

The 3rd Step of the Pyramid (S. III)

Pregnant women need around 60 - 80 g of proteins daily, the main sources:

- **Dairy products** – every day 4 or more servings of dairy products like yoghurt and cheese, low in fats and rich in calcium, to have strong teeth and bone system; intake of Vitamins A and D, proteins, Vitamin B Complex. Vitamin A supports growth, improves eyesight, raises resistance to infections. The necessary daily intake of Calcium is 1.000 mg. Other sources of Calcium are the leafy greens, dried beans and peas, nuts and seeds, tofu. Fermented cheese is to be avoided.

A serving of dairy products = a mug of milk or yoghurt or 40 g of natural cheese or 60 g of processed cheese.

- **Chicken or fish**, eggs, nuts, dried beans or peas. Proteins have a role in the formation of muscles, tissues, enzymes, hormones and antibodies.

During the first pregnancy term, the amount of proteins necessary is lower, but it grows in the second and third term, when the child's development is very rapid.

A serving of proteins = 50 - 100 g cooked lean meat – chicken or fish; 30 g meat equals 1/2 cupful of cooked dried peas or an egg or 1/2 cupful of tofu or 1/3 cupful of nuts.

The 4th Step of the Pyramid (S. IV)

- **Oils and fats.** During pregnancy it is recommended that you consume oils and fats that contain Omega 3 fatty acids, very important in the development of the brain; sunflower oil or olive oil (preferably cold pressed), flaxseed, mackerel, sardines are ideal for the prenatal and nursing period; they play the role of regenerating the vessels and nervous system, also influencing the learning capacity. Margarine, refined oils and rancid fats are to be avoided (old nuts, old roasted or peeled peanuts, fried things).

- **Carbohydrates** are the main source of energy for all the body functions and the main fuel for the muscles, the nervous system and especially the brain. When you crave for something sweet, candies, chocolate or cakes, remember that **refined sugar produces excess mucus and raises blood acidity, preventing the action of some essential minerals and vitamins and in time leading to a drop in immunity.** Cereals and vegetables contain complex carbohydrates and proteins, so they are a better choice. You'd better eat a fresh fruit, honey or dried fruit!



THE DIET DURING PREGNANCY

**Beneficent for both
Mother and Child**



International Revised Edition

The 1st Step of the Pyramid (S. I)

Products from whole cereals or flour:

- wholemeal bread
- whole rice
- whole-wheat pasta
- cereal flakes and seeds

What do they contain?

- Iron, Vitamin B Complex, proteins, minerals and fibres, which the body really needs
- Magnesium, which plays a role in consolidating bones and releasing energy in the muscles
- Selenium, which has an antioxidant role for the cells and which favours the health preservation of the immune system.

How many cereals or derived products should I eat every day?

- As many daily servings as possible.

A serving of cereals = a slice of wholemeal bread, 1/2 cupful of cooked cereals, rice or pasta, 1 cupful of breakfast cereals.

Some cereals you have for breakfast can be enriched with 100% the quantity of folic acid your body requires. It was found that the folic acid prevents serious foetal malformations.

It's important that before conception and during pregnancy you should choose cereals enriched with folic acid made from wholemeal flour.

The Food Pyramid: 4 Steps



PRACTICAL ADVICE

- To every lunch, add a salad and leafy greens, sprinkled with cold pressed oil and lemon and grilled or steamed seasonal vegetables.
- Choose fish and chicken rather than red meat.
- Enjoy a seasonal fruit in between meals.
- Eat products from wholemeal flour.
- Replace sugar by honey.
- Read the product label; avoid partially hydrogenated vegetal oils, big quantities of salt, preservatives and additives.
- Drink water, at least 2 l/day thinking of a pure source.

Very important: eat in a state of peace, joy and gratefulness, because in this way you're sending a message of LOVE to your child.

The 2nd Step of the Pyramid (S. II)

Fruit and vegetables

Most of the fruit and vegetables have few calories and do not contain any cholesterol. On the other hand, they have a high quantity of potassium, fibres, folic acid, vitamin A, vitamin E, vitamin C.

It's necessary to have a daily intake of 7 or more fruit and vegetable servings (3 of fruit and 4 of vegetables, respectively). Fruit and vegetables, through their vitamin C content will ensure both for you and your child healthy gums, capacity of rapid healing of wounds, high iron absorption.

Here are some fruit and vegetables containing vitamin C: apple, rose hip, sea buckthorn, strawberry, kiwi, cantaloupe, orange, tomato, pepper, cabbage, broccoli, all leafy greens.

Through fruit and vegetables you also raise the intake of minerals and fibres and energy, so necessary to your body. In addition, greens bring an important intake of enzymes, antioxidants, and nutrients that are essential in pregnancy.

A serving of fruit = an apple or a banana or 1/2 cupful of dried fruit, 3/4 cupful of fruit juice.

A serving of vegetables = a cupful of raw leafy greens or 1/2 cupful of other vegetables (raw or cooked) or 3/4 cupful of vegetable juice.