

Importance of a Healthy Diet During Pregnancy for You and Your Baby



Highlights

Your diet during pregnancy plays a crucial role in supporting both your wellbeing and your baby's development.

A balanced diet with key nutrients is essential for healthy pregnancy and baby growth.

Pregnancy cravings are common, but managing them can help you stay on track with your nutrition.

Certain foods should be avoided due to contamination risks or high mercury content.

Safe food preparation practices are important during pregnancy.

Drink water and milk as your main fluids and limit caffeine intake to 200 mg per day.

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Importance of a Balanced Diet During Pregnancy

What is a Balanced Diet?

Wholegrains and cereals
Vegetables and legumes/beans
Lean meats, poultry, fish, eggs, tofu, nuts, seeds, and legumes/beans
Fruit
Dairy products, including reduced-fat milk, cheese, and yoghurt

Pregnancy Cravings

Foods to Avoid During Pregnancy

How to Prepare and Cook Food Safely During Pregnancy

Defrost frozen meat, especially poultry, in the fridge or microwave.
Wash your hands thoroughly before preparing or eating food.
Use separate cutting boards for vegetables and meats.
Clean all surfaces, including benches and utensils, with hot, soapy water.
Regularly change dishcloths, especially if they smell, as this could indicate contamination.
Ensure all food is cooked thoroughly. Avoid raw or undercooked meat, fish, or eggs.
Reheat foods to at least 60°C and make sure they are steaming hot.

What Can I Drink During Pregnancy?

1 cup of instant coffee: 60 mg
1 shot of espresso: 100 mg
1 cup of plunger coffee: 80 mg
1 cup of tea: 30 mg
375 ml can of cola: 49 mg

250 ml can of energy drink: 80 mg

100g bar of milk chocolate: 20 mg

Foods to Limit During Pregnancy

Recommended Servings During Pregnancy

The stage of your pregnancy

Your pre-pregnancy weight

Your activity level

Tools and Assistance

Healthcare Provider: Your doctor, midwife, or obstetrician can provide personalized advice and guidance about your diet during pregnancy. They can help assess your nutritional needs and recommend specific supplements or changes to your eating habits.

Dietitian or Nutritionist: A registered dietitian specializing in pregnancy can create a customized meal plan for you, ensuring you get all the essential nutrients while avoiding any harmful foods. They can also help manage pregnancy-related conditions such as gestational diabetes or morning sickness.

Prenatal Classes and Support Groups: Many hospitals and healthcare centers offer prenatal classes, some of which include sessions focused on nutrition during pregnancy. These classes provide an opportunity to learn from experts and connect with other expecting mothers for support.

Pregnancy Apps: There are several mobile apps designed to track your nutrition and guide you through a healthy pregnancy. These apps can help you monitor your daily intake of essential nutrients and make informed food choices.

Public Health Resources: Many public health organizations provide free guides and resources on pregnancy nutrition, including downloadable meal planners, grocery shopping lists, and recipe ideas that ensure a balanced diet during pregnancy.

Books and Cookbooks: There are numerous books available that focus on healthy eating during pregnancy. Many of these books provide detailed information about the essential nutrients, how to prepare meals, and tips for dealing with common pregnancy cravings.