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# PREGNANCY

## • CS#1 NUTRITION •

**Did you know?**  
You are only required to increase your intake by 1000kJ per day while pregnant.

It is important to stay well and active during pregnancy. Steady weight gain is normal but a healthy weight gain will depend on the mother's weight before she is pregnant.

A pregnancy diet needs to include:

- carbohydrates
- protein
- iron
- iodine, and
- folate.

Green, leafy vegetables help increase folate and iron. Milk, yoghurt and cheese are good sources of calcium, protein and vitamin D. Prenatal vitamins may also be needed.

Gestational diabetes is abnormally raised Blood Glucose Levels that occur around the 24th-28th week of pregnancy. A healthy low fat, low sugar diet and regular exercise can help reduce blood sugar levels.

**Did you know?**  
Sucking on something sour, like a lemon, can help with morning sickness.

# HEALTHY EATING PREGNANCY

• CS#1 NUTRITION •

## Do:

- Have small frequent meals and include high fibre foods to help control blood sugar levels and constipation.
- Eat 3 servings of protein, 6 or more servings of whole grains, 5 or more servings of fruit and vegetables and 3 or more servings of dairy products per day.
- Drink plenty of water.
- Aim to do at least 30 minutes of light to moderate exercise every day.
- Visit your doctor regularly during your pregnancy.

## Don't:

- Drink any alcohol during pregnancy.
- Drink more than 2 cups of coffee or 4 cups of tea per day.
- Eat raw meats, soft cheeses, raw or undercooked eggs, fish with high mercury content or food from buffets.
- Eat too many foods with little nutritional value, such as lollies, chocolate, soft drinks or cakes.
- Eat foods high in saturated fats, such as fried food or hot chips.
- Go on any diets during pregnancy.

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