

“HEALTHY EATING DURING PREGNANCY AND BREASTFEEDING”

Healthy eating during pregnancy and breastfeeding is very important for mother and child. The best thing is to eat a variety of healthy foods throughout the day. This way you and your child will take in many vitamins and minerals. In addition, your child will be able to get a taste of different flavours in the womb already, and then through breast milk during breastfeeding. This will also help your child get used to new flavours later on.

How much more do pregnant and breastfeeding women need to eat now?

At the beginning of pregnancy it is not necessary to eat more than before the pregnancy.

Only **as of week 13 of pregnancy** will the energy requirements increase. An additional small snack will be sufficient. Examples of a small snack:

- 1 small bowl of muesli (cereal) and 200 ml of low-fat milk
- 1 carton of buttermilk (500 ml) and 1 apple

From week 28 of pregnancy your body will need a little more. You can either eat another small snack, or instead of 2 small snacks you may also have a larger meal. Examples of a larger meal:

- 1 serving of lentil stew
- 1 serving of fish with polenta and tomato salad

Tip: You will find recipes in the brochure “Eating healthy from the beginning! Pregnancy and breastfeeding”. (Not available in English)

During breastfeeding a mother will need as much to eat as during the end of pregnancy (if the child is exclusively breastfed). If the child is only sometimes breastfed, less will be sufficient.

Tip: Have some food (e.g. fruit, nuts, a sandwich) and something to drink (e.g. water) ready by your side while you are breastfeeding.

What do pregnant and breastfeeding women need to drink and eat?

- **Several times a day you will need:**
 - Water, mineral water, unsweetened fruit tea, highly diluted 100% fruit juices, highly diluted 100% vegetable juices
 - Fruit, vegetables or pulses (e.g. lentils, beans, peas)
 - Potatoes or grains (e.g. spelt, rice, polenta, millet), bread, pasta – preferably whole-grain
 - Milk* and dairy products* (e.g. yoghurt, cheese)
 - Small amounts of: vegetable oils (e.g. rapeseed oil, olive oil, sunflower oil), nuts and seeds
- **Several times a week you will need:**
 - Fish* (e.g. trout, salmon trout, char, salmon, herring)
 - Lean meat* or lean sausage*
 - Egg*
- **Things you should use only sparingly:**
 - Butter, margarine, lard, cream, sour cream or crème fraiche
- **Things you can eat every now and then:**
 - Sweets (e.g. chocolate, chocolate bars, biscuits), cakes, soft drinks, salty and fatty snacks (e.g. crisps, popcorn, fries)

**do not eat raw products*

Note: Talk to your doctor about taking folic acid, preferably even before pregnancy. Folic acid is important for the optimal development of your child.

Note: What do pregnant and breastfeeding women have to pay attention to?

- Don't drink alcohol and don't eat food containing alcohol
- Not too much coffee, black or green tea (a maximum of 2-3 cups of coffee per day or 4 cups of tea), no energy drinks
- Don't drink raw milk and don't eat raw milk cheese (they must be heated well before consumption). Look for the "made from unpasteurised milk"!
- Foods like raw sausage, meat, fish, eggs and seafood must be heated well before they are eaten (So don't eat steak medium, sushi, unheated salami and soft-boiled eggs!)
- Eat frozen berries and sprout only if they have been well heated
- Don't eat smoked/marinated fish (e.g. smoked salmon, gravlax)
- Don't eat offal
- Don't eat predators like tuna, sword fish, halibut and pike
- Don't smoke
- Only take medication when prescribed by the doctor
- Don't go on a diet to lose weight, no fasting

What can you do about ailments during pregnancy?

- Nausea/vomiting: e.g. eat several smaller meals, in the morning eat something small in bed (1 slice of rusk, toast,...), 1 cup of ginger tea
- Indigestion: e.g. eat several smaller meals, chew well, get enough exercise
- Heartburn (acid reflux): eat several smaller meals, chew well, don't eat sour or strongly seasoned foods, don't eat food that is too fat or too sweet; lie down after eating (make sure the upper part of your body is slightly upright)

How much weight should pregnant women gain?

The amount of weight that should be gained during pregnancy depends on the body weight before the pregnancy.

- If you were normal weight before the pregnancy, you may gain 11.5 – 16 kg during pregnancy.
- If you were overweight, you may gain 7 – 11.5 kg.

How to determine whether you were normal weight or overweight:

$$\text{BMI (Body Mass Index)} = \frac{\text{Weight before pregnancy [kg]}}{\text{Height [m]} \times \text{Height [m]}}$$

Normal weight: BMI (kg/m²) = 18.5 to 24.9 Overweight: BMI (kg/m²) = over 25

How much weight may breastfeeding women lose?

It is normal to lose weight during the breastfeeding period. However, it is important not to lose weight too quickly, and not to go on a diet or fast. All the weight gained during pregnancy can be lost again during the breastfeeding period.

For further information visit: www.richtigessenvonanfangan.at