

Key points of diet for preparing pregnancy & early stage of pregnancy

- ▶ Eat regular 3 meals a day. Choose a variety of foods
- ▶ Increase fibrous food intake e.g eat unprocessed grains instead of refined grains, skin colourful veges & fruit, cereals, root veges, legumes
- ▶ Eat fruit (2-3 servings a day) between meals, but avoid over-consuming food high in sugar e.g bananas, sugarcane, grapes, longan and fruit juice
- ▶ Limit eating fatty, oily foods such as deep fried fish and chips, braised pork
- ▶ No more than 6 servings of carbohydrates a day
- ▶ Limit processed foods and salty foods
- ▶ Drink 2-3 servings of dairy products and lots of water a day, limiting drinks containing caffeine, e.g. coffee, tea, fizzy drinks
- ▶ Eat foods high in folic acid (raw, fresh veges and fruit), iodine (iodised salt, milk, eggs)

Daily Food Intake

Oil: 2 servings (15-30g)
1 serving is the size of the tip of your thumb

Carbohydrate, starchy foods: 6 servings
1 serving is the size of your fist

Protein: 1-2 servings
1 serving is the size of your palm, and the thickness of your palm

Vegetables & Fruit:
The more variety veges the more better. Eat fruit of all colours

Vegetables: 3-4 servings
1 serving is a handful

Fruit: 2-3 servings
1 serving is a handful

Protein: 1-2 servings
1 serving is the size of your palm, and the thickness of your palm

Carbohydrates
Eat a variety of whole grains

Dairy Products: 2-3 servings
Milk: 250ml/per serving (1 cup)
Yoghurt: 150g/per serving

Vegetables : Carbs : Protein = 2 : 1 : 1

Benefit of doing physical activity

- ▶ Helps to lower blood sugar
- ▶ Helps to recover after delivery
- ▶ Helps you build stronger bones
- ▶ Helps prevent problems common in pregnancy such as backache, leg cramps, high blood pressure and constipation
- ▶ Improves heart and lung fitness level
- ▶ Improves circulation, prevents varicose veins
- ▶ Ensure healthy weight gain
- ▶ Helps to reduce stress

Note: any physical activity programme carries risks and benefits. Discuss safe physical activity with your doctor or midwife.



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