Being healthy before pregnancy

• Balanced diet
• Being active
• Healthy weight
• Good body composition
Energy & Nutrient Needs During Pregnancy

- Carbohydrate
  - Ample carbohydrate if necessary

- Protein
  - RDA:
    - I trimester: additional 1 grams per day
    - II trimester: additional 8 grams per day
    - III trimester: additional 25 grams per day
  - Supplements are discouraged

- Essential fatty acids
  - Omega-3 and omega-6 fatty acids for brain material
Listeriosis

Take some simple food hygiene steps to reduce the risk of listeriosis:

> Make sure ready to eat hot food is served steaming hot.
> Eat only freshly cooked food however if leftovers are stored promptly they can be eaten within a day. Cover and cool food in the fridge, not on the bench top.
> When you reheat food, make sure it is steaming hot throughout.
> Thoroughly cook raw food from animal sources (e.g. beef, pork, poultry).
> Thoroughly wash raw fruit and vegetables before eating.
> Store uncooked meats separate from vegetables, cooked foods and ready-to eat foods. Store it below other foods so there is no chance it will drip onto other foods.
> Always thaw ready-to-eat frozen food in the fridge or microwave – don’t thaw at room temperature.
> Keep hot food hot (above 60°C) and cold foods cold (at or below 5°C).
> Wash and dry your hands before preparing food.
> Wash hands, knives and cutting boards after handling uncooked foods to avoid contaminating cooked and ready to eat foods.
> Avoid foods past their ‘best before’ date or ‘use by’ date.