



## Pregnancy Nutrition and Optimal Rest Handout

### Nutrition Basics - Eat a diet full of:

- Fish, meat, eggs
- Vegetables
- Fruit & berries
- Good fats
- Include seaweed
- Nuts and seeds in moderation
- Low GI carbs mainly from veggies and starchy veggies
- Fermented foods
- Some natural yogurt/kefir
- Avoid: Sugar, gluten (especially wheat), milk products, alcohol, stimulants (coffee, tea), and processed foods
- Eat nutrient rich organic food, ideally seasonal and local
- Eat slowly and chew properly
- Increase intake of protein and fat
- Drink plenty of clean water
- Choose healthy cooking methods
- Supplement wisely (VitD, magnesium, fish oil, probiotics)
- During the last month: avoid inflammatory foods, take probiotics



## Calcium (recommend mg whilst pregnant is 1200)

Foods with calcium: green leafy vegetables, sesame seeds, artichokes, almonds, walnuts, dried figs, salmon, sardines, seaweed

Example for enough daily calcium without milk products.

- 200ml almond "milk"
- 50g oats
- 1 orange
- Salad with 20g of sesame
- Chickpeas with spinach
- Yogurt
- 100g of almonds

Total 1363mg of calcium

## Iron

Food with iron:

- Red meat
- Eggs (yolk)
- Beans (lentils and chickpeas)
- Almonds, hazelnuts
- Green leafy vegetables
- To help iron absorption Vit C is needed

## Optimise Rest:

- Create a relaxing routine to follow for the last hour or two prior to going to bed
- Go to bed before 23h. (Ideally between 21 and 22h)
- Avoid screen use minimum 1 hour before bed time
- Temperature of the room at 20 degrees Celsius (68 F)
- Sleep in a dark room
- Avoid eating an hour before bed
- Open window if possible
- Use pillows for comfort
- Schedule naps
- Schedule at least 8-9 hours of time in bed even if you don't sleep the whole time.
- Last month: remember to stick to consistent bed time to facilitate birth hormone