



Ten Steps for Healthy Pregnancy

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Question 1

- Mrs. Smith is 6 weeks pregnant and asks you for advice on vitamin and mineral supplements
- She is vegetarian and is not sure which one of the two supplements she should choose:



Nutritional Information		
Each caplet contains: %NRV*		
Vitamin A	800µg RE (2,664 I.U.)	100%
Vitamin D	5µg (200 I.U.)	100%
Vitamin E	20mg α-TE (29.8 I.U.)	167%
Vitamin C	90mg	113%
Thiamin (Vitamin B1)	2.5mg	227%
Riboflavin (Vitamin B2)	2.8mg	200%
Niacin	18mg NE	113%
Pantothenic Acid	6mg	100%
Vitamin B6	6mg	429%
Vitamin B12	2.5µg	100%
Folic Acid	300µg	150%
Calcium	200mg	25%
Iron	14mg	100%
Zinc	15mg	150%



Each tablet contains	Quantity	% EU NRV*
Beta-Carotene	2.4mg	•
Vitamin E (a-TE)	15mg	125
Vitamin C	85mg	106
Vitamin B1	1.1mg	100
Vitamin B2	1.3mg	93
Vitamin B6	1.4mg	100
Vitamin B12	2.4µg	96
Vitamin D	12.5µg	250
Biotin	30µg	60
Folic Acid	400µg	200
Niacin (NE)	18mg	113
Pantothenic Acid	5mg	83
Calcium	120mg	15
Magnesium	60mg	16
Iron	15mg	107
Iodine	150µg	100
Copper	500µg	50
Manganese	2mg	100
Chromium	40µg	100
Selenium	30µg	55
Zinc	12.5mg	125

Question 1

1. Vegan multivitamin and mineral
2. Centrum During Pregnancy
3. Neither of the supplements

Take a daily supplement

- 10 ug vitamin D throughout pregnancy
- 400 ug folic acid (5 mg) up to at least the 12th week of pregnancy
- Some pregnant women are entitled to free vitamin tablets containing both these vitamins under the Healthy Start scheme (www.healthystart.nhs.uk).
- Need to in this case also take into account that she needs to have sufficient B12 and iron
- Depending on whether milk products are consumed, need to also think about iodine
- The pregnancy supplement is more suitable and is also vegetarian

Question 2

- Mrs. Jones is very active and runs 2-3 half marathons usually per year. She is 12 weeks pregnant and asks you whether she can continue running during her pregnancy and what is recommended in regards to activity?



Question 2

1. Do 30 minutes of moderate intensity ≥ 5 x per week
2. Stop exercising and just walk daily
3. Do 1 hour of moderate intensity 2-3 x per week

Keep physically active

- Important to keep physically active – 30 min or moderate intensity ≥ 5 x per week recommended
- Athletes do not need to stop exercising
- NHS recommends to keep normal daily activity (sport, running, yoga ect) for as long as you feel comfortable:
 - Always warm up before exercising, and cool down afterwards
 - Avoid any strenuous exercise in hot weather
 - Drink plenty of water and other fluids
 - Make sure instructor is properly qualified, and knows that you're pregnant as well as how many weeks pregnant you are
 - Exercises that have a risk of falling should be done with caution: horse riding, downhill skiing, ice hockey, gymnastics and cycling
 - Do not do contact sports: i.e. kickboxing, judo
 - Do not do exercises on the back from 16 weeks – like sit ups
 - Do not scuba dive
 - Avoid heights of > 2500 m



Question 3

- Mrs. Modeiras is overweight (BMI 27) and is 12 weeks pregnant, she has gained 6.4 pounds (about 3 kg) in the first trimester and wants to know whether this is okay?



Question 3

1. This is just about right – you would aim for 4-6 pounds (2-3 kg) in the first trimester
2. This is excessive – in the first trimester weight gain is 1-4 pounds (0.5-2 kg)
3. This is too little, weight gain is 6-9 pounds (3-4.5kg)

A healthy weight gain

- Weight gain in the first trimester is only 1-4 pounds (0.5-2 kg) – if overweight then need to aim for lower amount of weight gain as total weight gain is lower over period of pregnancy
- Weight gain for the whole pregnancy depends on your starting weight and is mainly distributed between the 2nd and 3rd trimester

Pre-pregnancy weight	Appropriate weight gain during pregnancy	
	pounds	kg
Normal 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

Question 4

- Mr. DuPont comes with his pregnant wife to the appointment. She is 28 weeks pregnant. He worries about the fact that she is controlling how much she eats as he feels she should eat more as his wife is pregnant with their first child and he wants the child to be healthy and robust. The doctors are happy with her weight gain. What would you advise in regards to her intake?

Question 4

1. His wife should have 200 kcal (the equivalent of about half sandwich) additional throughout the pregnancy
2. His wife should have 500 kcal (full sandwich) in the last two trimesters of pregnancy
3. His wife should have 200 kcal (the equivalent of about half sandwich addition in the last trimester or pregnancy)

Choose nutritious foods, not extra foods

- Being pregnant does not mean eating for two and giving in to all cravings
- Extra energy (200 kcal) only required in last trimester
- Changes in metabolic rate and reduction in physical activity in first two trimesters accommodate the small amount of extra energy to support growth of foetus and to enable fat to be deposited in the mother's body for lactation



Refer to supporting documents on Nutritious Foods. Infant and Toddler Forum Website



Question 5

- Mrs. Smith is vegetarian and 8 weeks pregnant. She wants to know how to ensure that she has sufficient protein and iron in her meals. What would you advise her?



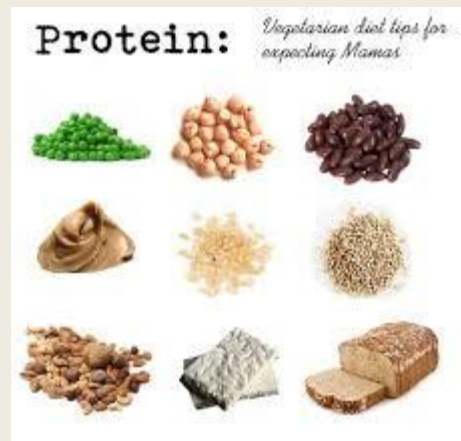
Question 5

1. She needs to start eating meat or fish to get all her nutrients
2. If she eats a portion of nuts, eggs and/or pulses 3 meals per day and milk products daily this will be sufficient
3. If she doubles the portion of pulses/nuts, eggs that you normally have during pregnancy and has this 3 x per day in addition to milk products this will be sufficient

Balance your diet

- It is recommended to have balanced meals including protein for iron and milk protein for calcium and iodine
- For none vegetarians it is recommended to have protein meat/fish/eggs/nuts and pulses 2 x per day
- For vegetarians it is recommended to have eggs, nuts or pulses 3 times per day AND
- 3 servings of milk, hard cheese/yoghurt (vegetarian and non-vegetarian)
- In addition to above:
 - Each meal should have wholegrain starchy foods like bread, rice, pasta, breakfast cereals or potatoes
 - At least 1 vegetable and 1 fruit for lunch and dinner and 1 fruit for breakfast (ideally more)
 - Aim for at least 5 portions of fruit and vegetables per day
 - Reduce refined sugar and fat

***Refer to supporting documents on portion sizes and frequencies.
Infant and Toddler Forum Website***



Question 6

- Mrs. Schwarz usually has tinned tuna 2x per week and wants to know whether this is sufficient omega 3 fatty acids whilst being pregnant and if she should be worried about mercury. What would you advise?

Question 6

1. Tinned tuna 2 x week is not sufficient omega 3 and but this amount of tuna is not of concern in regards to mercury
2. Tinned tuna 2 x week is sufficient for omega 3 but this amount of tuna is not of concern in regards to mercury
3. Reduce the tinned tuna to 1 x per week as this amount of mercury is excessive and 1 tin gives enough omega 3 fatty acids

Eat Fish twice a Week

- The omega 3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are essential fatty acids that are critical for brain development and vision during foetal development
- During pregnancy you should have fish 1-2 servings of oily fish per week
- Oily fish include: tuna, salmon, mackerel, sardines, trout ect
- Tuna, shark, marlin and sword fish contain more mercury than other fish
- Food Standard agency recommends that during pregnancy:
 - ✓ no more than two tuna steaks a week (about 140g cooked or 170g raw each), or
 - ✓ four medium-sized cans of tuna a week (about 140g when drained)
 - ✓ However, tinned tuna does not count as a source of omega 3 rich fish



Question 7

- Mrs. Simmons is 18 weeks pregnant and often hungry. She used to have peanuts as snacks when she was not pregnant but is not sure that she can have these now anymore as she has hayfever and was worried that this would increase the chance of allergies. What would you advise?



Question 7

1. She can have nuts as a snack; these are healthy and would not lead to increase risk of a nut allergy
2. She should replace the nuts with other healthy snacks as having nuts during pregnancy has been shown to increase nut allergies
3. She can have tree nuts like almonds/walnuts but not peanuts as these are less likely to lead to nut allergies in the baby

Choose nutritious snacks

- More nutrient-dense snacks are recommended in place of low nutrient-dense/high-energy snacks such as crisps and similar packet snacks, chocolate bars, plain cakes and biscuits
- This includes ALL nuts (unsalted), fruit/vegetables, yoghurt, cheese
- Nuts (all nuts) should not be avoided

during pregnancy

Refer to supporting documents on nutritious snacks.

Infant and Toddler Forum Website



Question 8

- Mrs. Johnson is 6 weeks pregnant and is addicted to espressos. She used to have 6 per day and has reduced this to 4 every day. She wants to know whether she can continue to have 4 espressos every day whilst pregnant?



Question 8

1. She has to stop drinking all coffee whilst pregnant
2. She should stop espresso's and can rather have 4 mugs of tea at those times
3. She can still have espresso but needs to limit this to 1 per day and have other non-caffeinated drinks during the day

Have about 6-8 drinks

- Good hydration is important for maintaining maternal plasma osmolality and amniotic fluid volume (outside of normal health for mother)
- 1 ½ -2 litres of fluid is advised – water is the best choice
- A limit of 200mg caffeine/day is recommended because high levels of caffeine are suspected of causing miscarriage or low birth weights
- 1 shot of espresso coffee 140mg
- 1 mug of instant coffee 100mg
- 1 mug of tea 75mg
- 1 cup of tea 50mg
- 1 can of cola up to 40mg

Refer to supporting documents on portion sizes and frequencies. Infant and Toddler Forum Website



Question 9

- Mrs. De Klerk who is 9 weeks pregnant is having an argument with her husband who only allows her to have hard cheeses. Is she allowed any soft cheese?

Question 9

1. She can not have any soft cheeses because they are not pasteurised
2. She can have soft cheeses as long as they are made from pasteurised milk
3. She can have soft cheese made from pasteurised milk that are not mould ripened

Food Safety

- Other than mould-ripened soft cheeses, all other soft types of cheese are OK to eat, providing they are made from pasteurised milk. These include:
 - cottage cheese
 - mozzarella
 - feta
 - cream cheese
 - paneer
 - ricotta
 - halloumi
 - goats' cheese
 - processed cheeses, such as cheese spreads
- Cooked soft cheeses that are safe to eat in pregnancy
- Thorough cooking should kill any bacteria in cheese, so it should be safe to eat cooked mould-ripened soft cheese, such as brie, camembert and chevre, and cooked soft blue cheese, such as roquefort or gorgonzola, or dishes that contain them.
- Make sure the cheese is thoroughly cooked until it's steaming hot all the way through



Question 10

- Mrs. Lagrange is French and has been told in France that she can not have any vegetables/salads from restaurants/dheli's as the risk for Toxoplasmosis is high. She has been avoiding this whenever they eat out – which is 4 times per week. What would you advise?

Question 10

1. She should continue to avoid all vegetables/salads from restaurants/dheli's ect
2. She should only avoid fresh salads – if cooked this is fine
3. She can have any vegetables/salads from restaurants/dheli's unless hygiene standards are questionable

Fact 10 – Seek Support

- STOP smoking, misusing drugs, medication and avoid alcohol

