Foods to Enjoy – eat freely (½ of your plate)

These foods contain very little carbohydrate or fat and are low in kilojoules/calories.

They are an excellent source of fibre, vitamins, minerals and antioxidants essential for good health.

Guideline: Choose a variety of different coloured vegetables daily

Vegetables

Alfalfa sprouts
Asparagus
Bamboo shoots
Bean sprouts
Beans – green and butter
Bok Choy
Broccoli
Brussel sprouts
Cabbage
Capsicum – green, red, yellow
Carrot
Cauliflower
Celery
Cucumber
Egg plant (Aubergine)
Frozen mixed vegetables
Kim Chi
Leeks

Lettuce
Marrow
Mushrooms
Onions
Peas
Puha
Pumpkin
Radish
Silverbeet
Snowpeas
Spinach
Spring onions
Swede
Taro leaves
Tomato
Turnip
Watercress
Zucchini (Courgettes)
Drink plenty of fluids every day
Aim for 9 cups of fluid each day

Water is best!

Soda water
Milk
Low calorie drinks containing recommended sweeteners – see below

To add flavour to your food

Garlic
Herbs and spices
Root ginger
Mustard
Lemon Juice
Lime Juice

Marmite / Vegemite
Low calorie salad dressings
Soy sauce
Tomato Sauce / Paste
Vinegar
Worcester Sauce

N.B.: ♦ These foods can contain a significant amount of salt or sodium. Use in small amounts.

Artificial Sweeteners

If using artificial sweeteners use only:
• Aspartame (951) called Nutrasweet / Equal
• Sucralose (955) called Splenda
• Acesulfame K (950)
• Stevia (960) PureVia, Sweete

Avoid: Saccharin (954) and Cyclamate (952) sweeteners in pregnancy.
There is insufficient information regarding the safety of their use in pregnancy.

Resources

Eating for Healthy Pregnant Women - MoH HE1805
Food Safety in Pregnancy – www.foodsafety.govt.nz
# Sample Meal Plan

## Breakfast
Choose one of these options:
- 1 cup cooked porridge + milk
- 1 cup Special K or Just Right or Light n Tasty + milk
- 3 Weet-Bix or Vita-Brits + milk
- ½ cup muesli + milk
- 2-3 slices wholegrain bread (sandwich slice)
- 1 cup cooked rice/noodles + lean meat + vegetables

## Morning tea
Choose 1-2 options from the snack list * below

## Lunch
Can be a sandwich or something cooked
Choose one of these carbohydrate foods (¼ of your plate):
- 2-3 wholegrain bread (sandwich slice)
- 1-2 wholegrain bread (sandwich slice) and ½ cup baked beans
- 1 wrap or 1 medium pita bread
- Soup with 1-2 slices wholegrain bread (if soup has lots of potatoes or pasta or rice in it, limit bread to 1 slice)
- 1 fist sized piece of potato, kumara or taro
- 1 cup cooked pasta, basmati rice or noodles
- 2-3 small thin roti or 1 chapatti
- 3-4 small steamed buns or 1 large steamed bun
  or 7-8 small steamed dumplings / dim sim
- 1 small green banana

AND one of these protein foods (¼ of your plate):
Lean meat /skinless chicken/fish/low-fat cheese/eggs/beans/lentils (including dahl)/tofu

AND plenty of vegetables or salad (½ of your plate):
Fresh, frozen or tinned non-starchy vegetables – see the ‘Eat Freely’ list

## Afternoon Tea
Choose 1-2 options from the snack list * below

## Dinner
Options are the same as Lunch

## Supper snack
Best snacks at supper are:
- A glass of milk or
- A pottle of yoghurt or
- A slice of grainy bread or 4 wholegrain crackers

## Snack List *
Choose 1-2 options from this list:
- 1 pottle lite fruit yoghurt or low-fat Natural / Greek yoghurt
- 1 glass of milk
- 4 wholegrain crackers with topping
- 1 medium piece of fruit (handful)
- 1 cup berry fruit
- 1 bobby banana
- 1 slice Burgen mixed fruit bread
- 1 slice of wholegrain bread
- 1 cup plain popcorn

## Drinks: at least 9 cups of fluid each day
Water is your best choice. Milk, low sugar cordials, green / fruit / peppermint tea, diet / zero / sugar free drinks can be incorporated into your meal plan to add variety. Avoid alcohol and minimise caffeine containing drinks (tea/ coffee/ diet coke / coke zero).

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Important Things to Remember

- Healthy carbohydrates are essential during pregnancy for you and the baby (see Sample Meal Plan for ideas)
- Eat 3 meals each day
- Have healthy snacks between each meal
- Eat your meals and snacks at about the same time each day
- Do not miss any meals, especially breakfast
- Do not drink alcohol while you are pregnant

Foods to Avoid

Food high in fat, especially saturated fat

Fatty meat, fried foods, takeaways, chips, batter, pastry
Pie, sausage rolls, croissants
Cream, coconut cream
Crisps, Cheezels, Twisties
Dripping, Lard, Ghee
High fat salad dressings, mayonnaise, and sauces

- These foods can make you put on too much weight during your pregnancy
- Use small amounts of all fats and oils
- Use only a little margarine on bread

Food high in sugar

Sugar - all types white, brown, raw or cane
Honey, jam, marmalade
Glucose, golden syrup, treacle
Cakes, sweet biscuits, sweet pies, muesli bars, roll ups, pastries
Sweet breakfast cereals
Fruit cooked or canned with sugar
Ice cream, jelly, ice cream toppings
Lollies, chocolate, carob, chewing gum
Quik, sweetened condensed milk, flavoured milk, milkshakes
Fruit juice, cordials, flavoured mineral water
Sport and energy drinks e.g. ‘V’, Red Bull, Lift Plus, G Force
Sweetened soft drinks e.g. Coca Cola, Sprite, Fanta

- Large amounts of sugar may affect blood glucose levels
- These foods may also be high in fat and energy and offer very little nutritional value
Diabetes New Zealand Healthy Plate

- **Protein**: meat, chicken, fish, eggs...
- **Carbohydrate**: potato, kumara, pasta, rice, taro...
- **Other vegetables**: broccoli, cabbage, cauliflower, lettuce, tomato, carrots, peas...

- 1 serving should fit in the palm of your hand
- ¼ of your plate or 1 serving* should be protein
- ¼ of your plate or 1 serving* should be carbohydrate

*Note: 1 serving is approximately the size of a golf ball.
Notes: