

NUTRITION AND PREGNANCY

GOOD NUTRITION DURING PREGNANCY

Adequate nutrition during pregnancy is essential to optimise maternal health and the health of the developing child. Eating a healthy and well balanced diet is therefore important throughout pregnancy and lactation.

Pregnancy and lactation increase a woman's requirements for key nutrients such as energy,

protein, omega-3 fatty acids and most vitamins and minerals including folate, iron and zinc. Educating women about the role of vital nutrients during pregnancy and lactation can help them to be better informed about the food choices they make.



VITAL NUTRIENTS FOR FOETAL DEVELOPMENT¹

Vitamin/mineral	How it helps your baby	Foods found in
Calcium RDI* 14-18 yrs – 1300mg 19-50 yrs – 1000mg	<ul style="list-style-type: none"> • Development of skeleton • Function of neuromuscular and cardiac systems 	<ul style="list-style-type: none"> • Dairy foods like milk, cheese and yoghurt • Bony fish like sardines and Atlantic salmon
Omega-3 fatty acids AI** Long chain omega-3 Pregnant 14-18yrs - 110mg/day 19-50yrs - 115mg/day Lactating 14-18yrs - 140mg/day 19-50yrs - 145mg/day	<ul style="list-style-type: none"> • Brain development • Visual development 	<ul style="list-style-type: none"> • Oily fish (e.g. Atlantic salmon) • Eggs
Iron RDI* Pregnancy 27mcg/day Lactating 9mcg/day	<ul style="list-style-type: none"> • Growth and development especially in the early stages • Pre and peri-conception • Protecting against neural tube defects 	<ul style="list-style-type: none"> • Lean meat • Eggs • Dark green leafy vegetables
Folate RDI* Pregnancy 600mcg/day Lactating 500mcg/day	<ul style="list-style-type: none"> • Growth and development, especially in the early stages of pregnancy 	<ul style="list-style-type: none"> • Bread • Fortified breakfast cereals
Iodine RDI* Pregnancy 220mcg/day	<ul style="list-style-type: none"> • Brain and nervous system development 	<ul style="list-style-type: none"> • Eggs • Seafood • Bread (except organic bread)
Choline **AI 14-18 years – 415mcg/day 19-50 years – 440mcg/day	<ul style="list-style-type: none"> • Increased demand in prenatal and postnatal development • Growth and development of cells, especially in the third trimester 	<ul style="list-style-type: none"> • Egg yolk • Fish • Liver • Soy • Wheat germ (whole cereal and bread)

*RDI indicates recommended dietary intake for pregnant and lactating women

** AI indicates adequate intake – estimated intake assumed to be adequate

Source: NHMRC – Nutrient Reference Values for Australia and New Zealand



EGGS AND PREGNANCY –

THE FACTS

Eggs are a natural source of 11 different vitamins and minerals, including folate, iron, iodine and vitamin A, as well as containing useful amounts of omega-3 fatty acids and choline. The protein in eggs is a high quality and good for the fetus' growth and development. The Australian Dietary Guidelines advise that the everyday consumption of eggs is not associated with an increased risk of coronary heart disease². Pregnant women can safely consume eggs provided the yolk is well-cooked.

HELPING YOUR PATIENTS MAKE GOOD NUTRITION CHOICES DURING PREGNANCY

HELPING WOMEN EAT A HEALTHY, BALANCED DIET DURING PREGNANCY

The Australian Guide to Healthy Eating provides pregnant and lactating women with information about the food groups and serving sizes that provide a healthy and well-balanced diet during pregnancy and when breast-feeding.

CONVERSATION STARTERS WITH YOUR PATIENTS

"Let's look at the foods that are good for you and your baby"

"Keeping active is also good to help maintain your and your baby's health during pregnancy"

"There are a lot of foods you can eat that are good for you and your baby, both during pregnancy and when you are breast-feeding."



FOODS TO AVOID AND THE CORRECT PREPARATION OF FOODS DURING PREGNANCY

Some mothers may be concerned about foods and beverages to avoid during pregnancy, but may not be aware of the reasons for avoiding these foods.

Some foods can contain the listeria bacteria, which is harmful to both the mother and baby. High risk foods include:

- X Soft white cheeses
- X Cold meats
- X Cold cooked chicken
- X Pâté
- X Pre-packed salads
- X Soft serve ice cream
- X Unpasteurised dairy products
- X Raw and smoked seafood like oysters, sashimi and smoked salmon

Safer food alternatives include hard cheese, home cooked chicken and meat (eaten within one day of cooking), pasteurised dairy products and canned foods. The National Health and Medical Research Council recommends women avoid drinking alcohol during pregnancy and while breast-feeding, as well as reducing the amount of caffeine they consume to no more than 300mg a day (around 3 cups of coffee or 6 cups of tea).

THE AUSTRALIAN GUIDE TO HEALTHY EATING SERVING SIZE TABLE³

	Vegetables and legumes/beans	Fruit	Grains	Meat, poultry and meat alternatives	Dairy
Pregnant women (19-50 years)	5 serves	2 serves	8 ½ serves	3.5 serves	2.5 serves
Lactating women (19-50 years)	7 ½ serves	2 serves	9 serves	2.5 serves	2.5 serves
What does a serve look like?	<ul style="list-style-type: none"> • ½ cup green or orange cooked vegetables • 1 cup raw leafy vegetables • ½ cup legumes • 1 medium tomato 	<ul style="list-style-type: none"> • 1 medium apple or banana • 2 small apricots • 1 cup diced or canned fruit 	<ul style="list-style-type: none"> • 1 slice of bread • ½ cup cooked rice, pasta, noodles • ½ cup cooked porridge • ¼ cup muesli 	<ul style="list-style-type: none"> • 65g cooked lean meat • 80g cooked lean chicken • 1 cup cooked (dried) or canned beans; • 100g cooked fish • 2 large eggs • 30g nuts 	<ul style="list-style-type: none"> • 250mL (one cup) fresh, long-life or reconstituted dried milk • ½ cup evaporated milk • 40g (2 slices) hard cheese • 200g (1 small carton) yoghurt

Please visit the National Health and Medical Research Council (NHMRC) Australian Dietary Guidelines, for additional information.

^{1,2,3} National Health and Medical Research Council. Australian Dietary Guidelines 2013. http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n55a_australian_dietary_guidelines

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