Nutritional advice for pregnant women

1. A healthy and varied diet with the Wheel of Five

When you are pregnant, your **daily** intake should look more or less like this:

- 250 grams (5 serving spoons) of vegetables
- 2 portions of fruit
- 4-7 brown or wholemeal sandwiches
- 200-250 grams (4-5 serving spoons) of wholemeal grain products
- or 4-5 potatoes
- 40-50 grams of soft and liquid fats (e.g. low-fat margarine from a tub or oil)
- 1.5-2 litres of water or tea
- 40 grams of cheese, for 1-2 sandwiches
- 3-4 portions of dairy (e.g. a glass of semi-skimmed milk or a small bowl of semi-skimmed yoghurt)
- 25 grams (a handful) of unsalted nuts

Weekly intake:

- 2 portions of fish (100 grams each)
- 2-3 serving spoons of legumes
- A max. of 500 grams of meat
- 2-3 eggs

Are you worried that you aren't getting the nutrients you need? If you want to take a pregnancy **multivitamin**, check the label to see if it contains the nutrients you need in sufficient amounts.

2. Eat fish twice a week

Eat oily fish once a week
(e.g. salmon or trout)

Eat white fish once a week
such as haddock or plaice

If you find it difficult to do this, take an omega-3 (fish) fatty acid supplement with 250-450 mg of DHA every day.

Always cook fish thoroughly.

It's better to avoid fish like tuna, mackerel, sardines and shrimps because these contain too many harmful substances.

3. Eat plenty of products with calcium, iodine and iron

Eat 4-7 sandwiches for iodine

If you find it difficult to do this, take a supplement containing a maximum of 200 µg of iodine every day.

Have 3-4 portions of dairy for calcium

If you find it difficult to do this, take a supplement containing 1000 mg of calcium every day from your 20th week of pregnancy onwards.

Eat fish, chicken, meat, vegetables and wholemeal grain/cereal products for iron

If your iron levels are too low, your midwife or gynaecologist will prescribe you a supplement.

4. Take a folic acid and vitamin D supplement

In addition to a healthy diet, you will need to take 2 supplements during your pregnancy:

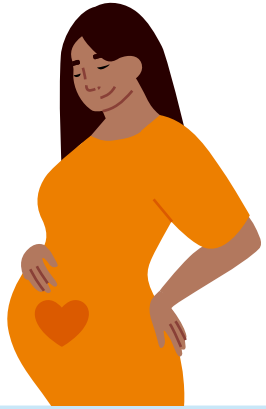
Vitamin D

Take 10 µg a day throughout your pregnancy.

Folic acid

Take 400 µg a day, starting at least 4 weeks before you become pregnant and stopping 10 weeks into your pregnancy.

Cheaper generic brands are the same quality as more expensive high-end brands.



5. Avoid eating and drinking some products in excess or avoid them entirely

You will be able to carry on eating and drinking most things during your pregnancy. But there are some products that you should cut down on or avoid altogether.

Avoid these entirely

Alcohol

Liver

Certain herbal teas (like fennel, aniseed and cinnamon tea)

Avoid eating and drinking these in excess

Caffeine (e.g. in coffee, tea and energy drinks)
No more than 2 cups of coffee per day

Liquorice (e.g. in liquorice tea and liquorice sweets)
No more than 2 cups of liquorice tea per day

Liver products (e.g. pâté)
No more than 1 sandwich with liver pâté per week

Soy (e.g. soy drink and soy yoghurt)
No more than 4 glasses or small bowls per day and 2 soy products, such as tofu and tempeh, per week

6. Eat safely during your pregnancy

You will be more sensitive to food-borne infections when you are pregnant. That makes the 3 points below extra important:

Good hygiene

For example, wash your hands with soap and water before you cook and eat.

Store food properly

Set your fridge thermostat to the right temperature: 4 °C. Eat chilled fresh produce by the best-before date or within 2 days of opening.

Cook raw animal products thoroughly

For example, raw-milk soft cheeses and raw meat and fish. This is the only way to protect yourself from infections with listeria and toxoplasmosis.

Want to know more?
www.voedingscentrum.nl/zwanger

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