

# NUTRITION DURING PREGNANCY



- Eating a healthy diet during pregnancy
- Baby's main source of nutrition.
- Choices about pregnancy nutrition help to promote baby's growth and development

## Vegetarian, vegan and special diets

- A varied and balanced vegetarian diet should give enough nutrients
- However, might find it hard to get enough iron and vitamin B12



# FOLIC ACID

- Prevent neural tube defects.
- 400 microgram folic acid daily preconceptionally  
3 months till 12 weeks pregnant.
- Eat foods that contain folic acid, green leafy vegetables
- Bigger dose of folic acid if:
  - Previous baby with spina bifida
  - Diabetic
  - Treated for epilepsy
  - Coeliac disease.





# VITAMIN D

- Healthy bones

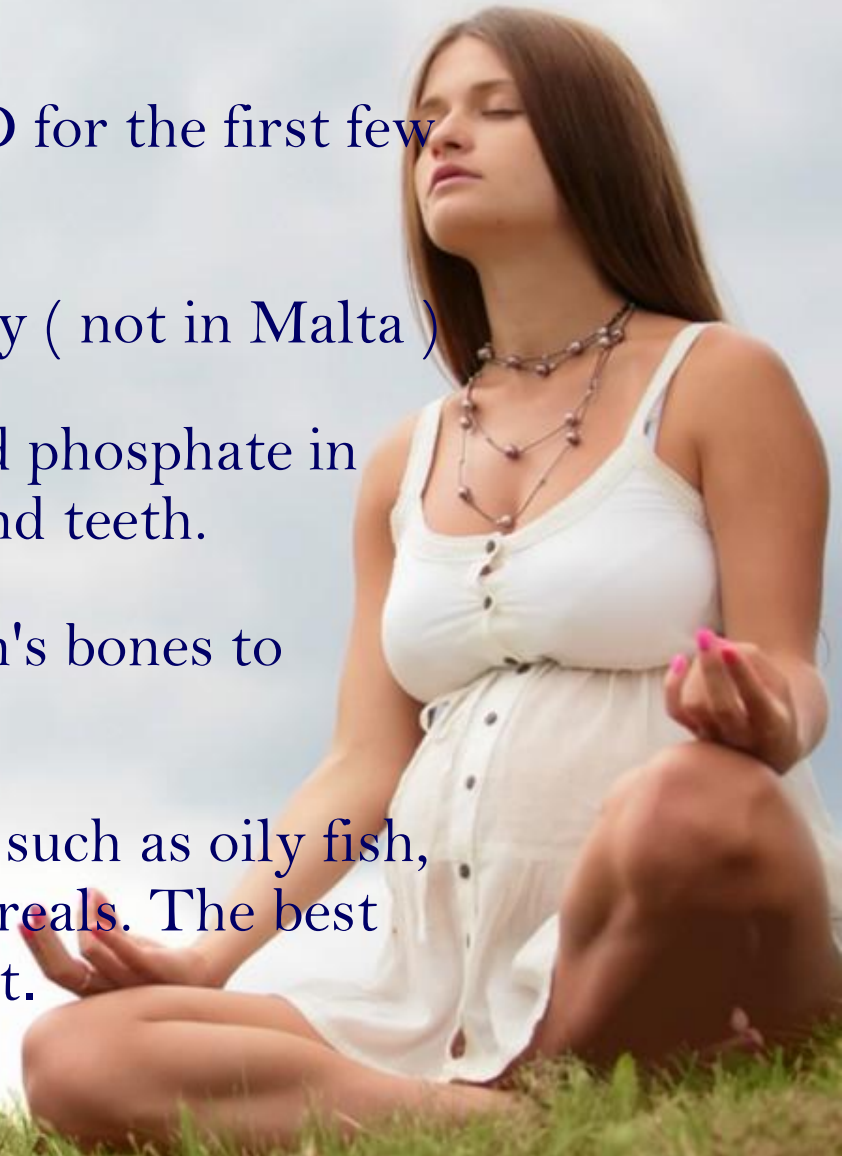
- Provide baby with enough vitamin D for the first few months of life.

- 10 micrograms of vitamin D each day ( not in Malta )

- Regulates the amount of calcium and phosphate in the body, essential for healthy bones and teeth.

- Lack of vitamin D can cause children's bones to soften and can lead to rickets

- Only a few foods contain vitamin D, such as oily fish, fortified margarines, some breakfast cereals. The best source of vitamin D is summer sunlight.

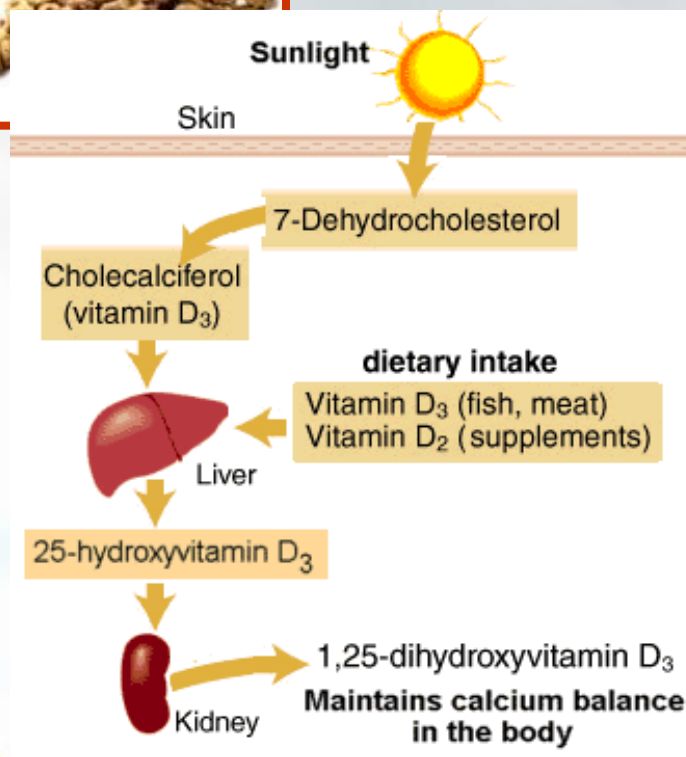


# Vitamin D



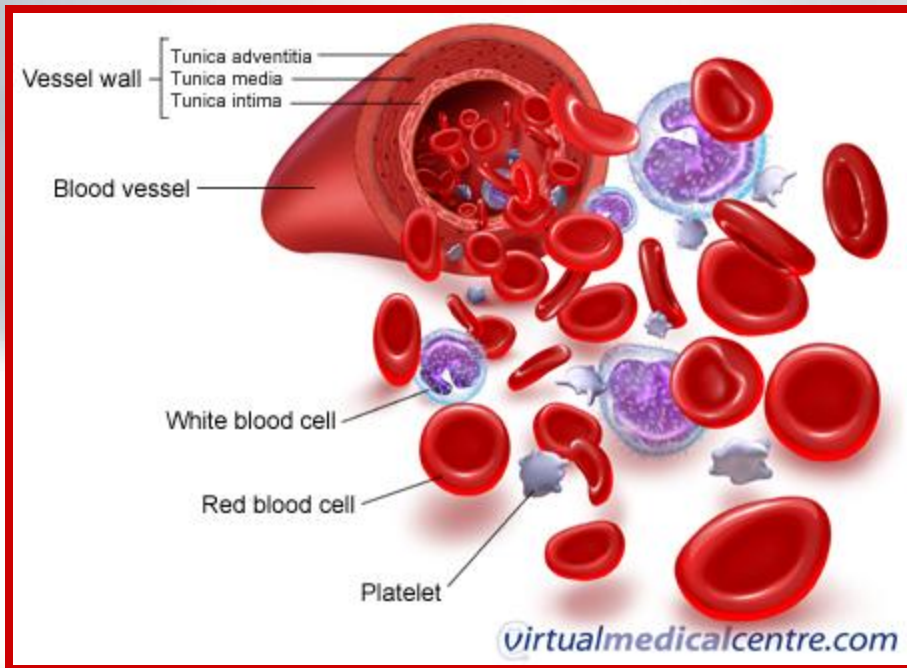
The body itself makes vitamin D when it is exposed to the sun

Cheese, butter, margarine, fortified milk, fish, and fortified cereals are food sources of vitamin D



# IRON

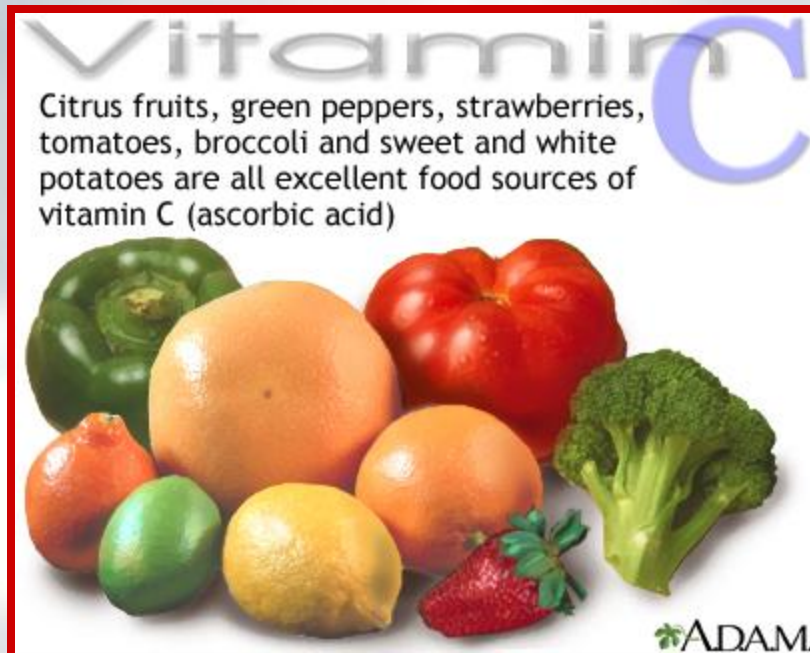
- Storage of iron in the third trimester
- Lean meat, green leafy vegetables, dried fruit and nuts contain iron.
- Iron supplement ideally 16 weeks





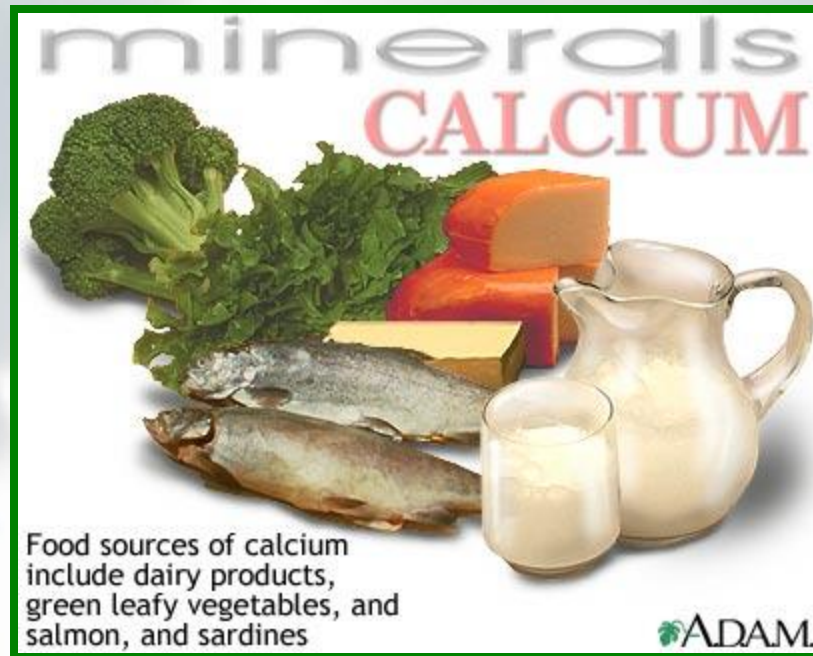
# VITAMIN C

- Absorbtion of iron from food.
- Citrus fruit, tomatoes, broccoli, peppers, blackcurrants, potatoes and some pure fruit juices are good sources of vitamin C.
- Orange juice with an iron-rich meal.



# CALCIUM

- Vital for development of baby's bones and teeth.
- Dairy products and fish with edible bones.





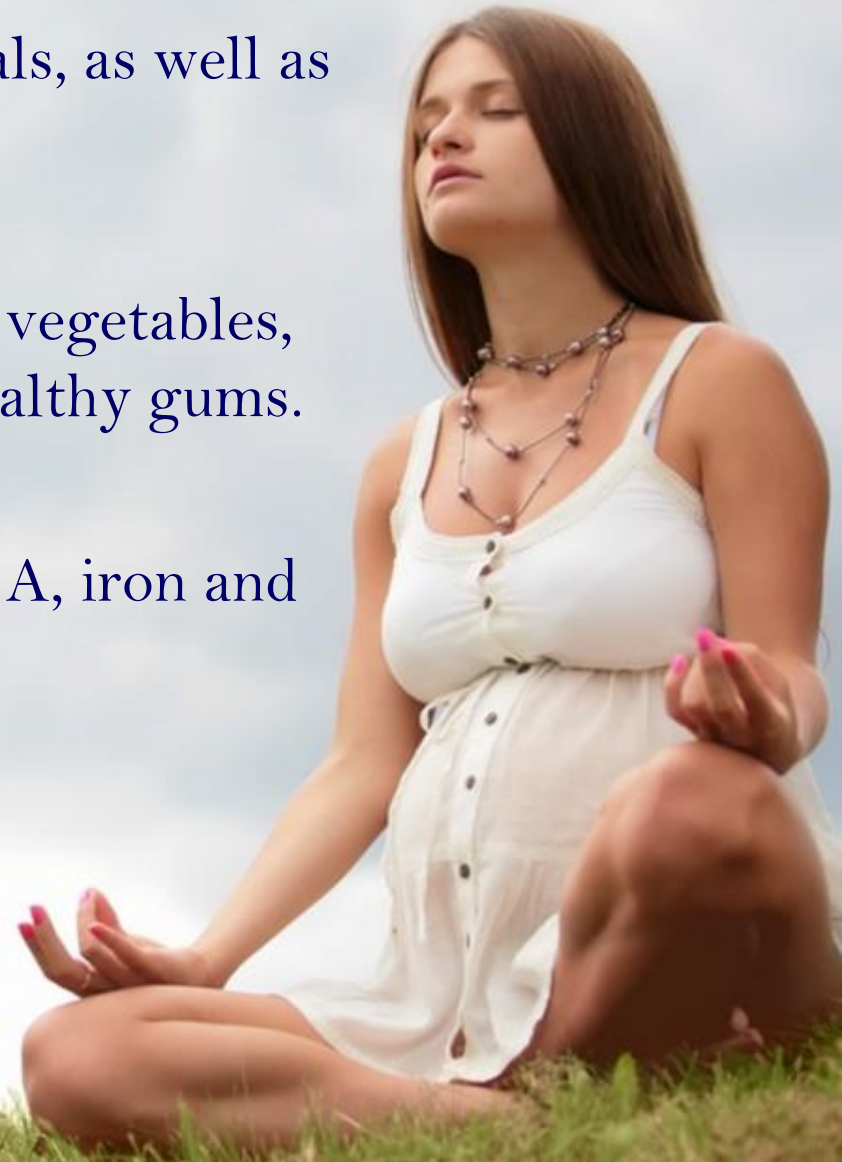
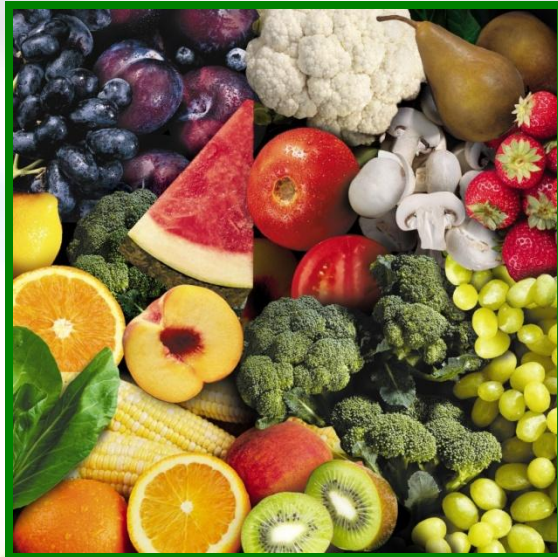
# GRAINS

- Provide essential carbohydrates,
- Body's main source of energy.
- Many whole-grain and enriched products also contain fibre, iron, B vitamins, various minerals and a small amount of protein.



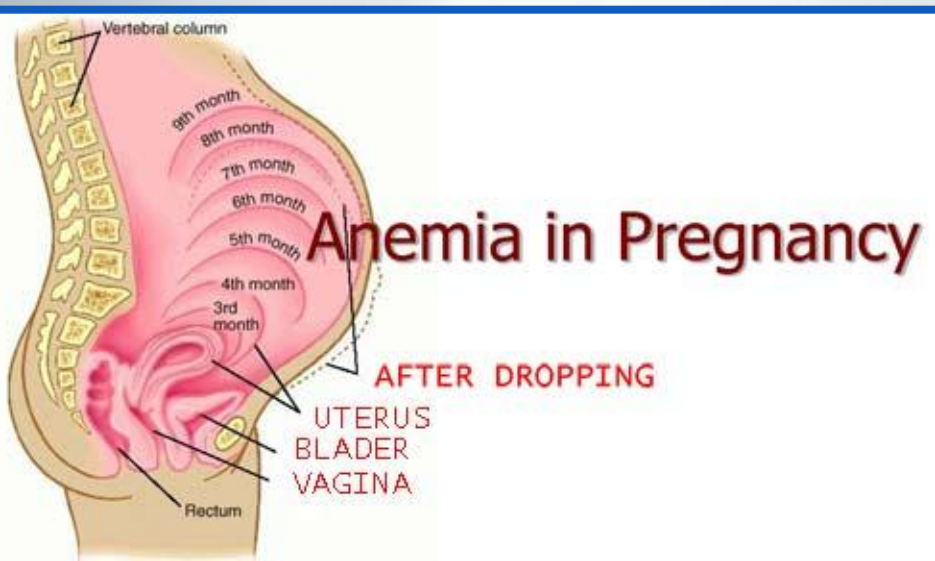
# FRUITS AND VEGETABLES

- Provide various vitamins and minerals, as well as fiber to aid digestion.
- Vitamin C, found in many fruits and vegetables, helps you absorb iron and promotes healthy gums.
- Dark green vegetables have vitamin A, iron and folate



# MEAT, POULTRY, FISH, EGGS AND BEANS

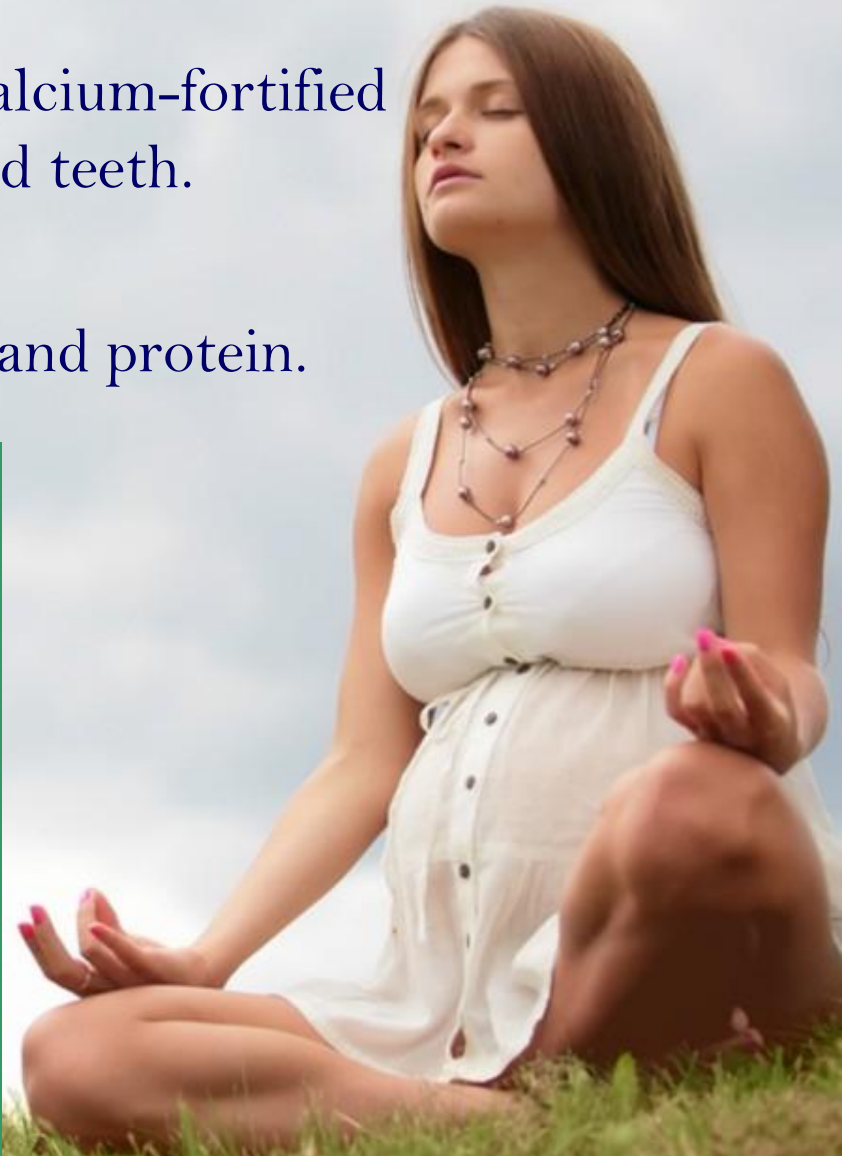
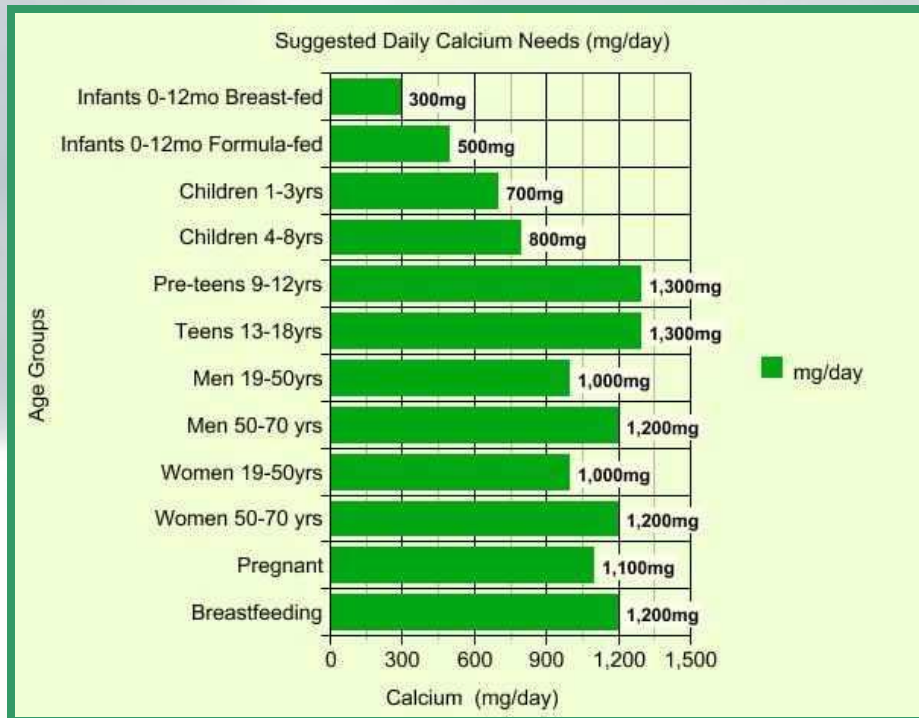
- Plenty of protein, as well as B vitamins and iron. Protein is crucial for baby's growth, esp during the second and third trimesters.
- Fish is an excellent source of protein as well as omega-3 fatty acids, which can promote your baby's brain development.
- Avoid fish that's potentially high in mercury,





# DAIRY PRODUCTS

- The calcium in dairy products and calcium-fortified soy milk helps to build baby's bones and teeth.
- Dairy products also have vitamin D and protein.



# FOODS TO AVOID DURING PREGNANCY

Understanding  
what foods  
to avoid  
during pregnancy  
can help to make  
the healthiest choices



# AVOID SEAFOOD HIGH IN MERCURY

- Some fish and shellfish contain potentially dangerous levels of mercury.
- Mercury could damage baby's developing nervous system.
- The bigger and older the fish, the more mercury it's likely to contain.
- The Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) encourage pregnant women to avoid:

Swordfish

Shark

King mackerel

Tilefish





# AVOID RAW, UNDERCOOKED OR CONTAMINATED SEAFOOD

**To avoid harmful bacteria or viruses in seafood:**


- Avoid raw fish and shellfish.
- Avoid refrigerated smoked seafood unless it's an ingredient in a casserole or other cooked dish. Canned and shelf-stable versions also are safe.
- Understand local fish advisories. If eat fish from local waters, pay attention to local fish advisories — especially if water pollution is a concern.
- Cook seafood properly.



## Choose Fish Low in MERCURY

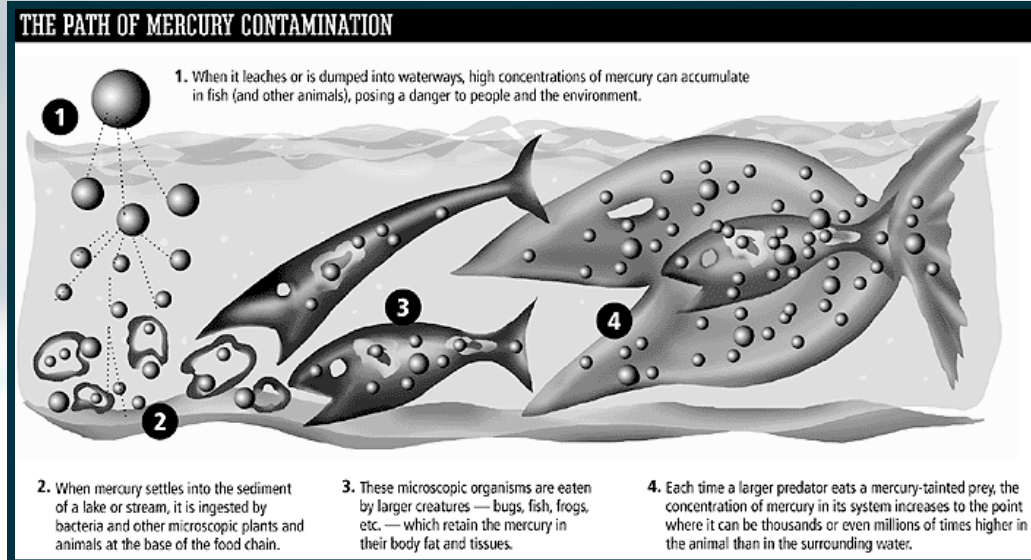
Mercury in fish can harm your family. Even small amounts of mercury can damage a fetus that is starting to form or grow. Pregnant women and children under 6 should only eat fish low in mercury.

Use this chart to quickly identify which fish are low and which fish are high in mercury. For detailed Safe Eating Guidelines, you can download a brochure from our website at: [www.gdhs.ca/ceh/hq/publicat/fish.htm](http://www.gdhs.ca/ceh/hq/publicat/fish.htm)

Fish You Buy		Fish You Catch	
<b>Atlantic Salmon</b>  Low Mercury Level	<b>Shellfish</b>  Low Mercury Level	<b>Atlantic Mackerel</b>  Low Mercury Level	<b>Brook Trout</b>  Low Mercury Level
<b>Flatfish &amp; Flounder</b>  Low Mercury Level	<b>Hake, Haddock, Pollock, Cod</b>  Low Mercury Level	<b>Landlocked Salmon</b>  Low Mercury Level	<b>Striped Bass</b>  Low Mercury Level
<b>Canned 'Light' Tuna</b>  Low Mercury Level	<b>Canned 'White' Tuna</b>  Low Mercury Level	<b>Brown Trout</b>  Low Mercury Level	<b>Lake Trout</b>  Low Mercury Level
<b>Tuna</b>  Low Mercury Level	<b>Halibut</b>  Low Mercury Level	<b>Largemouth Bass</b>  Low Mercury Level	<b>White Perch</b>  Low Mercury Level
<b>Swordfish</b>  High Mercury Level	<b>Shark</b>  High Mercury Level	<b>Smallmouth Bass</b>  Low Mercury Level	<b>Pickering</b>  Low Mercury Level

**Fish is good for you - Eat fish low in mercury!**  
Take this brochure for our Safe Eating Guidelines.

Bureau of Health  
Environmental Technology Program



# **AVOID UNDERCOOKED MEAT, POULTRY AND EGGS**

- Increased risk of bacterial food poisoning.

- To prevent food borne illness:

## **FULLY COOK ALL MEATS & POULTRY BEFORE EATING**

- Avoid refrigerated pates and meat spreads.

- Don't buy raw poultry that's been pre-stuffed.

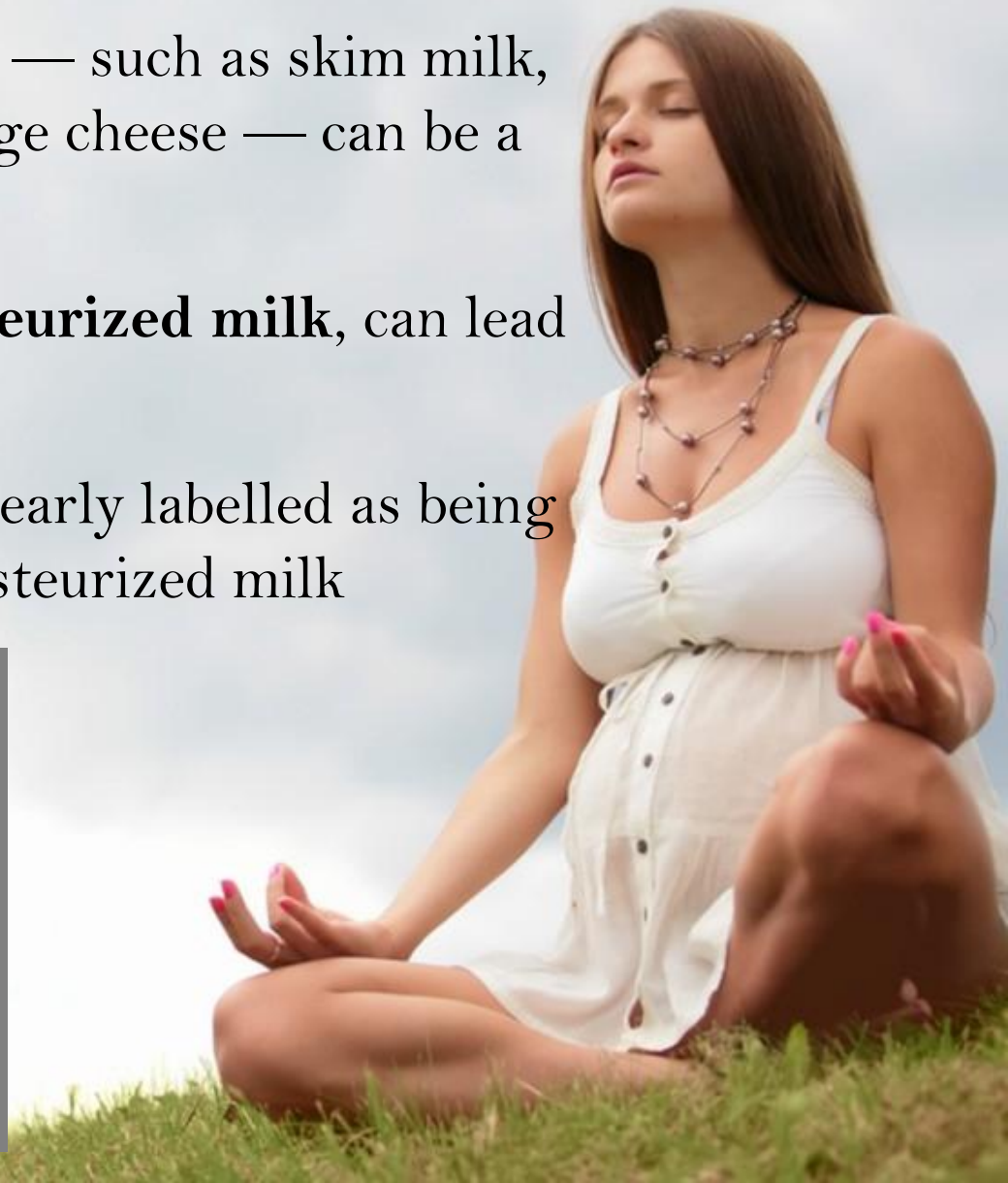
- Cook eggs until the egg yolks and whites are firm





## AVOID UNPASTEURIZED FOODS

- Many low-fat dairy products — such as skim milk, mozzarella cheese and cottage cheese — can be a healthy part of the diet.
- Food that containing **unpasteurized milk**, can lead to foodborne illness.
- **NO** soft cheeses unless are clearly labelled as being pasteurized or made with pasteurized milk



# AVOID UNWASHED FRUITS AND VEGETABLES

To eliminate  
any harmful bacteria,  
thoroughly wash  
all raw fruits and vegetables  
and  
cut away damaged portions.



# AVOID LARGE QUANTITIES OF VITAMIN A

- Do not take vitamin A supplements

## AVOID DIET PRODUCTS (DRINKS)





## AVOID EXCESS CAFFEINE

Caffeine can cross the placenta and affect the baby's heart rate.

Further research is needed, some studies suggest that drinking too much caffeine during pregnancy might be associated with an increased risk of miscarriage. Because of the potential effects on the developing baby, ideally limit the amount of caffeine to less than 200 milligrams a day during pregnancy.



# AVOID HERBAL TEA

There's little data  
on  
the effects of specific herbs  
on  
the developing fetus.



# AVOID ALCOHOL

- No level of alcohol has been proved safe during pregnancy.

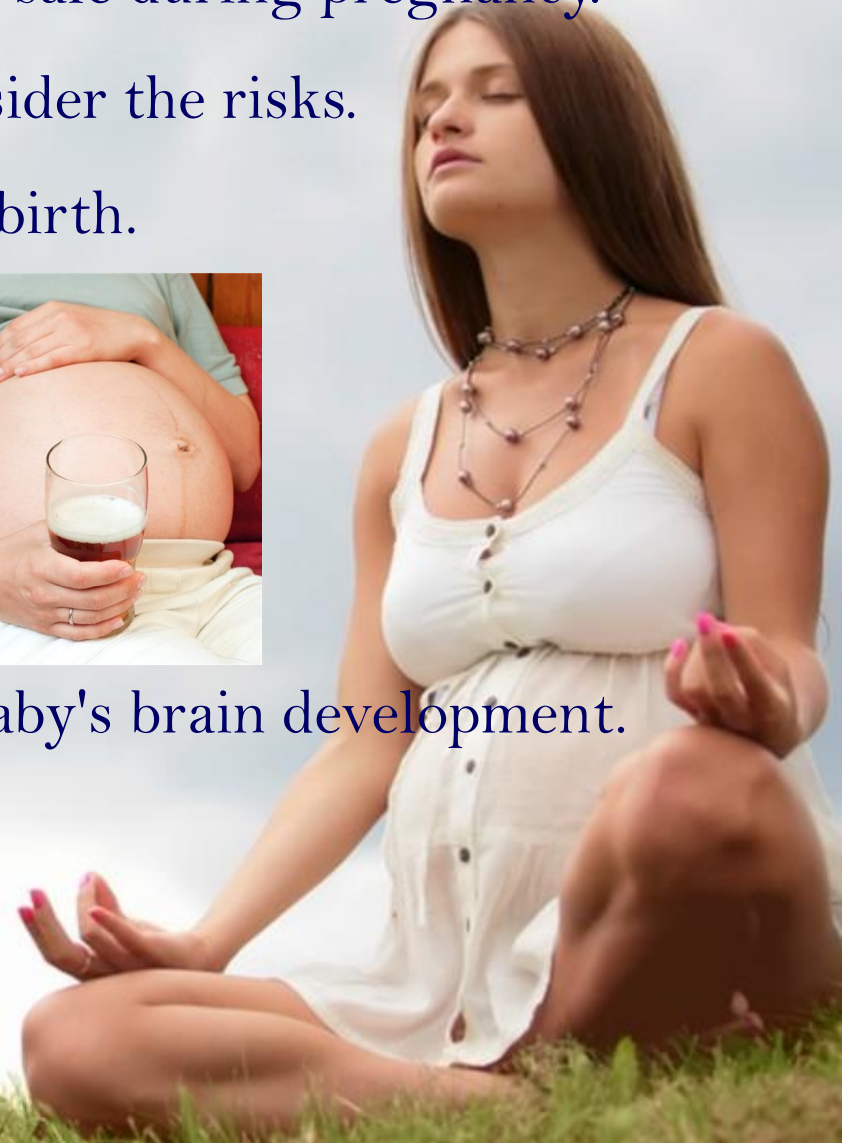
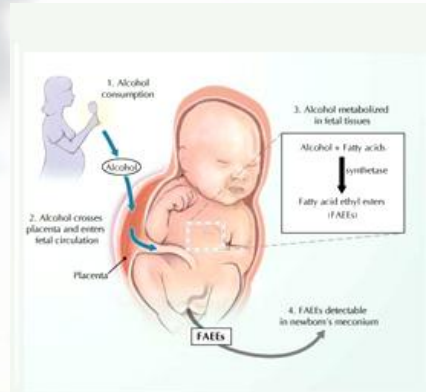
Safest avoid alcohol - Consider the risks.

- Higher risk of miscarriage and stillbirth.

- Fetal alcohol syndrome,  
Facial deformities,  
Heart problems,  
Low birth weight  
Mental retardation.



- Moderate drinking can impact on baby's brain development.

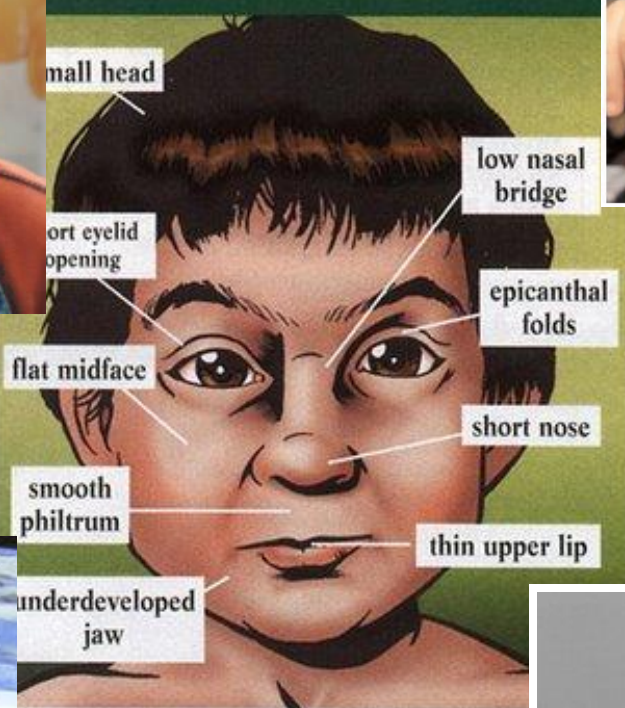




# FETAL ALCOHOL SYNDROME



## AS Facial Characteristics



# NUTRITION DURING LABOUR

- Most hospitals restrict women to sips of fluid or ice chips during childbirth.
- Practice, which dates back to 1940s, is intended to prevent aspiration in need G.A.
- (ACNM) American College of Nurse- Midwives challenges this restrictive policy toward drinking and eating during labour.
- Guidelines are needed on what food to consume during labour
- Women at risk of aspiration – avoid food intake





# NUTRITION DURING BREASTFEEDING

## NUTRITION AND BREASTFEEDING



*H*ave you heard that a breastfeeding mother should eat a perfect diet or that she should avoid certain foods?

In truth, there are no "diet rules" for breastfeeding mothers. You don't have to change your eating habits in order to give your baby the best.



LA LECHE LEAGUE  
INTERNATIONAL





# NUTRITION DURING BREASTFEEDING

WHO Child Growth Standards



[www.who.int/nutrition](http://www.who.int/nutrition)

## WHO Child Growth Standards

Patrones de crecimiento  
infantil de la OMS

Стандартные показатели ВОЗ  
в области развития ребенка

Normes OMS de croissance de l'enfant

معايير منظمة الصحة العالمية لنمو الطفل

世界卫生组织儿童生长标准



A collage of three images. The top left shows a pregnant woman with blonde hair, wearing a white shirt, eating a carrot. The top right shows a heart-shaped arrangement of various fruits and vegetables, including broccoli, green grapes, green apples, red apples, red bell peppers, orange carrots, and red radishes. The bottom right shows a woman with blonde hair, wearing a grey sweater, holding a baby who is wearing a pink headband and a white sweater.

