

## Special considerations during pregnancy

You will find that your hunger changes as your baby grows.

At first you may feel sick, and may find it difficult to eat a healthy variety of food.

Once you feel better you may feel hungrier than normal so try to eat healthy snacks to keep you going.

Later in the pregnancy you may find it becomes difficult to eat because the baby is taking up more space. Eating little but often can help.

There are some helpful hints below for a range of issues:

Problem	What might help
Constipation	<ul style="list-style-type: none"><li>• Eat a wide range of vegetables, fruit and wholegrains</li><li>• Drink lots of water every day (6-8 glasses)</li><li>• Keeping active also helps</li></ul>
Nausea	<ul style="list-style-type: none"><li>• Have a snack (e.g. dry crackers or toast) before getting out of bed in the morning</li><li>• Eat little and often rather than large meals</li><li>• Avoid spicy or greasy foods,</li><li>• Drink water between meals but not with your meal</li></ul>
Heartburn	<ul style="list-style-type: none"><li>• Don't lie down after eating</li><li>• Avoid spicy or greasy foods, fruit juice and caffeine</li><li>• Eat little and often rather than large meals</li></ul>

*Photos provided courtesy of NSW Kids and Families, NSW Health.*

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## Healthy Eating

Healthy eating is especially important during pregnancy – for both you and your baby.

### Myths

#### Myth: I need to start 'eating for two'.

There is no need to 'eat for two' during pregnancy.

- During the first 3 months of your pregnancy you do not need to eat any more than before you were pregnant
- After the first 3 months you may need to slightly increase the amount you eat; for example an extra piece of fruit each day
- The amount of food you need to eat will depend on your weight before pregnancy and how active you are

#### Myth: Cravings are a sign of what the baby needs.

Some women experience cravings for certain foods during pregnancy, but there is no evidence that cravings are a sign that the baby needs certain foods.

- Try to limit the quantities of foods which are high in fat or sugar and make sure your baby is getting the nutrients they need
- Listen to your hunger cues and try to only eat if you're actually hungry

## What should you eat during pregnancy?

- Drink plenty of water
- Limit extra foods such as chips, chocolate and sugary drinks

### Healthy eating in pregnancy

Food group	Serves/day
 Vegetables and legumes/beans	5
 Fruits	2
 Grain (cereal) foods, mostly wholegrain and high fibre varieties	8.5
 Lean meats and poultry, fish, eggs, tofu, nuts and seeds	3.5
 Reduced fat milk, yoghurt and cheese	2.5

Source: Australian Dietary Guidelines 2013, National Health and Medical Research Council (NHMRC).

## Foods to avoid during pregnancy

- If you are pregnant, planning a pregnancy or breastfeeding, drinking alcohol can harm you and your baby. Avoiding alcohol is the safest option
- Too much caffeine may make your baby unsettled and can have other negative effects on your body. Caffeine is found in tea, coffee, energy drinks and Coke
- Eating 'unhealthy' foods that are high in fat and sugar may cause your unborn baby to prefer these types of foods

Refer to your *Pregnancy Diary* for details on important nutrients and recommended supplements, as well as which foods to avoid during pregnancy.

## Smart snacking

Try to resist the urge to snack constantly.

- Snack on foods that are nutritious for you and your baby such as vegetables, low fat dairy products, fresh fruit, yoghurt, unsalted nuts, wholegrain fruit bread, low fat cheese and tomato on toast, and rice crackers
- Eat healthy foods and small portions

Refer to the *Get Healthy Service* Information Booklet for some tips on how to tell when you are hungry, how much to eat, food labels and serving sizes.