

TUCKER TALK TIPS

# HEALTHY EATING DURING PREGNANCY

MY MESSAGE TO YOU



## WHY IS GOOD NUTRITION IMPORTANT?

A pregnant woman needs to look after her health so the baby can grow and develop well and also to cope with the extra demands on her body from being pregnant. This does not mean that she needs to eat for two. It is the quality of what she eats, not the quantity that matters.

## WHAT SORT OF FOODS SHOULD A PREGNANT WOMAN EAT?

**FOLATE** is very important to help prevent birth defects.

Folate can be found in green leafy vegetables, baked beans, some breakfast cereals, oranges, strawberries and bananas. Folate tablets are recommended if you are thinking of getting pregnant and for the first 3 months of pregnancy.

**IRON** is needed to make extra blood for both mother and baby.

You can get iron from lean meat, kangaroo, chicken and baked beans.

You may also need to take iron tablets while you are pregnant, ask your doctor.

**IODINE** is important for the baby's brain development.

You can get iodine from eggs, meat, bread, dairy and fish. If you use salt, the best choice is iodised salt.



## KEEPING FOOD SAFE

Food safety is very important when you are pregnant. This is because bacteria in food that are not normally harmful can cause miscarriages or other problems for the unborn baby. To avoid any problems, make sure that you always:

- wash your hands before handling food
- wash fruit and vegetables before you cook or eat them
- try to eat freshly prepared foods
- heat food until it is steaming hot.

## WHAT SORT OF FOODS SHOULD A PREGNANT WOMAN AVOID?

Some foods are more likely to carry bacteria. These foods should be avoided during pregnancy and include:

- soft cheese such as brie, camembert, ricotta or feta
- unpasteurised milk
- pate
- raw or undercooked meat, fish or eggs
- pre-prepared salads
- cold smoked meat or fish
- cold cooked chicken
- soft serve ice cream.

Alcohol should also be avoided during pregnancy, because it can harm your unborn baby.

