

# I'm pregnant! What should I eat?



## APPROPRIATE WEIGHT GAIN

"Eating for two" doesn't mean eating twice as much

Increase **200-300 kcal** per day:

= 1 bowl of yoghurt + 1 apple + 1 banana

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= 2 whole grain crackers + 1/2 avocado

Opt for healthy options



Try to avoid



## BALANCED DIET = HEALTHY DIET

Bread, cereals, pasta and rice	Fruits and vegetables	Meat, fish, legumes, eggs, nuts and poultry	Oils and fats	Dairy
<p>Choose <b>whole grain</b> products</p> <p><b>CARBOHYDRATES + FIBRE + BIOACTIVE COMPONENTS (B VITAMINS)</b></p>	<p><b>5 servings a day!</b> "Eat the rainbow": Combine different colors</p> <p><b>VITAMINS + MINERALS + FIBRE + BIOACTIVE COMPONENTS</b></p>	<p>Choose <b>lean meat</b>, avoid processed meat and try to include legumes and nuts too</p> <p><b>PROTEINS + IRON + EPA &amp; DHA + VITAMIN D</b></p>	<p>Choose liquid <b>vegetable oils</b> rather than hard animal fats</p> <p><b>HEALTHY FATS (MONO AND POLYUNSATURATED FATS)</b></p>	<p>Choose <b>semi-skimmed or low-fat</b> dairy products</p> <p><b>CALCIUM + PROTEINS</b></p>

**FOLATE/FOLIC ACID  
VITAMIN D  
IRON**

### IMPORTANT NUTRIENTS TO WATCH

#### FOODS TO LIMIT

**Caffeine (max 1 cup/day)**  
Herbal tea with fennel, licorice root or anise (max 2 cups/day)  
Food high in salt, saturated fats and sugar

#### FOODS TO AVOID

**Alcohol**  
**Raw or undercooked food:** meat, fish, eggs, shellfish  
**Large fish** (pangasius, tuna, king mackerel, swordfish, shark, and eel)  
**Unpasteurized milk and cheese**  
**Products made from liver** (sausage, pâté)

# Remember

## EXERCISE



Keep on moving!  
2,5 h/week of  
moderate-intense activities

## DRINK



1,5 - 2 L/day of fluids,  
preferably water!

## VEGETARIAN



A vegetarian lifestyle and pregnancy are totally compatible!  
It is important to make sure your diet contains enough iron,  
calcium, and vitamin B<sub>12</sub>. Try to specifically select products  
naturally rich in these nutrients or products that are fortified

## BE SAFE!



Wash your hands,  
fruits and vegetables  
before cooking



Make sure your  
food is properly  
heated



Separate raw  
products from those  
already cooked



Store leftovers  
for a max. of  
2 days at 4°C

# Reduce discomforts: check out these tips!

1<sup>st</sup> trimester

2<sup>nd</sup> trimester

3<sup>rd</sup> trimester

### CONSTIPATION

Eat fiber-rich foods, drink 1,5-2 L of water a day and practice light exercise.

### NAUSEA

Eat smaller and frequent meals, nutritious carbohydrate-rich foods with a plain taste (crackers, toast...), eat something small before getting out of bed, avoid sugary and fatty foods and try ginger!

### HEARTBURN

Avoid fatty, spicy and acidic foods, try to eat small and frequent meals, take your time for a meal, chew slowly and sit up straight.

### SWELLING

Ankles, hands and face commonly swell. To avoid it don't sit still for long periods, drink plenty of water and elevate your legs when you sit down.