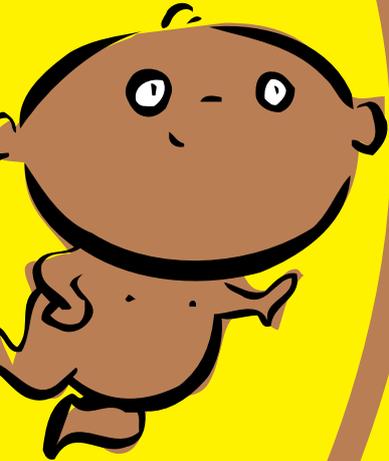


Bump 2 Baby

A short guide to eating well during pregnancy and breastfeeding



A (pregnant) pause for thought!

Eating a well-balanced diet is important for health, whatever your age.

It is doubly important to eat a healthy diet if you are pregnant (or planning to have a baby in the near future).

This is because your baby can reap the benefits of your healthy diet while he or she is growing in your womb.

This little guide, based on current government advice, covers the basics about eating well during pregnancy. The best people to give you more detailed advice are your doctor, midwife and dietitian.



Nourishing notes

The good news is that a healthy diet for pregnant women is similar to a healthy diet for everyone; there are just a few additional important things to bear in mind.

**If you eat a well-balanced diet already – that's great.
Keep it up.**

If you don't eat as well as you could, this is a really good time to start thinking about your diet.

3 Healthy diet guide

A healthy diet is made up of a variety of foods from each of the first four food groups.

Foods from the fifth food group should only be eaten in small amounts or as a treat.

Food group	Examples	Quantity
1 Bread, rice, pasta, potatoes and other starchy foods	Bread, breakfast cereals, potatoes, rice, pasta, couscous, cornmeal, yams and sweet potatoes	Make these a main part of every meal and eat wholegrain or high-fibre varieties when you can
2 Fruit and vegetables (fresh, frozen, tinned, dried)	Oranges, apples, bananas, mangoes, carrots, peas and tomatoes	Try to eat at least five servings a day
3 Milk and dairy	Milk, cheese, yogurt and fromage frais	Three servings per day will provide enough calcium and iodine to meet your requirements.
4 Meat, fish, eggs, pulses and other non-dairy sources of protein	Beef, lamb, pork, chicken, beans, lentils, nuts, eggs and fish	Eat some protein every day. Try to eat two portions of fish every week, and to make one of these oily fish (see page 6)
5 Foods and drinks high in fat and/or sugar	Crisps, fizzy drinks, chocolate, sweets, margarine, cakes, pastries and biscuits	Not part of a healthy diet as they are high energy, low nutrient foods

If you follow the table, you and your baby should get all the protein, vitamins, minerals and essential fats – omega 3 and 6 – you need, except for vitamin D and folic acid which you can get from a supplement.

A sandwich filled with grated cheese, tuna, lean ham or salmon, and salad

A glass of milk

Chapatti and dahl

A piece of fresh fruit

A low-fat yogurt or fromage frais

A bowl of unsweetened breakfast cereal with low-fat milk

A bowl of vegetable soup with bread

Baked beans on toast

A jacket potato with reduced-fat hard cheese



Nourishing
hiddles



Mighty Minerals

Iodine

Iodine is needed for normal cognitive and neurological development and function, as well as normal growth of the baby.

Milk and yogurt are good sources of iodine. Three portions of these per day will provide enough iodine to meet your requirements.

Other foods that can help towards calcium intake include white bread, some types of nuts and seeds, green leafy vegetables, some types of beans and peas and tinned fish with bones (like sardines and pilchards).

Calcium

Calcium is needed for building strong bones and teeth.

Consuming a glass of milk, a pot of yogurt and a small piece (about the size of two thumbs) of hard cheese everyday will help provide most adult pregnant mums with enough calcium. Teenage mums need more calcium to meet their needs.

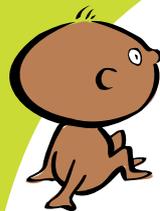
Mighty Iron

Iron

If your diet is lacking in iron, you may get very tired and become anaemic.

A good source of iron is red meat e.g. beef and lamb. Try to eat lean versions or trim the fat.

Alternatively, foods such as green leafy vegetables, breakfast cereals with added iron, eggs, beans, lentils and nuts also contain some iron. To make the most of iron, eat these foods with vitamin C-rich foods (e.g. kiwis, tomatoes) at the same meal, as vitamin C boosts iron uptake. Avoid drinking tea or coffee at mealtimes as they can reduce iron absorption.



Vital Vitamins

Folic acid (Folate)

Ideally, you should take a 400 microgram folic acid tablet every day from the time you start trying to conceive until the 12th week of pregnancy. This may help reduce the risk of neural tube defects (NTD) such as spina bifida. If you or your partner have a family history of NTD, or you're taking anti-epileptic medication or you're diabetic speak to your GP as you may need a higher dose.

It is also a good idea to eat foods that are high in folate (e.g. green leafy vegetables) or foods with added folic acid (e.g. some breakfast cereals) - check the label to see if they contain folic acid.

Vitamin D

Pregnant women are advised to take a supplement of 10 micrograms of vitamin D daily. Vitamin D supplements are available in pharmacies and under the Healthy Start Scheme - contact your midwife or GP for advice.

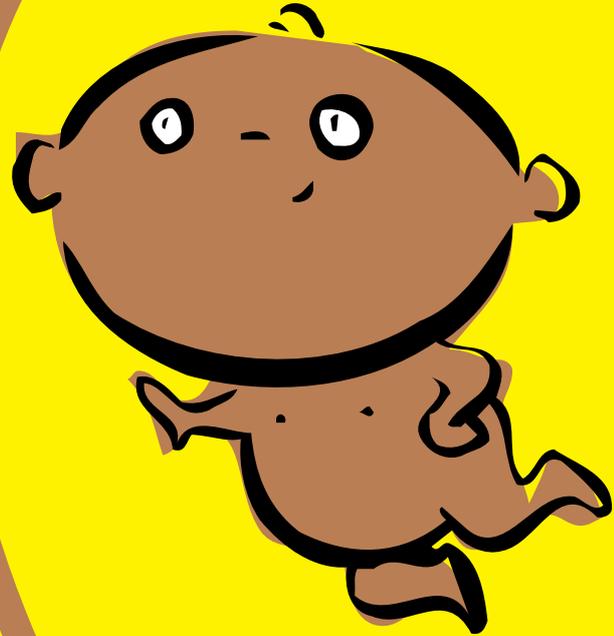
Getting outdoors regularly in the spring and summer will also help keep your vitamin D levels topped up. Most of our vitamin D comes from the action of summer sunlight on our skin. Only use sun cream to prevent burning as sun screens stop your skin making vitamin D.

You can also get vitamin D from oily fish (e.g. mackerel, salmon, trout and sardines), eggs and foods with added vitamin D.

Oily fish also provides essential fatty acids. Eat one or two (but no more than two) portions a week.

Food Thought

The yes/no guide
to eating during pregnancy



Foods to avoid

Foods high in vitamin A

Liver, liver sausage, and pâté, fish liver oil supplements or any supplements containing vitamin A and high-dose multivitamin supplements.

All types of pâté

Soft cheese with blue veins

e.g. Danish blue, Roquefort, Gorgonzola

Mould-ripened cheese

e.g. Camembert, Brie, Chevre (unless cooked thoroughly)

Uncooked or undercooked ready meals

Undercooked poultry

Raw and undercooked meat, game, poultry

Unpasteurised goat's, sheep's and cow's milk or foods made out of them

e.g. soft goat's cheese

Unwashed fruit and vegetables

Raw shellfish

e.g. oysters

Shark, swordfish and marlin

Raw fish sushi (when the fish used to make it has not been frozen first – ask in restaurants)

Reason for avoidance

< May contain too much vitamin A

Very high levels of vitamin A could be harmful to your unborn baby.

< Risk of listeria

Listeria is a bug that can lead to miscarriage or severe illness in the newborn. Thankfully it is very rare.

< Risk of salmonella

These foods are best avoided when pregnant as salmonella is a common cause of food poisoning.

< Risk of toxoplasmosis

Toxoplasmosis is caused by a bug that has been found in raw meat and cat faeces in cat litter and soil. This infection has been known to cause harm to the unborn baby. Thankfully it is very rare.

< Risk of food poisoning

< Contains higher levels of mercury

This can be harmful to an unborn baby's nervous system.

< May contain a small parasitic worm

These can make you ill.

Foods that are similar but OK to eat

Any other red meat

Cold roast beef or ham

Cheese without blue veins

e.g. Cheddar, Double Gloucester, Cheshire, Red Leicester

Cheese without a mould rind

e.g. Mozzarella, cream cheese, cottage cheese, soft herb and garlic cheese, cheese spread triangles

Ready meals that are cooked thoroughly until they are piping hot

Well-cooked poultry (with no traces of pink or blood)

Well-cooked meat, game, poultry and cured meat*

Pasteurised or UHT milk, yogurt (including bio-yogurt)

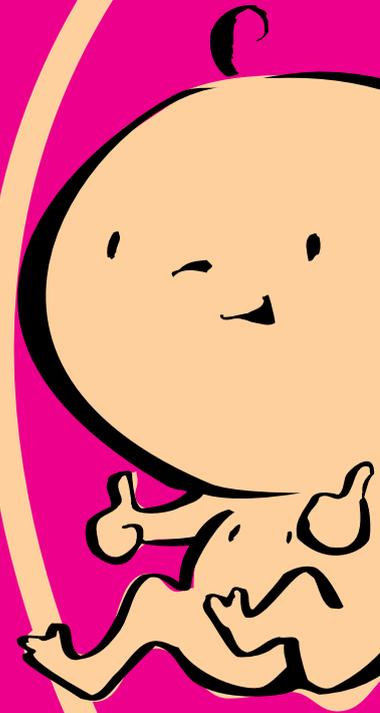
Washed fruit and vegetables that are free of soil

Cooked fish and well-cooked shellfish

Other cooked fish

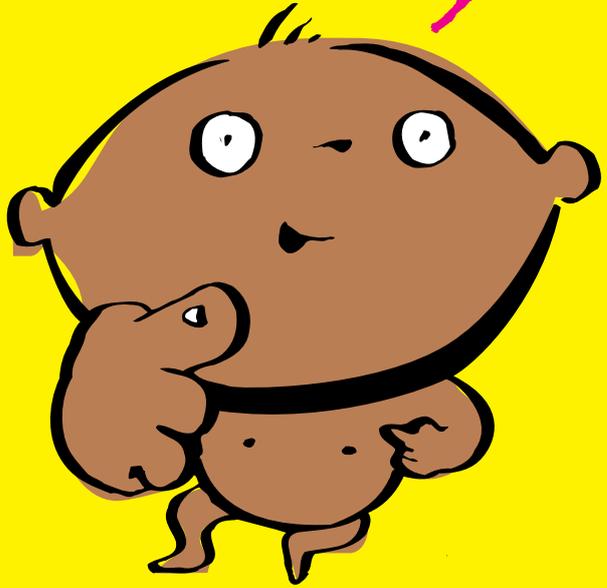
Tuna (no more than 2 steaks or 4 medium-sized tins a week)

Ready-made sushi that you can buy in supermarkets (it is a requirement that the raw fish used to make it must have been frozen first)



*If you plan to eat cured meat cold then freeze it for four days before eating; this kills most parasites. If you are concerned you may choose to avoid cold cured meat.

What about you?



Phew! With the birth to get over, a new baby to look after and disturbed sleep – you’ve got a lot on your plate. With so much to do, you need to look after yourself.

Eating a healthy diet is important because it will help your body to cope.

What is a healthy diet for a new mum?

A healthy diet for a new mum is very similar to a healthy diet for all.

Breastfeeding will probably make you a bit thirstier and a bit hungrier than usual.

Don’t just rely on tea or coffee to quench your thirst. Enjoy a refreshing glass of water or milk.

Be guided by your appetite, fill up on the good stuff – do not restrict food intake or limit the variety of foods, particularly when breastfeeding, as this could result in a low intake of important nutrients.

Don’t forget to take a supplement of 10 micrograms of vitamin D daily especially if you are breastfeeding.

Mini bites for mighty mums

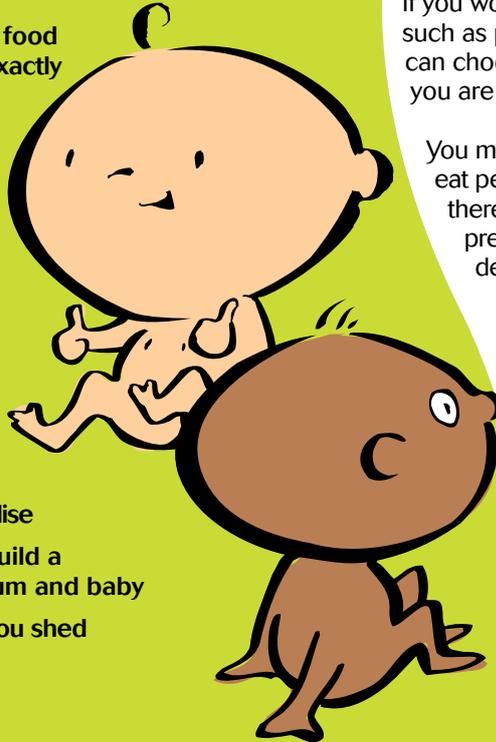
- Toasted fruit bread with soft cheese
- Fruit with low-fat plain yogurt or fromage frais
- Scrambled eggs or sardines on toast
- Pitta bread and chicken salad
- Mini pasta bowl
- Bowl of wholegrain cereal with low-fat milk



Why is breastfeeding 'simply the best'?

There are lots of reasons. Here are a few:

- breastmilk is the **perfect** food for a baby – it contains exactly what he or she needs
- it helps to **protect** a baby from infection
- breastmilk is **easy** for a baby to digest
- it is **hygienic** and **fresh**
- breastmilk can help to **protect** a baby against developing eczema and asthma
- with breastfeeding, there are no feeds to prepare or bottles to sterilise
- breastfeeding helps to build a **strong bond** between mum and baby
- breastfeeding may help you shed the **extra baby weight**.



Pregnancy & breastfeeding

Your questions answered

Should I avoid peanuts?

If you would like to eat peanuts or foods containing peanuts, such as peanut butter, during pregnancy and breastfeeding you can choose to do so as part of a healthy balanced diet unless you are allergic to them.

You may have heard in the past that some women chose not to eat peanuts. However, government advice changed because there was no clear evidence that eating peanuts while pregnant or breastfeeding affects your baby's chances of developing a peanut allergy.

Should I avoid milk and dairy?

Mums-to-be should only avoid dairy if they have a medically diagnosed cow's milk allergy. Breastfeeding mums should only avoid it if they or their baby have a diagnosed cow's milk allergy.

It is important to get enough calcium to help build strong healthy bones in your baby. Milk, hard cheese and yogurt all provide calcium in addition to providing a whole package of other important nutrients including protein, potassium, iodine and many of the B vitamins. If you are breastfeeding you'll need even more calcium than when you were pregnant, so make sure you have enough calcium-rich foods in your diet.

Is yogurt safe?

Yogurt is made from heat-treated milk. The bacteria that are added are a special 'friendly' type that are not harmful. So it's safe and nutritious.

Can I drink alcohol?

The advice surrounding drinking alcohol has recently changed for the entire population. The guidance is that pregnant women should avoid drinking any alcohol at all to keep the risks to your baby to a minimum. The more you drink the greater the risk to your baby.

**What if I've already drunk alcohol in pregnancy?**

If you find out you're pregnant after having drunk alcohol early in the pregnancy you should avoid drinking further. If you're concerned, talk to your doctor or midwife.

Should I avoid caffeine?

Caffeine can be consumed in moderation in pregnancy, but no more than 200mg of caffeine per day (that's 2 mugs of instant coffee or tea or 1 mug of filter coffee). Be careful as some coffee from coffee shops may have higher amounts of caffeine.

Can I drink herbal tea?

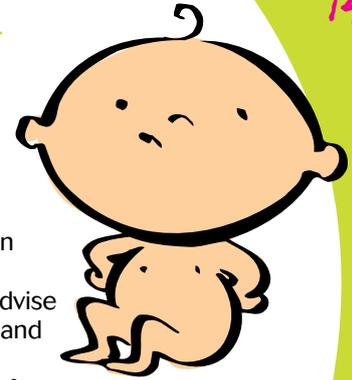
You can drink these in moderation; no more than four cups a day. And stick to those made with ingredients that are a normal part of the diet – for example mint or blackcurrant tea.

Remember, as well as tea and coffee, some soft drinks like cola and energy drinks can contain a lot of caffeine. Consuming caffeine when you are breastfeeding can make your baby unsettled, so only drink these occasionally. Try

decaffeinated coffee and tea, or a glass of ice-cold milk instead.

I think I've put on too much weight, should I go on a strict diet?

When it comes to putting weight on during pregnancy – all women are different. Your doctor and midwife are the best people to advise you. Be guided by your appetite and don't try and 'diet' whilst you are pregnant or breastfeeding. Try to focus on eating a healthy balanced diet and drink plenty of fluids. Fill up on the good stuff – foods from food groups 1 to 4 listed on page 3 of this booklet.

**How can I stop feeling constipated?**

Think fibre, fluid and activity. Eat plenty of high-fibre food such as wholemeal bread, high-fibre breakfast cereals, baked beans, fruit and vegetables and drink plenty of liquid. Keeping active is also important.

I've heard oily fish is good for me and my baby, but what is it and how much should I have?

We should eat at least one portion of oily fish a week. These include mackerel, pilchards, salmon, sardines, trout, fresh tuna and whitebait. Tinned tuna does not count as oily fish. If you are pregnant or breastfeeding only eat up to two portions of oily fish a week.

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For details on additional information sources please contact The Dairy Council

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