

Eating for a healthy pregnancy

Rongoā Kākāriki
GREEN
PRESCRIPTION

Healthy weight gain in pregnancy

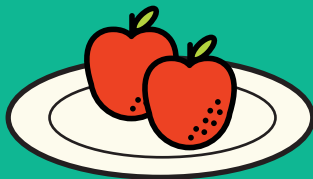
If you have a healthy, normal pregnancy, keeping active while you are pregnant is good for your health and the health of your baby.



In the first 12 weeks of pregnancy aim to eat the same amount as you usually do. Choose healthy foods.

You don't need much extra food. After the 12th week the extra food you need is about the same as one slice of wholegrain bread or two apples per day.

Talk to your lead maternity carer about healthy weight gain for your pregnancy.



Vegetables

4

Eat at least four servings every day.

Fresh, frozen and canned are all ok.

Wash fresh vegetables before eating.
Avoid eating pre-prepared salads.





Cauliflower



Kūmara



Silverbeet



Potato



Onion



Cabbage



Tomato



Corn



Taro leaves



Taro



Pūha



Carrot



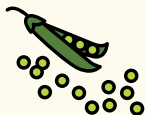
Broccoli



Yam



Pumpkin



Peas

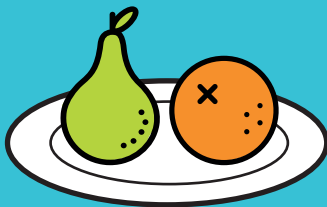
Fruit

2

Eat at least two servings every day.

Fresh, frozen and canned are all ok.

Wash fresh fruit before eating.





Watermelon



Kiwifruit



Apple



Orange



Banana



Pear



Plums



Canned fruit
in juice

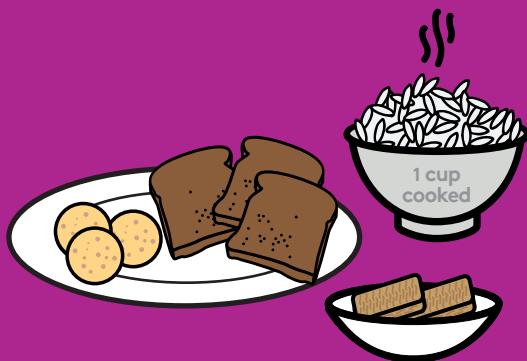


Grapes

Grain foods

6

Eat at least six servings every day.





Wheat biscuits



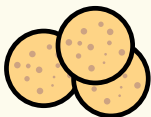
Rollled oats



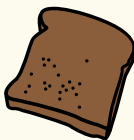
Rice



Pasta



Crackers



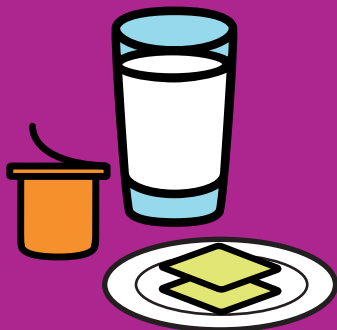
Whole-grain bread

Milk & milk products

3

Eat at least three servings every day.

Avoid soft cheese (e.g. brie, feta), soft-serve ice cream and raw milk.





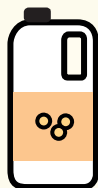
Green-top milk



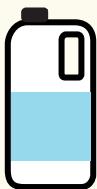
Low-fat yoghurt



Yellow-top milk



Calcium-fortified
soy milk



Light blue milk



Hard cheese

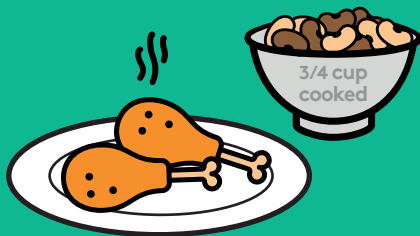
Lean meat, poultry, seafood,
eggs, nuts, seeds and legumes

2

Eat at least two servings every day.

Avoid eating cold, pre-cooked or
smoked meat, fish and other seafood.

Make sure eggs, meat, chicken,
fish and other seafood are fresh
and well cooked. Serve hot and eat
immediately after cooking.





Fish & other seafood



Seeds



Lean meat



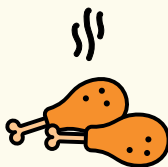
Eggs



Nuts



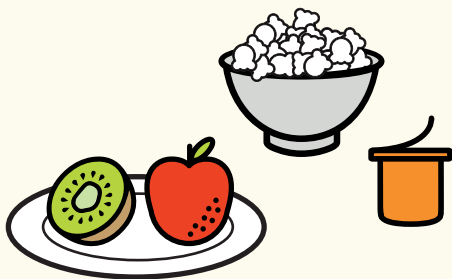
Legumes
(e.g. chickpeas,
lentils, kidney beans)



Poultry

Snacks

Choose healthy snacks such as low-fat yoghurt, fruit, cheese and crackers, home-made popcorn or a whole-grain sandwich.



Take a folic acid tablet each day until 12 weeks of pregnancy.

Take one iodine tablet each day when pregnant and breastfeeding.

Drinks

Make plain water your first choice over other drinks. Try to avoid sugary drinks.

Too much caffeine can be harmful to your baby so limit intake of coffee, tea, energy drinks and some soft drinks.

Do not drink alcohol as there is no known safe level of alcohol use at any stage of pregnancy.



Example of a meal plan for one day

Breakfast

- 2 x wheat biscuits with
reduced fat milk

- whole-grain toast (1 slice)

Morning Snack

- apple

- low-fat yoghurt

Lunch

- pumpkin soup

- cheese and salad
sandwich

Afternoon Snack

- crackers with peanut butter

Dinner

- rice, lean meat, broccoli,
carrots, peas

Evening Snack

- orange or kiwifruit

Notes

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New Zealand Government

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