

Nutrition in Pregnancy



Foods to Avoid:

Blue veined cheese, patè, prepared salads, ready meals, reheated food (unless piping hot), raw meat/poultry/eggs, unpasteurised milk, goats milk, untreated water, alcohol, caffeine, recreational drugs.

Hygiene:

Wash hands thoroughly when cooking, cook meat thoroughly but don't burn (be careful with BBQ meat), keep raw and cooked food preparation items separate. Wash all fruit and vegetables before eating.

Wear gloves when gardening or changing cat litter trays.

Nutrients:

	Important For	Food Sources
Vitamin A	Baby's lungs, overall development,	Orange, yellow and green leafy veggies, apricots, eggs, white fish
Folic acid	Protects against neural tube defects and acute lymphoblastic leukaemia. Important for all rapidly dividing cells	Beans and lentils, asparagus, nuts, green leafy veggies, avocado, corn, coconut, mushrooms, figs, dates, blackberries, beef, eggs, citrus
Iron	Blood production (take with vitamin C foods to increase absorption)	Kelp, whole grains, sunflower seeds, nuts, dried fruit, leafy greens, meat, chicken, fish, eggs, beans and lentils, cheddar cheese, strawberries
Calcium	Bones, teeth, muscles, nerves, heartbeat	Dairy foods, green leafy veggies, whole grains, nuts, seeds, raisins, dates, sardines and mackerel with bones, artichoke, oranges, celery, carrot, quinoa, sweet potato, garlic, squash, onion, lentils
Zinc	Cell, brain and sexual development	Red meat, ginger, nuts, legumes, whole grains, oily fish, chicken, turnip, potato
Magnesium	Helps regulate mum's body temperature and reduces risk of pre-eclampsia. Baby's growth, nerve and muscle function, birth weight.	Kelp, whole grains, nuts, seeds, legumes, green veggies, dried apricots, prunes, dates, sweetcorn, avocado, cheese, beans, garlic, raisins, banana
Essential Fatty Acids	Brain and nerve development, cell health	Oily fish – sardines, mackerel, tuna, herring, anchovies, salmon, flax seeds

Important

- Consider a good quality multi vitamin and mineral supplement, additional vitamin D and Omega 3 supplement.
- Ideally get fresh, deep cold water/Atlantic /wild oily fish to minimise toxic contamination. The larger the size of the fish species the more likely they are to carry toxins in their flesh so where possible opt for the smaller fish such as sardines, anchovies and mackerel.
- Eat organic food where possible.
- Filter your water and keep well hydrated which can help reduce nausea.

References

Osieki H (2007). *The Nutrient Bible*. 7th edn. Australia. Bio concepts publishing
 Liska et al (2004). *Clinical Nutrition: A Functional Approach* 2nd edn. USA. The Institute for Functional Medicine.