

Healthy food in pregnancy



Folate

You need folate so you and Baby have strong blood.

You need folate for Baby to grow well.

All pregnant women need healthy food, especially foods that give them folate and iron.



Foods for folate

- green leafy vegetables
- broccoli
- oranges and other fruit
- lean meat
- most breads and cereals



Iron

You need iron for strong blood for you and for Baby.
If you don't have enough iron, you feel slack.

Foods for iron

Best foods for iron

- lean minced beef
- lean stewing beef
- fish (no bones)
- chicken (no skin)
- lean lamb
- lean pork
- lean meat from turtle or dugong (but not the liver or kidneys)
- other bush meats

Good foods for iron

- Baked beans
- Eggs
- Green leafy vegetables
- Peanut butter



There is no iron in the fatty parts of meat. The iron is in the lean meat.

- ✓ Eating vegetables and fruit will help your body to get the most iron from the food you eat.
- ✗ Tea and coffee make it harder for your body to get the iron from your food. Drink water with your meals instead.



Let your doctor or health worker know that you are pregnant.
Visit the health clinic regularly to see how your baby is growing.

If you are low in iron, your doctor may suggest that you take iron tablets.

Healthy eating hints:

- Eat healthy meals and snacks throughout the day.
- Have fruit and vegetables every day.
- Drink lots of water.
- Cut down on soft drinks, fruit juice, fruit drinks, sport drinks, and energy drinks.
- Avoid junk food like cakes, biscuits and take away foods.
- Buy lean meat if you can.
- Have some bush foods and fish. If you have turtle and dugong, don't eat the fat.

Healthy weight gain during pregnancy

You need to gain enough weight for Baby to grow well and be a healthy size – but not too much weight. Being pregnant means you need to eat healthy but don't 'eat for two'. Gaining too much weight can cause problems like diabetes and high blood pressure.

*If you are a young mum and still growing yourself,
you need to eat healthy foods to meet your needs,
as well as Baby's needs.*





Decide how you will feed Baby

*Think about how you will feed Baby when she is born
– breastfeeding is best for Baby and for Mum.*

*Everything you eat,
drink and do will
affect how your
baby grows.*



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Note: in this pamphlet we talk about Baby as 'she' but all the information in here also applies to boys!

For more information contact your local health worker.