

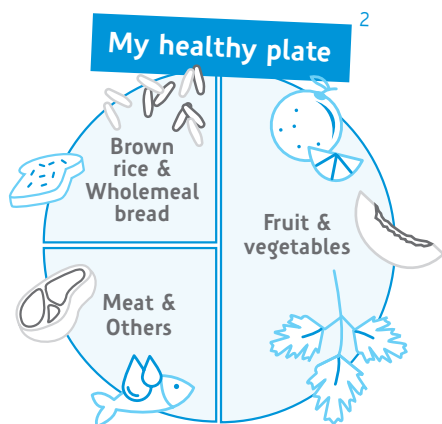


FrieslandCampina 

Institute
for dairy nutrition and health

Nutrition for healthy pregnancy

Your diet and lifestyle during pregnancy affect yours and your baby's lifelong health, and can pose intergenerational effects too.¹ Nutrition during the first 1000 days of life is the most significant.¹ Overweight, obesity, undernutrition and micronutrient deficiencies are common concerns among pregnant women.¹ This guide provides you information on key nutrients, healthy weight gain, pregnancy checklist and a dietary guide, to support you on your pregnancy journey.



Dietary Tips

- Eat a wide variety of foods to get a variety of nutrients to meet your nutrient requirements more easily.
- Limit foods with high sugar, salt and fat (e.g. sugary beverages, pastries, chips, ice-cream).
- Cook eggs, meat, seafood and vegetables thoroughly to minimise risk of salmonella and listeria.

Choose water | Use healthier oils | Be active

Trimester 1

Folic acid

for development of brain and spinal cord

Broccoli, dark green leafy vegetables, kidney beans, cabbage, chickpeas

Iodine

for brain development

Egg, seaweed, seafood, cow's milk, yoghurt, white fish, iodised salt

Vitamin A

for cell growth and eye health

Papaya, spinach, carrot, sweet potato, egg, other orange & red vegetables/fruits

Calories
Same as pre-pregnancy



Baby's growth
By the 3rd month, your baby is ~4 inches long. All the organs and limbs are formed. The first 1-3 months are the most critical for development.

Trimester 2

Iron

to build blood volume

Red meat, dark green leafy vegetables, dried fruit, nuts

Zinc

for cell growth and normal immune function

Red meat, shellfish, legumes, nuts, seeds

Protein

for growth of tissues and organs, and energy

Milk, cheese, red meat, poultry, egg, nuts, legumes

Calories
>250 calories



Baby's growth
By the 6th month, your baby is ~12 inches long. Your baby has learnt to blink and suck the thumb. Hair and muscle growth begins.

Trimester 3

Calcium

for strong bones and teeth

Cow's milk, cheese, tofu, fish with bones and other dairy products

Omega-3

for brain and eye development

Salmon, nuts, sardines, omega-3 enriched eggs, canola oil

Protein

for growth of tissues and organs, and energy

Milk, cheese, red meat, poultry, egg, nuts, legumes

Calories
>450 calories



Baby's growth
By the 9th month, your baby is ~17-19 inches long. The lungs are nearly developed and begins responding to light, sound and touch.

Recommended daily calorie intake³

Trimester 1: 1800 kcal

Trimester 2: 2100 kcal

Trimester 3: 2250 kcal

*For women with a healthy pre-pregnancy BMI (18-24.9 kg/m²)

Seek medical help if you are experiencing

- Weight loss during pregnancy
- Severe nausea impacting your ability to eat meals
- Unexplained tiredness after meals

Don't neglect the symptoms you are experiencing!

Pregnancy checklist

- ☐ Weigh yourself weekly
- ☐ Blood test every
- ☐ Ultrasound every
- ☐ Discuss the need for vitamin/mineral supplements with your doctor/dietitian

Calories in 1 portion of food

Food	Portion	Calories (kcal)
Bread, wholemeal	2 slices	140
Oat, rolled, uncooked	1/2 cup (50g)	160
Rice, white/brown, cooked	1/2 bowl (100g)	110-130
Bee hoon, cooked	1/2 bowl (100g)	110
Yellow egg noodles, cooked	1/2 bowl (100g)	145
Egg, boiled	1 piece (50g)	65
Firm tofu	1 regular block (100g)	120
Soft beancurd	1 small block (85g)	55
Milk, full fat	1 cup (250ml)	170
Milk, low fat (1-1.5% fat)	1 cup (250ml)	120-140
Soya bean milk, fresh	1 cup (250ml)	151

Fruit, fresh	1 medium apple/orange/pear	90
	5-6 small berries	50
Vegetables, cooked	1 handful of leafy vegetables (100g)	40
	1/2 medium piece of potato variety	48
	1 handful of other vegetables (100g)	35
Nuts, assorted, baked/roasted	1 handful (30g)	180
Cheese, cheddar, regular fat	2 slices (40g)	66
Plain crackers	4 pieces (40g)	50
Biscuits, cream filling/cookie	2 medium-sized pieces	170-200
Yoghurt, plain, low-fat	1 cup (150g)	100
Malted drink powder	1 tablespoon	40
3-in-1 cereal	1 sachet (30g)	120

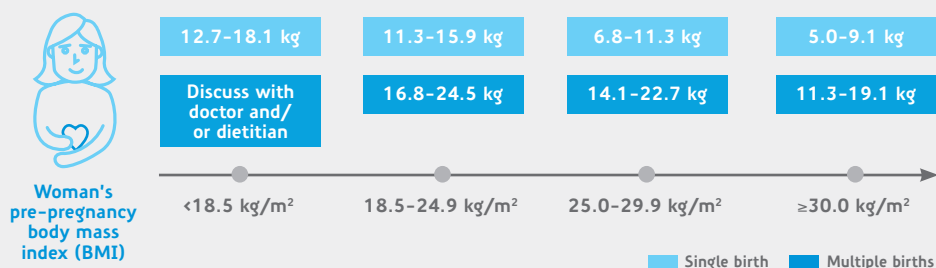
Chicken, breast, skinless, cooked	Palm-size (90g)	140
Pork, lean, cooked	Palm-size (90g)	140
Beef, lean, cooked	Palm-size (90g)	140
White fish, cooked	Palm-size (90g)	90
Prawn, cooked	5 medium pieces	90
Legumed, cooked	1/2 cup (75g)	105
Peanut butter	1 tablespoon	145
Chocolate spread	1 tablespoon	80
Chocolate, regular	2 squares	46
Ice-cream, regular fat	1 medium scoop	125
Popcorn, buttered	1 pack (25g)	120

*Portion sizes are indicated to serve as a guide on calorie content and are not a limit on intake.



*All nutrients are important, however, nutrients indicated above have increased daily requirements, depending on the trimester you are in. *Folic acid and iron supplements are generally recommended in pregnancy but please seek medical advice from a health professional before taking supplements.

Recommended weight gain⁴



References

¹ Kavle, J.A., & Landry, M. (2018). Addressing barriers to maternal nutrition in low- and middle-income countries: A review of the evidence and programme implications. *Maternal & Child Nutrition*, 14(e12508), 1-13.

² Health Promotion Board. My Healthy Plate. Retrieved May 28, 2021, from <https://www.healthhub.sg/programmes/55/my-healthy-plate>.

³ My Health Hub. Healthy Eating in Trimester 2. Retrieved May 28, 2021, from <https://www.healthhub.sg/live-healthy/1716/healthy-eating-in-trimester-2>.

⁴ Centers for Disease and Control Prevention. Weight Gain during Pregnancy. Retrieved May 28, 2021, from <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-weight-gain.htm>.

⁵ World Health Organization. WHO Recommendations on Antenatal Care for a Positive Pregnancy Experience. Retrieved May 28, 2021, from <https://www.who.int/publications/i/item/9789241549912>.

Disclaimer

Breastfeeding is the best nutrition for healthy growth and development of babies. Exclusive breastfeeding for six months is the optimal way of feeding infants. Thereafter infants should receive complementary foods with continued breastfeeding up to two years or beyond. Good maternal nutrition helps sustain an adequate supply and quality of breast milk. Unnecessary introduction of bottle-feeding, partially or fully, or of other complementary foods and drinks may have a negative impact on breastfeeding, which may be irreversible. Consult your doctor and consider the social and financial implications before deciding to use breast milk substitutes or if you have difficulty breastfeeding. Follow usage, preparation and storage instructions of breast milk substitutes or of other complementary foods and drinks carefully as improper or unnecessary use may pose a health hazard.