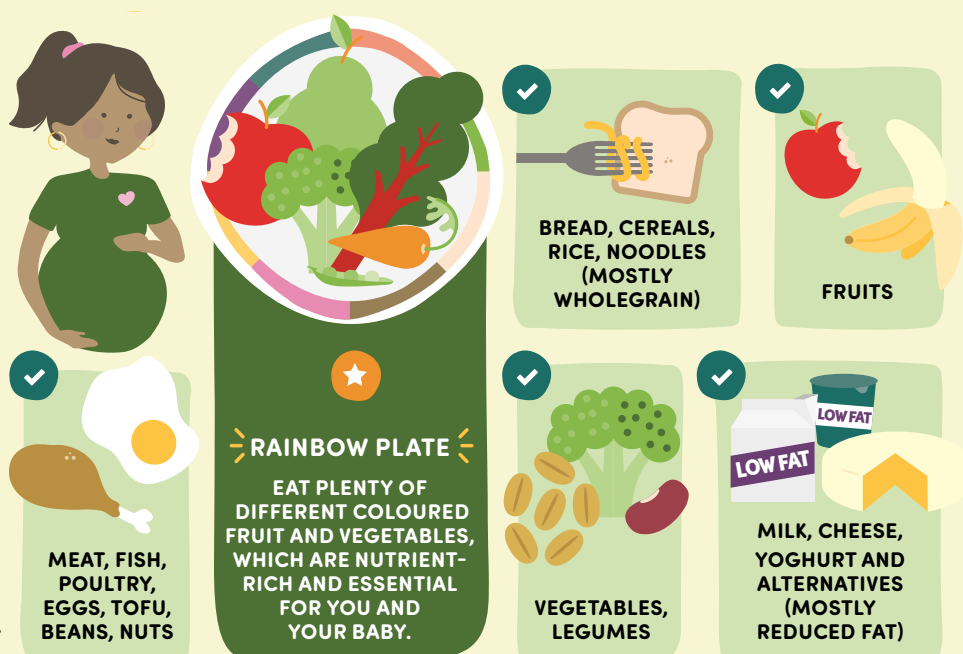


# YOUR HEALTHY PREGNANCY

Eating well during pregnancy for your baby's health and development

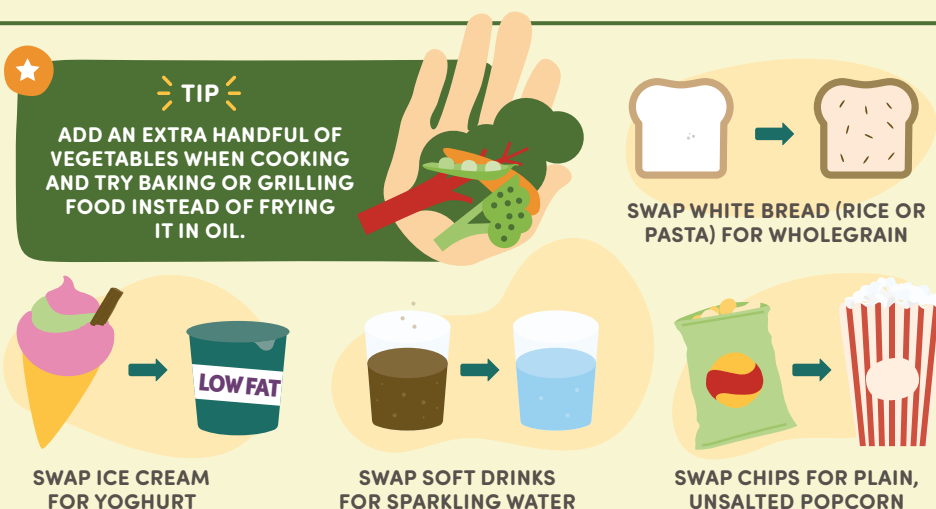
## Eat for you, not for two

- ✓ The need to eat for two during pregnancy is a myth.
- ✓ In the 2<sup>nd</sup> and 3<sup>rd</sup> trimesters you may need some extra food to provide nutrients for the growth of your baby.
- ✓ Eating a little more vegetables, lean protein and wholegrains each day is all you'll need.
- ✓ For example, a small bowl of wholegrain pasta with vegetables and meat or bean sauce.



## Make a healthy food swap

- ✓ To provide you with more nutrients to support your baby's growth.
- ✓ To help control blood sugar levels and prevent constipation.



For more information about eating well during pregnancy visit [health.gov.au/campaigns/your-healthy-pregnancy](https://health.gov.au/campaigns/your-healthy-pregnancy)

## Foods to avoid

Not all food is safe during pregnancy. The immune system is lower during pregnancy which makes it harder to fight off illness and infection caused by bacteria found in some foods.



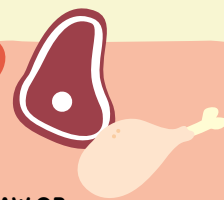
**DELI MEATS, SOFT CHEESES, PÂTÉ AND SOFT-SERVE ICE CREAM**  
May contain listeria\*\*  
—a harmful bacteria



**DON'T DRINK ALCOHOL**



**RAW OR UNDERCOOKED MEATS\*\***  
Can give you an infection called toxoplasmosis\*\*



**SMOKED SALMON, UNCOOKED SEAFOOD, PRECOOKED PRAWNS AND SUSHI**  
May contain listeria\*\*



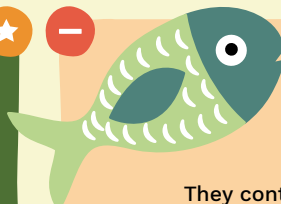
**RAW OR UNDERCOOKED EGGS\*\***  
Can cause salmonella\*\*  
food poisoning



Limit caffeine\*\*\*  
**1-2 CUPS OF COFFEE OR 4 CUPS OF TEA PER DAY**



**TIP**  
FEELING SICK OR HAVING CRAVINGS? THAT'S COMMON. IT'S STILL IMPORTANT TO EAT WELL TO SUPPORT YOUR BODY AND YOUR BABY.\*



Limit large fish like **SHARK, MARLIN AND SWORDFISH**

They contain mercury that can affect your baby's brain and nervous system development



**LIMIT HIGH FAT AND SUGARY FOODS AND DRINKS**

\* Seek advice from your health professional if feeling sick is limiting your food intake.

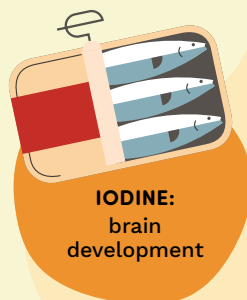
\*\* Listeria, toxoplasmosis and salmonella are rare but can cause serious complications in pregnancy.

\*\*\* Avoid double shot espresso and caffeinated energy drinks.

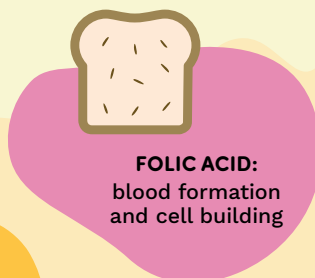
## The benefits of healthy eating for you and your baby

### Vegetarian or Vegan?

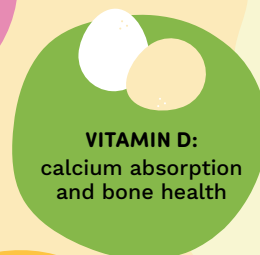
You can replace meat or animal products with lentils, beans, tofu and soy milk. Talk to your health professional about whether you need supplements to ensure you get the right nutrients for your baby's development.



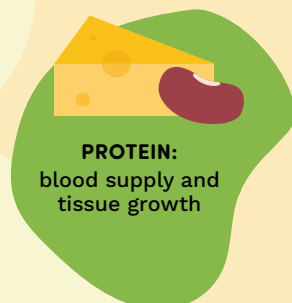
**IODINE:**  
brain development



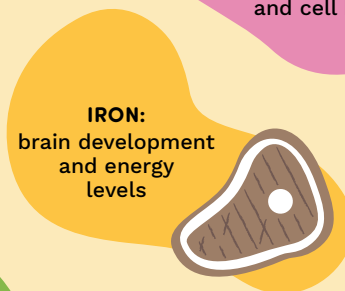
**FOLIC ACID:**  
blood formation and cell building



**VITAMIN D:**  
calcium absorption and bone health



**PROTEIN:**  
blood supply and tissue growth



**IRON:**  
brain development and energy levels



**VITAMIN B12:**  
nerve and brain development



**CALCIUM:**  
bone development

For more information about eating well during pregnancy visit [health.gov.au/campaigns/your-healthy-pregnancy](http://health.gov.au/campaigns/your-healthy-pregnancy)



**Australian Government**  
Department of Health