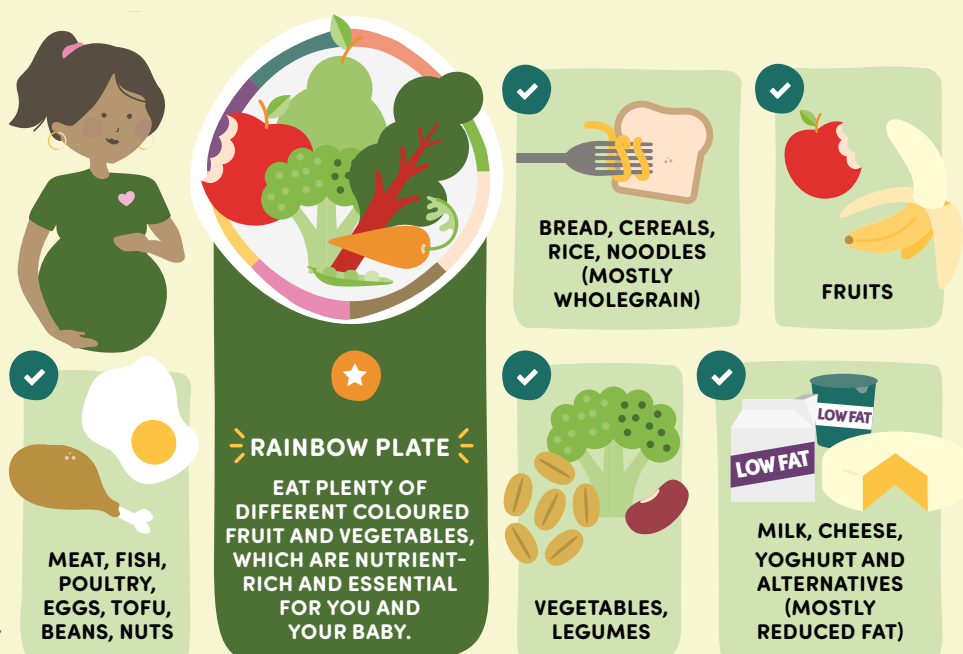# YOUR HEALTHY PREGNANCY

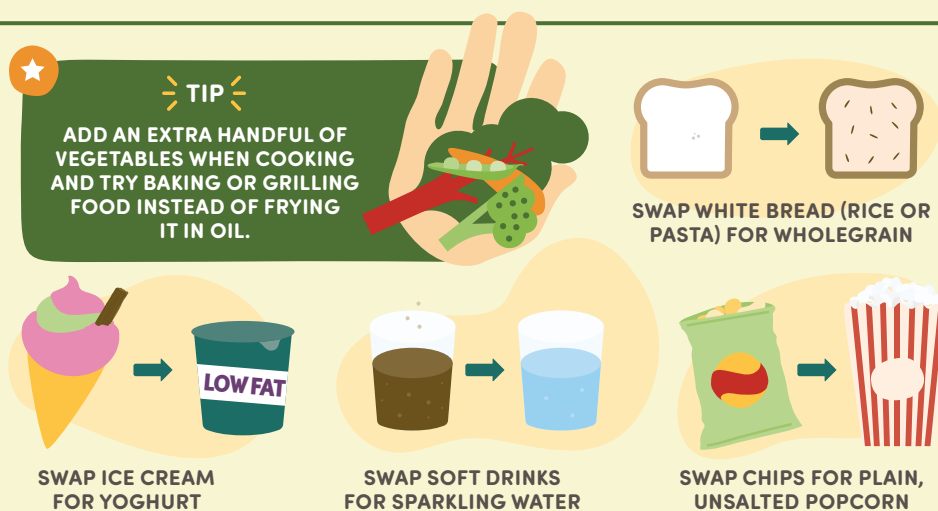## Eating well during pregnancy for your baby's health and development

Eat for you, not for two

- The need to eat for two during pregnancy is a myth.
- In the 2nd and 3rd trimesters you may need some extra food to provide nutrients for the growth of your baby.
- Eating a little more vegetables, lean protein and wholegrains each day is all you'll need.
- For example, a small bowl of wholegrain pasta with vegetables and meat or bean sauce.

MEAT, FISH, POULTRY, EGGS, TOFU, BEANS, NUTS

⭐ **RAINBOW PLATE**
EAT PLENTY OF DIFFERENT COLOURED FRUIT AND VEGETABLES, WHICH ARE NUTRIENT-RICH AND ESSENTIAL FOR YOU AND YOUR BABY.

BREAD, CEREALS, RICE, NOODLES (MOSTLY WHOLEGRAIN)

FRUITS

VEGETABLES, LEGUMES

MILK, CHEESE, YOGHURT AND ALTERNATIVES (MOSTLY REDUCED FAT)

Make a healthy food swap

- To provide you with more nutrients to support your baby's growth.
- To help control blood sugar levels and prevent constipation.

⭐ **TIP**
ADD AN EXTRA HANDFUL OF VEGETABLES WHEN COOKING AND TRY BAKING OR GRILLING FOOD INSTEAD OF FRYING IT IN OIL.

SWAP WHITE BREAD (RICE OR PASTA) FOR WHOLEGRAIN

SWAP ICE CREAM FOR YOGHURT

SWAP SOFT DRINKS FOR SPARKLING WATER

SWAP CHIPS FOR PLAIN, UNSALTED POPCORN

For more information about eating well during pregnancy
visit health.gov.au/campaigns/your-healthy-pregnancy

Foods to avoid

Not all food is safe during pregnancy. The immune system is lower during pregnancy which makes it harder to fight off illness and infection caused by bacteria found in some foods.

DELI MEATS, SOFT CHEESES, PÂTÉ AND SOFT-SERVE ICE CREAM
May contain listeria** –a harmful bacteria

DON'T DRINK ALCOHOL

RAW OR UNDERCOOKED MEATS**
Can give you an infection called toxoplasmosis**

SMOKED SALMON, UNCOOKED SEAFOOD, PRECOOKED PRAWNS AND SUSHI
May contain listeria**

RAW OR UNDERCOOKED EGGS**
Can cause salmonella** food poisoning

Limit caffeine*** **1–2 CUPS OF COFFEE OR 4 CUPS OF TEA PER DAY**

TIP

FEELING SICK OR HAVING CRAVINGS? THAT'S COMMON.

IT'S STILL IMPORTANT TO EAT WELL TO SUPPORT YOUR BODY AND YOUR BABY.*

Limit large fish like **SHARK, MARLIN AND SWORDFISH**
They contain mercury that can affect your baby's brain and nervous system development

LIMIT HIGH FAT AND SUGARY FOODS AND DRINKS

* Seek advice from your health professional if feeling sick is limiting your food intake.
** Listeria, toxoplasmosis and salmonella are rare but can cause serious complications in pregnancy.
*** Avoid double shot espresso and caffeinated energy drinks.

The benefits of healthy eating for you and your baby

Vegetarian or Vegan?

You can replace meat or animal products with lentils, beans, tofu and soy milk. Talk to your health professional about whether you need supplements to ensure you get the right nutrients for your baby's development.

FOLIC ACID: blood formation and cell building

IODINE: brain development

IRON: brain development and energy levels

VITAMIN D: calcium absorption and bone health

CALCIUM: bone development

PROTEIN: blood supply and tissue growth

VITAMIN B12: nerve and brain development

LOW FAT

LOW FAT

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Australian Government
Department of Health