

# Healthy food in pregnancy



*Growing Strong* Feeding you and your baby

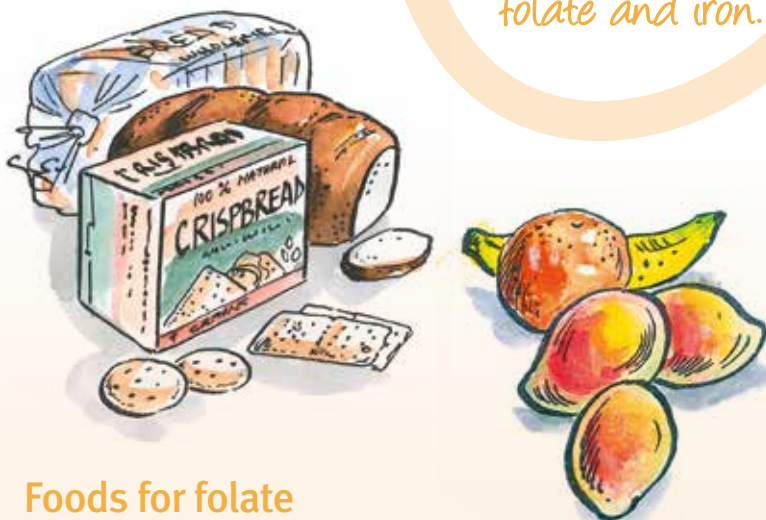
Great state. Great opportunity.

## Folate

You need folate so you and Baby have strong blood.

You need folate for Baby to grow well.

*All pregnant women need healthy food, especially foods that give them folate and iron.*



## Foods for folate

- Green leafy vegetables
- Broccoli
- Oranges and other fruit
- Lean meat
- Most breads and cereals



## Iron

You need iron for strong blood for you and for Baby.  
If you don't have enough iron, you feel slack.

### Foods for iron

#### Best foods for iron

- Beef, lamb, pork
- Fish (no bones)
- Chicken (no skin)
- Lean meat from turtle or dugong (but not the liver or kidneys)
- Bush meats



#### Good food for iron

- Baked beans
- Eggs
- Green leafy vegetables
- Peanut butter



There is no iron in the fatty parts of meat. The iron is in the lean meat.

- ✓ Eating vegetables and fruit will help your body to get the most iron from the food you eat.
- ✗ Tea and coffee make it harder for your body to get the iron from your food. Drink water with your meals instead.



## Supplements

It is recommended that all pregnant women take folate and iodine tablets. If you are low in iron, your doctor may suggest that you take iron tablets.

Ask your doctor or health worker for more information.

## Healthy eating hints:

- Eat healthy meals and snacks throughout the day.
- Have fruit and vegetables every day.
- Drink lots of water.
- Cut down on soft drinks, fruit juice, fruit drinks, sport drinks, and energy drinks.



- Avoid junk food like cakes, biscuits and take away foods.
- Buy lean meat if you can.
- Have some bush foods and fish. If you have turtle and dugong, don't eat the fat.
- Avoid ready to eat cold foods bought from a shop such as salads, sliced meats, cold chicken and raw seafood due to chance of food poisoning.
- Avoid alcohol.

## Healthy weight gain during pregnancy

You need to gain enough weight for Baby to grow well and be a healthy size – but not too much weight. Being pregnant means you need to eat healthy but don't 'eat for two'. Gaining too much weight can cause problems like diabetes and high blood pressure.



If you are a young Mum and still growing yourself, you need to eat healthy foods to meet your needs, as well as Baby's needs.



Everything you  
eat, drink and  
do will affect  
how your baby  
grows.



## Decide how you will feed Baby

Think about how you will feed Baby when they are born  
– breastfeeding is best for Baby and for Mum.

# Growing Strong

## Feeding you and your baby

For more information contact your local health worker  
or call 13 HEALTH (13 43 25 84).



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