

---

## *Nutrition*

---

During pregnancy your body has special nutritional needs so eating healthy in pregnancy is very important. Here are some guidelines to help you make some healthy choices.

### **Prenatal Vitamins**

You can get your Prenatal Vitamins for your local pharmacy / Clicks / Dischem. If you feel nauseated, try taking the vitamins with food at bedtime. Water and fluids are important. You need 6-8 cups of fluid each day.

### **Weight Gain**

A woman of normal weight before pregnancy may gain 15kg – 20kg, those underweight should gain a little more, those overweight a little less. You are not eating for two and may not need to add extra calories to your diet. An expected weight gain pattern should be 2-4 kilograms in the first 12 weeks, 3-4 kilograms per month during the remainder of the pregnancy.

### **Nutrients**

Concentrate on fruits, vegetables, pastas, cereal, bread, and lean meats. Cheese, milk, and yoghurt should be low fat. You will need about 1500 mg. of calcium per day, 230ml glass of milk delivers 300 mg. of calcium.

#### ❖ Foods To Limit

- Caffeinated beverages
- Herbal teas
- Fish

#### ❖ Foods To Avoid

- Unpasteurized cheese or milk
- Uncooked fish (sushi) or meat

### **Prevention**

Do not eat hot dogs and luncheon meats unless they are reheated and steaming hot.

Avoid cross-contaminating other foods, utensils, and food preparation surfaces with fluid from hot dog packages, and wash hands after handling hot dogs.

Do not eat unpasteurized soft cheeses such as Feta, Brie, Camembert, blue-veined cheeses. Cheeses that may be eaten include hard cheeses such as slices and spreads, cream cheese, and cottage cheese.

Do not eat refrigerated pates or meat spreads. Canned or shelf-stable pates and meat spreads may be eaten

Do not eat refrigerated smoked seafood, unless it is contained in a cooked dish, such as a casserole. Canned or shelf-stable smoked seafood may be eaten.

Do not drink raw (unpasteurized) milk or eat foods that contain unpasteurized milk.

---

# *Activities in Pregnancy*

---

## **Exercise**

Regular exercise (three times per week for 30-40 minutes) during pregnancy can lead to a better appearance and posture, enhance your feeling of well-being, and lessen some of the discomforts of pregnancy such as backache and tiredness.

Some good exercises are:

- Brisk walks (fast enough to increase your heart rate)
- Elliptical or stationary bike
- Prenatal yoga (avoid hot yoga)
- Light weights

Use good judgment:

- Avoid starting a new strenuous routine
- Avoid high impact and jerky movements
- Warm-up and cool-down
- Drink plenty of water
- Stop if you experience pain, bleeding, shortness of breath, or faintness

## **Sexual Intercourse**

If your pregnancy is progressing normally, you need not alter your sexual activities. Intercourse will not harm the baby. You may be advised to limit or avoid intercourse for the following reasons: bleeding, premature labour, rupture of membranes (leaking amniotic fluid).

## **Travel**

Please continue to always wear your seatbelt. Place the lap belt under your abdomen as low as possible. If traveling for a long distance, try to get up and walk or stretch every 1-2 hours. Do ankle exercises occasionally while sitting to keep blood circulating in your legs. We recommend you stay within approximately 1 hour of home during your last month of pregnancy. The airlines may refuse to let you fly after 36 weeks of pregnancy and after 32 weeks for international flights.

## **Work**

If you are a normal healthy woman, with an uncomplicated pregnancy, you can expect to work until your due date. Occasionally an unusually strenuous job or a complication of your pregnancy may require a change in your work schedule or job.

## **Saunas, Whirlpools, Hot Tubs and Tanning Beds**

Prolonged exposure to excessive heat is not recommended. Warm tub baths are acceptable. The same principle applies to a fever, keep it down with Panado.

## **Massage and Chiropractic Treatment**

Massage and Chiropractic treatment are safe in pregnancy but let them know you are pregnant.