














Nutritional advice for pregnant women

1. A healthy and varied diet with the Wheel of Five

This is approximately what your **daily** intake should look like when you are pregnant:

-  250 grams of vegetables
-  200-300 grams of fruit
-  175-245 grams of brown or wholemeal bread, so 5-7 sandwiches
-  200-250 grams of wholemeal grain products or potatoes
-  1.6 litres, such as water or tea
-  50-55 grams of spreadable and liquid fats, such as margarine or oil
-  30 grams of unsalted nuts
-  550 millilitres of dairy, of which 200 millilitres of dairy alternatives
-  20 grams of cheese

You should also have the following **each week**:

-  250 grams of legumes, tofu or tempeh
-  2 portions of fish of 100 grams each
-  3 eggs
-  300 grams of meat, of which no more than 100 grams of red meat

If you're worried that you aren't getting the nutrients you need, use the **Mijn Eetmeter** app to trace your diet for a few days.



Want to know more?

www.voedingscentrum.nl/zwanger

2. Eat fish twice a week



Once a week, eat oily fish such as salmon or trout




Once a week, eat white fish such as haddock or plaice

If you find it difficult to do this, take an omega-3 (fish) fatty acid supplement with 250-450 mg of DHA every day.



 Always cook fish thoroughly.

 It's better to avoid fish like tuna and mackerel because it contains too many harmful substances. You can use the **ZwangerHap** app to look up every species of fish.



3. Eat plenty of products with calcium, iodine and iron



Eat 5-7 sandwiches for iodine

If you find it difficult to do this, take a supplement containing a maximum of 200 µg of iodine every day.



Have 550 millilitres of dairy and dairy alternatives for calcium

Drink 550 millilitres of dairy, of which 200 millilitres can be a dairy alternative.

For example, this could be 1 glass (200 ml) of low-fat milk or buttermilk, 1 glass (200 ml) of enriched soy milk and 1 small bowl (150 ml) of low-fat yogurt or low-fat cottage cheese.

If you find it difficult to do this, take a supplement containing 1000 mg of calcium every day from your 20th week of pregnancy onwards.



Eat fish, chicken, meat, vegetables and wholemeal grain/cereal products for iron

If your iron levels are too low, your midwife or gynaecologist will prescribe you a supplement.

4. Take a folic acid and vitamin D supplement

In addition to a healthy diet, you will need to take 2 supplements during your pregnancy:



Vitamin D

Take 10 µg a day throughout your pregnancy.



Folic acid

Take 400 µg a day, starting at least 4 weeks before you become pregnant and stopping 10 weeks into your pregnancy.

Cheaper generic brands are the same quality as more expensive high-end brands.






If you want to take a pregnancy **multivitamin**, look at the label to check whether it contains a sufficient amount of the nutrient you need

5. Avoid eating and drinking some products or cut down on them




You will be able to carry on eating and drinking most things during your pregnancy. But there are some products that you should cut down on or avoid altogether. If you are unsure, download the **ZwangerHap** app.

 **Avoid**

-  Alcohol
-  Liver

 Certain herbal teas (like fennel, aniseed and cinnamon tea)

 **Cut back**

-  Caffeine (e.g. in coffee and tea)
-  Liquorice (e.g. in liquorice tea and liquorice sweets)
-  Liver products (e.g. pâté)



You can take 1 glass of soy drink every day. As a precaution, do not drink soy drink too often.

Do not drink more than 3 glasses (1 glass is 200 ml) per day. Additionally, do not eat other soy products, such as tofu, tempeh or soy beans, more than twice a week.

6. Eat safely during your pregnancy

You will be more sensitive to food-borne infections when you are pregnant. That makes the 3 points below extra important:



Good hygiene

For example, wash your hands with soap and water before you cook and eat.



Store food properly

Set your fridge thermostat to the right temperature: 4 °C. Eat chilled fresh produce by the best-before date or within 2 days of opening.



Cook raw animal products thoroughly

For example, raw-milk soft cheeses and raw meat and fish. This is the only way to protect yourself from infections with listeria and toxoplasmosis.

