



This brochure has been created in conjunction with a qualified clinical nutritionist. For more menu ideas, or to simply learn more about healthy eating, visit Virginnia at Nourishing Pantry.

www.nourishingpantry.com.au



62 Strathallen Avenue
Northbridge, NSW 2063 Australia
P: (02) 9958 0400
F: (02) 9967 3220

www.sailorsbaydentistry.com.au



Oral Health &
Healthy Eating
for **PREGNANCY**

Congratulations!

When you're expecting, you'll be making nutrition choices for both yourself and your new baby. What you eat and drink has never been more important for your health and the health of your child.

Emphasis should be on whole foods as close to their natural state as possible – avoiding processed foods will help you avoid additives, preservatives, excess sugar, salt and empty calories.

EAT:

- ▶ At least two servings per day of meat (preferably grass fed), small fish, beans, lentils and eggs (organic and free range) for protein and iron.
- ▶ Eat a variety of vegetables and fruits, all different colours and textures.
- ▶ Two servings of dairy products daily. Tinned sardines and salmon (with bones), broccoli and almonds also provide calcium for bone and teeth development.
- ▶ Wholegrain foods such as quinoa, wild rice, millet and oats will provide folate and fibre, as will legumes, beans and leafy greens.
- ▶ Eat small fish, walnuts, flaxseeds, chia seeds, soy and linseed bread - these contain omega 3 essential fatty acids, which are critical for brain development.
- ▶ Drink water, which helps reduce nausea and cravings. Add mint, basil, ginger or lemongrass to a jug of water or try fruit based teas. Tap water is a great option as it contains fluoride.

LIMIT:

- ▶ High fat or processed foods - especially those that contain trans fats.
- ▶ Foods with lots of sugar such as biscuits, cakes, muffins, banana bread and fruit juices.
- ▶ Caffeine/Alcohol



Morning sickness

Eating small meals will help stabilise blood glucose levels and may reduce nausea. Include protein with each snack: for example, nuts, boiled egg, wholegrain toast with avocado and tuna or salmon, full fat yoghurt (has less sugar than low fat), hard cheese or bowl of soup. Starchy foods such as plain rice, crackers or dry toast may also help – however, they are also low in essential nutrients.

Cravings & reflux

Cravings very rarely indicate a deficiency. Remember that you are not really eating for two; there is no need to significantly increase your kilojoule intake.

If you suffer from heart burn and acid reflux, avoid the following foods which may exacerbate the problems: coffee, carbonated drinks, citrus fruits, acidic or spicy foods and chocolate. It is also best to avoid drinking large amounts of water with meals. It may help to eat smaller meals, chew sugar free gum or eat a small serving of dairy to relieve symptoms.

➔ *See insert for your customised pregnancy menu*

