

Jamison: Patient Education and Wellness

HANDOUT 9.11: DIETARY WELLNESS PROTOCOL DURING PREGNANCY

Tips for food selection

<http://www.webmd.com/video/pregnancy-vitamins>

<http://www.webmd.com/diet/guide/pregnancy-superfoods>

<http://www.webmd.com/baby/guide/pregnancy-healthy-eating>

DIETARY AIMS

I avoid all over-the-counter and social drugs but consider iron, folic acid and calcium supplements

I limit my caffeine and herbal tea intake

I get enough folate by eating spinach, broccoli, kidneys and nuts to a combined total weight of 400 g

I have three or four protein serves a day from meat, fish, beans, nuts, eggs

I have two or more fish meals each week and select small coldwater fish, e.g. sardines, shrimp, salmon. I avoid albacore tuna, swordfish, shark, king mackerel or fish with possible high levels of mercury

I eat only adequately cooked meat, poultry, fish and eggs

I have four or more serves of low-fat dairy products each day

I avoid unpasteurized dairy products

I have seven servings of vegetables and fruit

I have 6–11 serves of whole grains – breads and cereals

I eat complex carbohydrates in preference to refined processed foods

I have 4 teaspoons of fat and use olive oil in preference to margarine or butter

I select nutrient-dense foods

I avoid energy-dense foods

I control my weight gain*

CURRENT	INTENDED	ACHIEVED
Insert details of present activity	Insert date at which intended activity will be achieved	Insert progress report on new exercise behaviour

*Weight gain during pregnancy should be between 9 and 13 kg – an additional 334,880 kJ (80,000 kcal). After the first month, this amounts to 1255 kJ (300 kcal) per day. Dietary restriction limited to the first half of pregnancy may result in a normal-weight offspring; dietary restriction during the second half of pregnancy results in a lower than average birth weight infant. Therefore: ingest an additional 600 kJ per day during the second and third trimesters of pregnancy. Increased energy consumption during pregnancy should be derived from calcium, iron and folate nutrient-dense foods.

BE AWARE

<http://www.webmd.com/video/mom-diet-affect-child-risk-heart-disease>

<http://www.webmd.com/video/folic-acid-birth-defects>

<http://www.webmd.com/video/pregnancy-vitamin-d>

<http://www.webmd.com/video/mercury-seafood>

<http://www.webmd.com/baby/guide/prenatal-vitamins>