

# 10 STEPS FOR A



Practical advice for healthy eating habits  
from pregnancy to preschool

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# Healthy Pregnancy

# 1



## TAKE A DAILY SUPPLEMENT

of 10µg vitamin D throughout pregnancy and 400µg folic acid up until at least the 12th week of pregnancy. Some women will be prescribed 5mg folic acid per day instead of 400µg

# 2



## KEEP PHYSICALLY ACTIVE

throughout pregnancy, aiming for at least 30 minutes of moderate intensity activity on 5 or more days per week

## A HEALTHY WEIGHT GAIN

during pregnancy depends on your pre-pregnancy weight and height. Expect to gain only 1-4 pounds (0.5-2kg) in the 1st trimester and the rest over the 2nd and 3rd trimesters - see overleaf



# 4



## CHOOSE NUTRITIOUS FOODS, NOT EXTRA FOOD

Extra energy (e.g. half a sandwich each day) is only needed during the last trimester



## BALANCE YOUR DIET

Base each meal on wholegrain starchy foods such as bread, rice, potatoes, pasta or breakfast cereals and include:

- 3 servings of milk, hard cheese or yogurt each day for calcium and iodine
- at least 1 vegetable and 1 fruit in both main meals and include fruit (fresh, canned or dried rather than juice) with breakfast
- meat, fish, eggs, nuts or pulses at 2-3 meals each day for iron



## EAT FISH TWICE A WEEK

with one or two servings as oily fish for omega 3 fats - if you don't eat fish take a daily supplement of 200mg DHA but avoid fish liver oil supplements



## 7 CHOOSE NUTRITIOUS SNACKS

such as fruit, nuts, yogurt, a sandwich or toast rather than food or drink high in sugar or fat



## 8 HAVE ABOUT 6-8 DRINKS

(1½-2 litres) per day for good hydration - water is a good choice. Limit caffeine to 200mg per day (about 1 shot of espresso or 2 mugs of instant coffee or 2½ mugs of tea)



## FOOD SAFETY

Thoroughly cook meat, fish and eggs; wash all soil from vegetables and fruit and avoid vitamin A supplements, liver, liver pate, unpasteurised dairy products, soft and blue cheeses, swordfish, marlin and shark; limit tinned tuna to 4 small servings per week



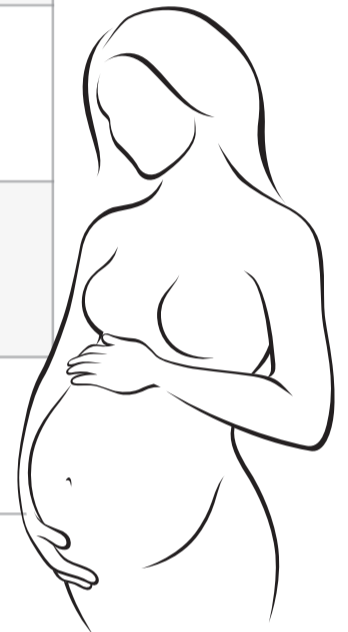
## 10 SEEK SUPPORT

to stop smoking or misusing drugs or medication and avoid alcohol

# How much is a healthy weight gain during pregnancy?

This depends on whether you were a healthy weight, overweight or underweight before your pregnancy. There are no UK recommendations, but the American guidelines are:

If you start your pregnancy as:	During pregnancy you should gain:	
	pounds	kg
Healthy weight *BMI = 18.5-24.9	25-35	11.5-16
Overweight *BMI = 25-29.9	15-25	7-11.5
Obese *BMI greater than 30	11-20	5-9
Underweight *BMI less than 18.5	28-40	12.5-18



\*Your BMI is a measure of your weight in relation to your height.

$$\text{BMI} = \frac{\text{weight in kg}}{(\text{height in m})^2}$$

Gaining too much weight during pregnancy can lead to complications during birth. It can affect both your health and the long-term health of your child. If you are a healthy weight or underweight, gaining too little weight during pregnancy could affect your baby's growth. Visit your doctor or midwife if you are worried about your weight.

## Keeping physically active



If you are used to a particular physical activity, you should be able to continue as long as it is comfortable but you may become tired more quickly than before your pregnancy. It is sensible not to start a new intensive activity in your pregnancy. Avoid contact sports, high-impact sports and vigorous racquet sports that involve a risk of abdominal trauma, falls or excessive joint stress. Avoid hot tubs, saunas and scuba diving.



## Accessing vitamin supplements

Your local area may be distributing the Healthy Start vitamins, which have folic acid and vitamin D, to all pregnant women. Ask your midwife, GP or health visitor. Alternatively ask at a local pharmacy for over the counter preparations.



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