

# SHOULD I BE EATING FOR TWO?



You will need to eat more food during your pregnancy, but there is no need to eat for two. It is more important to look at **what** you are eating rather than how much.

Iron and calcium are two nutrients needed in extra amounts during pregnancy.



Use the handout “How well are you eating?” to check you are meeting your needs.

## Iron

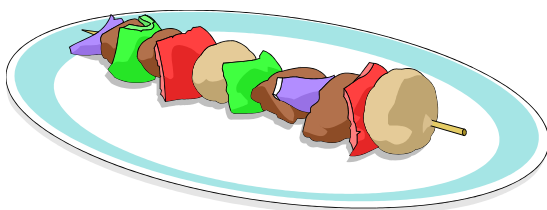
Iron is needed to make extra blood to carry oxygen around your body and for the growth of your baby.

Too little iron in your diet can make you feel tired and lethargic, which can lead to anaemia (low iron stores).

Include 1-2 serves of lean meat, chicken, fish, eggs, nuts and legumes (dried peas, beans, lentils, baked beans etc.) each day.

### Why not try:

- ◆ Stir fry chicken and vegetables with rice.
- ◆ Breakfast cereal, with iron (check label). Add some berries and yoghurt on top for variety.
- ◆ Beef kebabs - cubes of beef, capsicum, pineapple, mushrooms, or any of your favourite vegetables.
- ◆ Vegetarian lasagna (add some kidney beans or lentils).
- ◆ Tomato on wholemeal toast.
- ◆ Curried fish, lamb or beef.
- ◆ Broccoli and pasta salad with lean ham.



Vitamin C rich foods increase iron uptake -

- ◆ berry fruits
- ◆ tomatoes
- ◆ capsicums
- ◆ broccoli.



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## Calcium

Extra calcium is needed for strong bones and teeth for you and your baby. Include at least 3 serves of dairy foods each day (1 cup milk, 200g tub yoghurt, 1 slice of cheese, matchbox size).

Salmon and sardines with bones are also good sources of calcium.

### Why not try:

- ◆ Tub of yoghurt and fresh fruit as a snack.
- ◆ Fruit smoothie (milk, fruit & yoghurt whipped together)
- ◆ Frozen yoghurt
- ◆ Custard, creamed rice, junket
- ◆ Coleslaw with yoghurt dressing.
- ◆ Salmon soup

Low fat milk and yoghurt are higher in calcium than regular varieties.

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## How much weight should I expect to put on?

The amount of weight gained over the nine months varies from person to person, but generally you can expect to gain 10-13 kg.

Teenage mums and those underweight before becoming pregnant often need to gain more.

## What about alcohol?

It is best to avoid alcohol during pregnancy, especially in the early stages, as it can affect the health and development of the baby.

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## Do I need to take vitamin and mineral tablets?

It is recommended all women take a folate tablet for the first three months of pregnancy. Check with your Doctor, Family and Child Health Nurse or Dietitian on how much you will need.

All other supplements should be taken only if you have checked with your Doctor, or you are unable to eat the foods necessary to obtain these vitamins and minerals.

Excess intake of vitamin and mineral supplements can have adverse effects on your baby.