

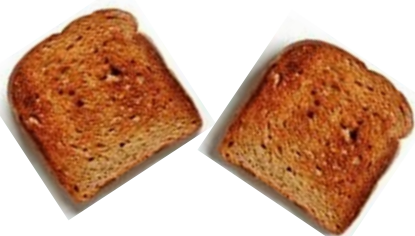
Morning sickness and heartburn

Nausea is more common in the first few months and does improve as the pregnancy progresses.

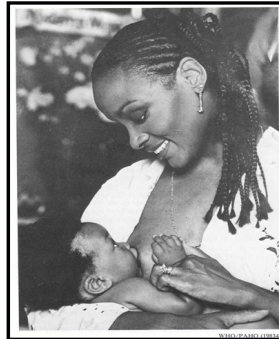
Heartburn (acid reflux) tends to be a problem later in the pregnancy.

Here are some hints which may help you to cope:

- If you feel sick in the morning, eat dry whole wheat toast or crackers when you first wake up - eat the rest of your breakfast later in the morning
- Eat 3 small meals, with snacks in between, instead of large meals
- Don't wait too long to eat and eat slowly
- Drink between meals rather than with meals
- Avoid foods that are greasy, fried or highly spiced
- Do not lie down too soon after eating. If necessary, elevate the head of the bed 4 to 6 inches
- Avoid odors that upset you



Exclusive breast feeding



Exclusive breast feeding is recommended for the first 6 months of your baby's life. This means that your baby gets nothing but your breast milk from birth to 6 months - no glucose water, no barley water, no "cooling tea", no cereal, no pumpkin or potato, not even water.

Your breast milk contains all of the nutrients your baby needs in exactly the right amounts. Introducing other foods before the age of 6 months may cause nutritional problems, allergies, or even asthma.

For more information see Mother & Child Nutrition Series leaflet on **Exclusive Breast Feeding** on the National Nutrition Centre website or ask the Community Nutrition Officer at your nearest Polyclinic.

Mother & Child Nutrition Series



PREGNANCY HEALTHY EATING FOR YOU & YOUR BABY

National Nutrition Centre

Ministry of Health

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Community Nutrition Officer _____

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Healthy Eating for you & your baby

During pregnancy, you and your growing baby need more of several nutrients but that does not mean you should eat twice as much, since you only need an extra 300 calories daily.

Plan 3 meals daily using a variety of foods. Include nutritious snacks if desired.

Eat more fruits, vegetables, peas and beans, and whole grains as they are nutritious and high in fibre, which helps to prevent constipation.

- Eat vegetables and fruits daily. Make half your plate vegetables. Have fruit for dessert or snacks.
- Eat starchy vegetables like yam, sweet potato, cassava, breadfruit
- Add peas and beans to rice, soups and stews, prepare as a side dish, or in place of meat
- Start (or end) your day with a high fibre cereal like oats or bran flakes
- Use whole wheat bread or biscuits
- Try brown rice and whole wheat or high fibre pasta

Include milk and dairy foods daily to get the calcium and protein you and your baby need for strong bones and teeth.

Aim to use skimmed or 1% milk, low fat yogurt or cheese, at least twice daily.

- If you are lactose intolerant you may still be able to eat yogurt and cheese. You could also try lactose-reduced milk or soy milk
- Other sources of calcium include dark green vegetables, peas, beans and nuts, sardines, mackerel and salmon - you must eat the bones!

Include iron rich foods daily as you now need twice as much iron so that your baby can store enough to last the first six months after birth. Too little iron may cause you to develop anaemia.

- Start the day with a breakfast cereal enriched with 100% iron
- Eat lean red meat, skinless chicken, fish, including canned fish, and eggs. Limit liver to only once weekly
- Include green vegetables like broccoli, kale, okras and spinach

- *Vegetables and fruits are rich in vitamin C, which helps the body to absorb more iron*
- *Tea, coffee, and cola prevent iron absorption*

Ensure adequate fluid intake to will help to prevent constipation, piles, and bladder infections. Drink:

- Water, including with meals
- Skimmed or 1% milk , soy milk
- Coconut water, soda water, low sugar beverages

Limit lemonade, mauby, fruit juices (even unsweetened), and other sugary drinks



Maintain a healthy weight as gaining too little weight makes it hard for your baby to grow properly but if you gain too much weight you may have a more difficult delivery, and you may find it difficult to lose the extra weight afterwards.