

# Healthy eating for pregnancy

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If you're pregnant, aim for 2 serves of fruit; 5 serves of vegies; 2½ serves of dairy or alternatives; 8½ serves of grains; and 3½ serves of lean meats, nuts and legumes.

You don't need to eat a lot more. Aim to increase your nutrient intake by eating a wide variety of healthy foods, including lots of water and wholegrains.

In pregnancy, there's no need to avoid allergenic foods that you're not allergic to – for example, peanuts or eggs.

## Important nutrients in pregnancy



Options for extra **calcium** in pregnancy include low-fat milk, yoghurt, hard cheeses and fortified soy drinks.

For **protein**, try lean meat, cooked eggs, salmon or tuna, beans, nuts, lentils, chickpeas and tofu.

Foods with **iron** include lean red meat and canned tuna. Foods with **iron and folate** include beans, green leafy vegetables, tofu, fortified breakfast cereals, wholegrain foods and nuts.

## Foods to avoid in pregnancy



Limit fish high in mercury, like flake and marlin, to 1 serve a fortnight. Limit caffeine.

Reduce **listeria** and **salmonella** risk by avoiding ready-to-eat chilled food, soft cheeses, raw eggs and undercooked food, especially meat. Store and prepare food hygienically.

Limit the amount of sugary and fatty foods that you eat. Never drink alcohol when pregnant.