

Healthy Eating

Healthy eating starts with healthy shopping!



Buy:

- ✓ Low fat, high calcium dairy foods
- ✓ Lean cuts of meat
- ✓ A variety of fruits & vegetables
- ✓ Wholemeal breads and pastas

Avoid:

- ✗ Soft drink (e.g. Coke), cordial, fruit drink
- ✗ Cakes, biscuits, muffins, pastries
- ✗ Chips, lollies, chocolate

Quick and easy meal ideas

- Add salad or vegies to a BBQ chicken
- Omelets or scrambled eggs with spinach and mushrooms
- Baked beans or tinned spaghetti
- Fruit salad with low fat yoghurt/custard
- Pasta with steamed veggies and sauce
- Baked potato with corn, lean mince and low fat dressing
- Select water and a healthy snack for yourself when you feed your baby

Set a good example of healthy eating to your child. That includes Dads too!

Resources

For more information about having a healthy lifestyle during and after pregnancy:

Visit these healthy websites:

- www.betterhealth.vic.gov.au
- www.rwh.org.au/wellwomens
- www.wch.sa.gov.au
- www.health.nsw.gov.au

Speak to a professional:

Department of Nutrition & Dietetics
Wodonga Regional Health Service
Ph: (02) 6051 7400

Department of Nutrition & Dietetics
Albury Base Hospital
Ph: (02) 6058 4444

See local directory for Physiotherapy and additional Dietetics services:

Physical Activities:

Fit for Birth Class

Community Rehab. Centre, Vermont St.
Wodonga Regional Health Service
Wednesdays 5.15 - 6.30pm
Ph: (02) 6051 7400

Community Centres, Neighborhood Houses, & Leisure Centres

All offer activities suitable during and after pregnancy.
Call for a current timetable.
Larger centres provide low-cost child care.

Walking

Walking is free, easy and a great way to be fit and healthy! Walk on your own, with your baby in a pram, with your family or friends.



Healthy Lifestyle

Be healthy, stay active
and your baby will thank you!

Looking after yourself is more
important now than ever!



A practical resource for pregnant women & new mothers about healthy eating & being active

Healthy Lifestyle

Healthy eating and exercising can help you before, during and after pregnancy.

The mother's role is an important one. Your lifestyle can influence the health of not only yourself, but also your new baby and your whole family, to whom you set an example. The father also has an important role in modelling appropriate behavior.

Having good lifestyle habits during and after pregnancy can improve the health of your whole family and set you and your family on the path to a healthy, happy life.

So, be active & eat well!

Weight gain

It is normal to gain weight when pregnant but pregnancy should not be an excuse to put on weight or to stop exercising.

A typical pattern of weight gain during pregnancy is:

- 1 – 1.5kg in the first 3 months; then
- 1.5 - 2kg per month

Following this pattern will make it easier to return to your pre-pregnancy weight.



Not drinking alcohol is the safest option for women who are pregnant or who are breast feeding.

Did you know?

Being overweight during pregnancy increases the risk of having an overweight baby. Overweight children are more likely to be overweight later in life.

Physical Activity

Why stay active during pregnancy?

- Have more energy & feel less tired
- Be prepared for the physical demands of labour *and* motherhood
- Improved posture
- Have a smaller gain of body fat
- Have a healthier baby
- Faster return to pre-pregnancy fitness
- Faster return to pre-pregnancy body

Exercise doesn't need to be vigorous to be effective....

Tips for being physically active during and after pregnancy:

- Park the car a little further from the shops and walk an extra 5 minutes
- Be active through the day in as many ways as you can
- Take up the great activities available for pregnant women & new mums

During pregnancy you should exercise at a moderate intensity for **30 minutes a day, 4 times a week**. If this is too hard break it up! 3 x 10 minutes a day is just as effective as 30 minutes straight! Approximately 6 weeks post-delivery, or when you feel able, you should return to exercising at a moderate intensity for 30 minutes a day, at least 5 times each week.

Always check with your doctor before starting an exercise program to ensure you're not putting yourself at risk.

Smoking is harmful to the health of you and your baby!

Healthy Eating

Eating well is important for the development of your baby and to ensure you maintain optimal health for birth.

You should not 'Eat for Two'.

What foods and how much should I eat each day?

Food Group	Serves	Example of 1 Serve
Breads, cereals	4-6	2 slices bread 1 cup cooked rice/pasta 1 cup cereal
Vegetables	4-5	1/2 cup vegetables
Fruit	2-3	1 medium apple
Yoghurt, cheese, milk <small>*low fat & sugar, high calcium</small>	3	1 cup milk 2 slices cheese 200 g yoghurt
Meat, fish, chicken, eggs, nuts, legumes	1 1/2	100 g meat 1/2 cup legumes 1/3 cup nuts
Extras	0-2	4 sweet biscuits 1 slice cake
Fluids	1 1/2 - 2 litres	Water is best Avoid alcohol

2 - 3 serves per week of fish recommended.
Avoid shark (flake), swordfish/broadbill, marlin, orange roughy (sea perch) and catfish, as these may be high in mercury.

Good food hygiene is very important during pregnancy. Your midwife will give you information on avoiding foods which may contain listeria.

