for a healthy pregnancy

- A balanced diet that comprises all of the food groups - fruit, vegetables, grains, protein foods and dairy or alternatives - is essential for a healthy mum and bub.

- **Gaining weight steadily is important**, but gaining too much weight is not healthy for the mother nor the baby. If you have a healthy pre-pregnancy weight, the recommended weight gain is 11.5-16kg.

- Contrary to popular belief, you are not ‘eating for two’ when pregnant. The increase in energy requirements is negligible during the first trimester. By the third trimester, the increased energy needs equate to just a few extra servings of grains and protein-rich foods per day.

- While you don’t need to eat double the amount of food, your requirements for protein, iron, iodine and folate do increase, so it’s important to focus on the quality (not quantity) of what you eat.

- **Folic acid and iodine supplementation** is recommended at different stages of pregnancy and breastfeeding. Speak to your dietitian about finding the right supplements for you.

Pregnancy and food safety

**Pregnant women have a greater risk of food-borne illness, so the following high-risk foods should be avoided:**

- Soft serve ice cream
- Unpasteurised dairy foods
- Sprouts
- Rockmelon
- Raw or undercooked meat
- Store-bought sushi
- Soft cheese (like brie, ricotta and blue cheese)
- Raw or undercooked eggs (including homemade mayonnaise, raw cake batter and mousse)
- Pate
- Oysters, chilled prawns and smoked salmon
- Sandwich meats (like ham, salami, chicken) unless thoroughly cooked and heated
- Pre-prepared fruit, salads and sandwiches

---

**Morning sickness**

If you suffer from morning sickness, it may help to...

1. Eat small frequent meals
2. Drink fluids between (not with) meals
3. Reduce your intake of fatty, sugary, spicy foods
Alcohol
There is no safe level of drinking alcohol when pregnant, breastfeeding or trying to conceive. It is best to abstain from alcohol during this time.

Caffeine
You can consume tea and coffee during pregnancy. One to two cups of espresso coffee, three cups of instant coffee or four cups of tea is considered safe. Cola, chocolate and energy drinks also contain caffeine and therefore should be limited.

Mercury
Fish is an important source of nutrients, but during pregnancy, high mercury fish should be minimised because too much mercury can be detrimental to your baby’s developing nervous system.

- Eat shark, broadbill, marlin or swordfish a maximum of once a fortnight and consume no other fish during the same fortnight
- Eat orange roughy or catfish a maximum of once a week and consume no other fish during the same week
- Other fish can be consumed safely two to three times a week

Pregnancy-friendly day on a plate

Breakfast – 1 cup of salt-reduced baked beans on two pieces of wholegrain toast with ¼ avocado

Lunch – wholegrain wrap filled with two hard-boiled eggs, a teaspoon of store-bought mayo and one cup salad

Morning tea – smoothie made of 1 cup of milk and a banana, served with a cup of freshly chopped crudités

Afternoon tea – six wholegrain crispbreads topped with 40g cheddar cheese and 1 sliced tomato

Dessert – 200g yoghurt with a cup of strawberries

Dinner – 120g cooked chicken served with quinoa salad (1 ¼ cups cooked quinoa with 2 serves veg (peas, cherry tomatoes, broccoli, avocado, rocket etc))