



HEALTHY EATING DURING PREGNANCY



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Having a balanced and varied diet allows to cover the nutritional needs of the child during pregnancy. This will help your child develop properly and the benefits will continue even into adulthood. For you too, a better diet will be beneficial, especially if the good habits are maintained over time, as a family.

WHAT IS GOOD FOR YOU

Foods that are sources of vitamin B9:

spinach, salads, broccoli, cauliflower, beets, green beans, zucchini, peas, asparagus, avocados, melon, red fruits, citrus fruits, bananas, nuts, whole grains (rice, pasta, semolina, bread), pulses (chickpeas, lentils, white or kidney beans...), eggs, and also certain dairy products: Camembert, Brie or blue cheese, cottage cheese.


(B9 important for blood cell and reduce spinal and brain defects)

Foods High in fiber: Whole-grain breads, cereals, beans, pasta and rice

Fruit and vegetables: local, seasonal and organic products if you can

Protein for blood production, especially with iron that the body can easily absorb

Red meats; chicken, lean meats, fish, poultry, tofu (Once a week), other products such as soy, beans, nuts and white eggs.



Calcium: eat at least 4 servings of dairy products and calcium rich foods: milk, cheese, yogurt, winter squash, canned sardines, canned salmon, Tofu, almonds, leafy greens (Collard, mustard, kale, bok choy ..)

Iron- rich foods: lean meats, spinach, beans, breakfast cereals

One source of vitamin C daily: strawberries, papaya, broccoli, cauli flower, brussels sprouts, green or red pepper, tomatoes

One source of vitamin A daily: Carrots, pumpkins, sweet potatoes, spinach, water squash, apricots, cantaloupe, beet greens

One source of folate daily: leafy vegetables, veal and legumes, black-eyed peas and chick peas...

A BALANCED MEAL

Fruits

- . 1 cup of fruits
- . 1/2 cup of dried fruit
- . 1 cup of 100% fruit juice

Grains

- . 1 slice of bread
- . 1 cup of ready to eat cereal
- . 1/2 Cup of cooked rice, cooked pasta or cooked cereal

Dairy

- . 1 cup of milk, yogurt or soy milk
- 1 1/2 ounces of natural cheese

Vegetables

- . 1 cup of raw or cooked vegetables or vegetable juice
- . 2 cups of raw leafy salad greens

Protein

- . 1 ounce of meat, poultry or fish
- . 1/4 cup cooked beans
- 1 egg
- . 1 tablespoon of peanuts butter
- . 1/2 ounce of nuts or seeds

A DAY OF MEALS

Meals/ snack	Foods and drinks
Early Morning	Tea/ Milk/ vegetal Milk
Breakfast	Porridge or wholegrain cereal with fresh fruits or dried fruits Water
Mid-Morning	A banana
Noon	Chicken salad sandwich Grapes Water
Snack	Chicken salad sandwich Grapes Water
Diner	Fish, Potatoe pie+ greens Fruit salad Yogurt Water
Supplements	Pregnancy Vitamins

FOODS TO AVOID

- Avoid alcohol during pregnancy.
- Limit caffeine to 300 mg per day.
- The use of saccharin is strongly discouraged during pregnancy, because it can cross the placenta and may remain in fetal tissues. But, the use of other non-nutritive or artificial sweeteners approved by the FDA is acceptable during pregnancy.
- Do not eat shark, swordfish, farmed salmon (wild is OK), king mackerel, or tilefish (also called white snapper), because they contain high levels of mercury. Too much mercury can hurt your baby's central nervous system.
- Avoid soft cheeses such as feta, Brie, Camembert, blue-veined and Mexican-style cheese. These cheeses are often unpasteurized and may cause Listeria infection.
- Avoid raw fish, especially shellfish like oysters and clams.

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