

Being healthy before pregnancy

- Balanced diet
- Being active
- Healthy weight
- Good body composition

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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

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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.