

Diet during pregnancy

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DO AND DON'TS

- For non vegetarian pregnant women take care to cook all meat ,eggs and poultry thoroughly. containing raw/ undercooked eggs like mayonnaise
- Wash fruits, vegetables and salads thoroughly
- Only drink pasteurized milk
- Wash hands thoroughly before handling food, after going to toilet and before eating
- Wear gloves when gardening
- Limit tea and caffeine intake, don't drink alcohol or smoke.
- Don't have more than two portions of oily fish(salmon, mackerel, sardines, trout) a week
- Don't skip breakfast
- Drink plenty of water and other fluids

BASICS OF HEALTHY EATING

- Plan every meal around starchy foods like rice, roti, bread ,pasta and cereal. These provide energy for you and your baby to grow
- Eats lots of fruits and vegetables, aim for wide variety and 5 servings every day
- Prefer foods rich in protein like chicken, fish, eggs, soya, beans and nuts
- Include more fiber rich food like whole grain breads, brown rice, pulses, fruits and vegetables. This should prevent constipation
- Eat plenty of dairy foods like milk, cheese and yoghurt. They are a rich source of calcium for mother and baby.
- Try to eat 2 portions of fish each week . Oily fish contains DHA which is important for development of baby's eyes and brain. If you don't eat fish consider taking a supplement containing Omega 3 fatty acids

Important Vitamins & Minerals

Folic acid: Reduces the risk of having a baby with defects in nervous system, heart and limbs. Found in black eye beans, spinach, spring greens, beans and breakfast cereals.

Vitamin D: helps in absorption of Calcium. Main source is sunlight. Also found in oily fish, eggs and full fat dairy products.

Iron: contributes to formation of red blood cells and hemoglobin. Found in red meat, fortified breakfast cereals, green vegetables, beans, chick peas, eggs and dry fruits.

Calcium: needed for maintenance of normal bone and teeth. Rich sources are milk, cheese, yogurt, soya products, beans and almonds.



This pamphlet is provided to you only for general information and does not replace doctor's advice



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