



## Healthy Eating for “Two”



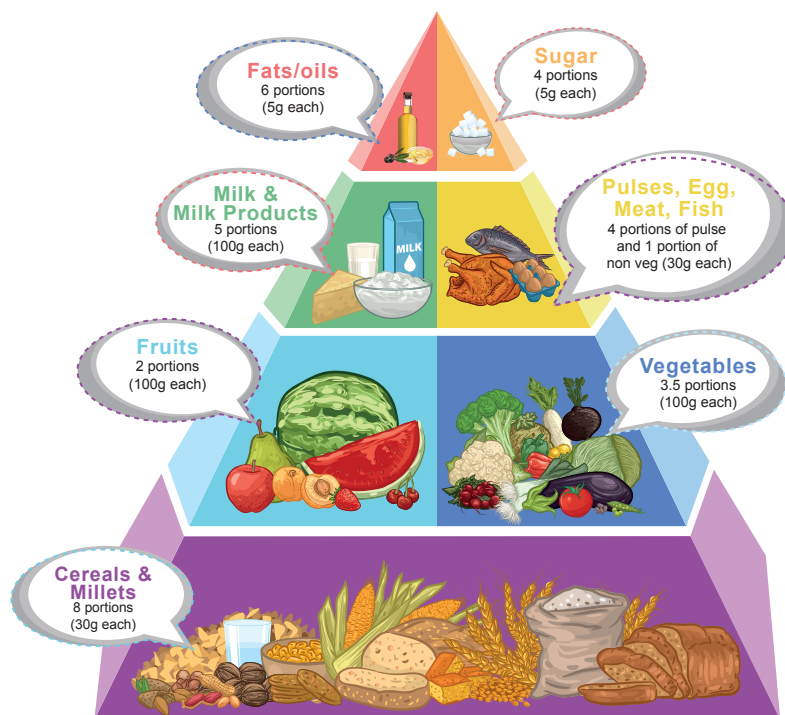
Eating Healthfully before and during pregnancy ensures a good storage of nutrients for you and your baby. This, in turn, improves your pregnancy outcome, your health, and that of your baby.

### © What constitutes a healthy diet during pregnancy?

#### One which:

- Is balanced and varied, as recommended by the healthy food Pyramid for pregnant woman
- Provides all the essential nutrients in adequate amounts to ensure the best start possible for your baby

### © Tips for eating healthfully during pregnancy



Reference: National Institute of Nutrition (NIN) 2010. Dietary Guidelines for Indians (2nd Ed.) Retrieved November 11, 2013, from <http://www.ninindia.org/DietaryguidelinesforIndians-Finaldraft.pdf>

- Choose from the 5 food groups (The Healthy Food Pyramid) in adequate amounts to ensure a balanced and varied diet
- Have 3 regular meals and 2 to 3 light snacks a day

- Include generous servings of fruits and vegetables, whole- grain cereals and beans, to increase your dietary fiber intake.
- Drink at least 8 to 12 cups of fluids a day, especially water and other fluids e.g. low fat milk and fresh fruit juices
- Eat 'oily fishes' such as salmon, tuna and mackerel, about 2 to 3 times a week, as they are good sources of docosahexaenoic Acid(DHA)
- Use vegetable oils such as canola, soya bean, corn or olive oil in your cooking but limit the quantity used
- Always eat foods that are fresh and wholesome. Limit those that are processed and preserved, as they usually have high contents of sodium and preservatives
- Reduce caffeine intake by cutting down on coffee, tea , chocolates and cola drinks. Limit tea or coffee, coffee to 1 to 2 weak cups a day
- Avoid alcohol
- Limit intake of fried foods, high fat snacks (e.g. potato crisps, pastries and chocolates), sugary and empty calorie foods. These if eaten in excess, may increase your risk of becoming overweight after baby.

## © Sample Menu Plan for MUMS To-Be

### Early Morning (6 to 7 am)

- Milk (1 Cup)
- Toasted Whole grain bread (2 slices)  
Or Rusk Toast (2-3 no) or Marie Biscuits (2-3 no)

### Breakfast (8 to 9 am)



Vegetable Poha (1 plate)  
or Vegetable paratha (2 medium)  
with 1 cup of curd  
or Moong Dal Paneer Chila (2 no)  
or Vegetable Cheese Sandwich  
(1 2no)  
or Rava porridge (1 cup) with  
dates

**If you are Non Vegetarian**  
Whole wheat bread (2 slices)  
with boiled / scrambled egg  
or Chicken Sandwich (1 no)  
(Tea/ Coffee 1cup optional)



### Mid Morning ( around 11 am)

Fruit Plate with first full of nuts  
or 1/2 Cup of Low fat Yogurt with Fruits  
or Mixed salad with beans/ sprouts  
or Soup (1 bowl) with roasted channa (Handful)

### Lunch (1 to 2 pm)



- Salad (1 cup)
- Green vegetable (1cup)
- Dal (1 cup)
- Whole wheat roti  
(2 medium)
- Rice (1/2 plate)
- Raita (1 cup)

#### **If you are Non Vegetarian**

- Salad (1 cup)
- Green vegetable (1 cup)
- Fish Curry (1 cup)/Lean  
chicken curry (1 cup)
- Whole wheat roti  
(2 medium)
- Rice (1/2 plate)

### Evening Snack (around 5 pm)

- Milk (1 glass) or Lassi (1 glass) or Milkshake (1 glass)
- Whole wheat paneer wrap (1no) or Tofu frankie (1 no)  
or Kurmura and chana bhel (1 cup) or Sprouts chaat (1 cup)

### Dinner (7 to 8 pm)

- Vegetable Soup (1 bowl)
- Green vegetable (1cup)
- Dal (1 cup)
- Whole wheat roti  
(2 medium)
- Rice (1/2 plate)
- Raita (1 cup)

#### **If you are Non Vegetarian**

- Chicken Soup (1 bowl)
- Brown Rice (1 plate)
- Stir fried vegetables  
with tofu (1 cup)



### Late Night (10 pm)

Fruit Salad (1 cup) or  
Low fat Yogurt (1 cup) with nuts and fruits  
or Dates and Seviyan kheer (1 cup)  
or Almond and date milk (1 glass)

Kindly note: this menu plan is for healthy pregnant women. Talk to your doctor if you have any pregnancy complications. Consider taking nutritional supplements with doctors advise.

## IMPORTANT INFORMATION

Breast milk is the best food for babies as it is the sole source of nutrition for the first 6 months of life and is recommended to be continued until 2 years, with introduction to appropriate complementary foods after 6 months of age.

### **A. Following are the details of advantages, as also nutritional superiority of breast-feeding :**

- i)** Immediately after delivery, breast milk is yellowish and sticky. This milk is called as Colostrum, which is secreted during the first week of delivery. Colostrum is more nutritious than that of mature milk because it contains more protein, more anti-infective properties which are of great importance for the infant's defence against dangerous neo-natal infections. It also contains higher level of Vitamin 'A';
- ii)** Breast Milk -
  - a) Is a complete and balanced food that provides all the nutrients needed by the infant (for the first six months of life);
  - b) Has anti-infective properties that protect the infants from infection the early months;
  - c) Is always available;
  - d) Needs no utensils or water (which might carry germs) or fuel its preparations;
- iii)** Breast-feeding is much cheaper than feeding infant milk substitutes as the cost of the extra food needed by the mother is negligible compared to the cost of feeding infant milk substitutes;
- iv)** Mothers who breast-feed usually have longer periods of infertility after child birth than non-lactators;

### **B. Details of management of breast-feeding, are as under :**

- i)** Breast-feeding-
  - a) Immediately after delivery enables the contraction of the womb and helps the mother to regain her figure quickly;
  - b) Is successful when the infant suckles frequently and the mother wanting to breast-feed is confident in her ability to do so;
- ii)** In order to promote and support breast-feeding the mother's natural desire to breast-feed should always be encouraged by giving, where needed, practical advice and making sure that she has the support of her relatives;
- iii)** Adequate care for the breast and nipples should be taken during pregnancy;
- iv)** It is also necessary to put the infant to the breast as soon as possible after delivery;
- v)** Let the mother and the infant stay together after the delivery, the mother and her infant should be allowed to stay together (in the hospital, this is called "rooming-in");
- vi)** Give the infant Colostrum as it is rich in many nutrients and its anti-infective factors protect the infants from infections during the few days of its birth;
- vii)** The practise of discarding Colostrum and giving sugar water, honey water, butter or other concoctions instead of Colostrum should be very strongly discouraged;
- viii)** Let the infants suckle on demand;
- ix)** Every effort should be made to breast-feed the infants whenever they cry;
- x)** Mother should keep her body and clothes and that of the infant always neat and clean,