

Eating when Pregnant



When pregnant you may need to increase your food intake. However it can be hard to determine what this looks like. The recommendations are:

First trimester	No increase in calories – 3 meals per day, no snacks
Second trimester	100-150 calories – 3 meals + 1 extra per day
Third trimester	200-250 calories – 3 meals + 2 extras per day

Being pregnant may sometimes make you crave high fat and high sugar food. It is important to still remember all the healthy eating and lifestyle habits you have worked hard creating. Some tips we have are:

- Eat breakfast every day. If you feel sick in the morning, try nibbling dry toast or crackers when you wake up. Ask your partner to bring you something before you get out of bed, and then eat the rest of your breakfast later in the morning.
- Have at least half your plate protein, such as lean chicken, with each meal. Balanced meals help you to feel fuller for longer.
- Help to control your appetite by eating high protein and high-fibre foods, drinking plenty of water, and taking regular exercise. Eat at least five portions of fruit and vegetables a day.
- Keep healthy foods to hand. A fruit bowl filled with apples, bananas, peaches, oranges and grapes makes it easy to grab a healthy snack.
- If craving a particular flavour try to incorporate it into your meals so you don't go without i.e. if craving nuts add as a topper to salads or have a satay meal. If craving salt and vinegar chips, have balsamic vinegar corn thins + protein toppers as a lunch meal.
- Drink at least 2L of fluids. When hungry always reach for water first and see if this does the trick.
- Keep active and keep busy

Rather than counting calories, it's better to eat when you are hungry, and stick to healthy foods whenever you can.

Meal ideas: Some meal and snacks ideas from the second trimester onwards are:

Only pick 1x snack per day in the second trimester and increase to x2 in the third trimester.

Meal	Ideas
Breakfast	<ul style="list-style-type: none"> • 1 x Vogel extra thin toast + 1x scrambled egg • 1/3 cup porridge + 2/3 cup Calci-trim milk with toppings i.e 2tsp nuts/seeds, 2tbsp yoghurt, ¼ cup berries, ½ grated apple • Protein plus Greek yoghurt ½ cup + berries, 2Tbsp nuts/seeds, 4Tbsp muesli • Chia pudding • Baked beans + 1 x poached egg • Baked beans + 1 x vogels extra thin toast + 1Tbsp grated edam/nobel cheese
Morning Tea	<ul style="list-style-type: none"> • 200ml Calci-trim milk + SF flavouring i.e hot chocolate • Pottle of yoghurt + berries/kiwifruit/apple • Banana
Lunch	<ul style="list-style-type: none"> • Salmon and egg salad – 85g tinned salmon mixed with 1 tbsp cottage cheese, 1 soft boiled egg, shredded cos lettuce, 1/4 avocado, sliced cucumber, and some cherry tomatoes • Nori wrap – 1-2 sheets seaweed filled with 50g chicken, 1/4 avocado, strips of capsicum, cucumber and carrot, and fresh coriander • Lettuce wraps – 2-3 iceberg/cos lettuce leaves filled with ham, hummus and cheese, and rolled into a wrap • Quinoa salad – 1/2 cup cooked quinoa with 1 soft boiled egg, 60g shredded smoked chicken, diced cucumber, cherry tomatoes and feta cheese • Crackers with protein toppings - 3-4 Vita Weat crackers with 2 tbsp hummus, 50g ham, 3-4 slices noble cheese, sliced tomato and pepper • Salmon paste on crackers – Blend 50g smoked or 85g tinned salmon with 2 tbsp Philadelphia lite cream cheese and spread on 2 Cruskits. Top with slices of cucumber, avocado, and cracker black pepper
Afternoon Tea	<ul style="list-style-type: none"> • 25g mixed nuts • Pottle of yoghurt • 1x Vitawheat cracker + cheese • 2x Vita Weat crackers with 1 tbsp nut butter (e.g. Pic's, Macro, or Cere's Organics) • 1x boiled egg with ¼ avocado and 1tbsp/slice cheese made from pastureised milk • 1 x 85 tin of tuna/salmon
Dinner	<ul style="list-style-type: none"> • 100-120g lean, well cooked protein e.g. beef, chicken, fish, pork, lamb, venison, veal or seafood or 2 eggs with solid yolks, 1/2 tin beans/chickpeas, 50g tofu/tempeh as vegetarian options + non-starchy vegetables • <i>Carbohydrates can be included in your meal (optional) but must be eaten in moderation - 1/4 cup or 1-2 tbsp per meal. It is recommended to choose carbohydrates that are considered to be 'whole foods' rather than processed forms which have minimal nutrition to offer</i>