

# Mama

By The Badass Rules

Pre/Post-Natal  
Nutrition Guide





# Welcome to Mama by The Badass Rules! We are thrilled that you have joined us at this very exciting time in your life!

As with all times in life, the goal for nutrition is to consume a wide variety of of foods in our diets, to provide our bodies with a full range of nutrients to support our growth and development.

The most important factor is your health, so in all instances, first and foremost follow any specific/personal advice on nutrition and supplementation given to you by your GP and midwife. Our Mama Guide is a general guide for health, but any personal recommendations given by your healthcare team should be followed in the first instance.

## What do we mean by a healthy diet and why is it important for mother and baby?

A healthy diet provides a full range of all vitamins and minerals, hydration, fibre and all macro nutrients (carbohydrates, fat, protein).

This is important to ensure both you and your baby do not become deficient in any essential nutrient and also have adequate nutrient stores.

A wide ranging healthy diet ensures a healthy birth weight, and positively impacts the childs' cognitive abilities, motor skills, social skills and emotional development. It also helps to protect both the mother and baby from illness by building a strong immune system.

# What do I need for a healthy, balanced diet?



- 5 portions of fruit and veg each day. Eating a variety of different fruit and veg (including leafy greens) across the week will help provide a wide range of vitamins and minerals
- Protein - This can be meat, fish, dairy or plant protein based protein. Beans are a great protein source and are also packed with fibre.
- Fats - They are a great energy source as well as being essential for the absorption of some vitamins. Fats are found in dairy, nuts, seeds, avocado, meat and fish.
- Carbohydrates - Another provider of energy for the body and can be sourced from oats, rice, potatoes, pasta, bread, veg, fruits, beans and lentils.
- Fibre - This plays a huge role in digestion and how our bodies absorb nutrients. Fibre rich foods are generally carbohydrate based such as oats, rice, potatoes, pasta, bread, veg, fruits, beans and lentils.

Eating a wide variety of fruit, veg, fats, proteins and carbohydrates will provide a whole spectrum of nutrients which are vital for the health and development of mother and baby!

When choosing your daily fruit and veg, think:

## **Eat the rainbow!**

Check out many of the products in your kitchen and read the labels. You will find many milk, bread, cereal based products to be fortified with iron, vitamin D, calcium, fibre and many of other products.

**Fun fact** - The food you consume changes the flavour profile of the amniotic fluid which your baby will consume during pregnancy. Studies have shown the wider the range of food the mother consumes during pregnancy the more accepting of new flavours the child will be.

# Hydration and drinks!

The advice around hydration and drinks is relatively similar both pre & post natal. There are no specific requirements for pre/post natal hydration than at other times in our lives, however there are a few things to be aware of and consider!



## Caffeine

For both pregnant or breastfeeding mothers, the maximum daily amount of caffeine is 200 milligrams. So what does that look like?



Cup of instant coffee = 100mg

Cup of filter coffee = 140mg

Cup of tea = 75mg



Can of Cola = 40mg



50g of chocolate:

dark = 25mg

milk = 10mg

## Alcohol

There is no safe limit for alcohol during pregnancy or while breastfeeding. The advice surrounding alcohol is to avoid while pregnant or breastfeeding.

## General hydration advice

Water, milk and juices are all great ways to stay hydrated. Hydration levels are linked to circulation which is important during pregnancy as your blood volume increases, so it's vital to stay hydrated and pay attention to thirst cues. A good guide is 1ml per calorie burned in a day (round about 2-2.5 litres). A little more if you are breastfeeding. Pay special attention to hydration if experiencing morning sickness, drink little and often.

## **Foods to avoid during pregnancy**

- Soft mould ripened cheese like Brie, soft goats cheese and camembert
- Unpasteurised milk/dairy products
- Anything containing raw or partially cooked eggs
- Pate
- Liver and liver products
- Game meats - like Goose or Pheasant
- Raw Shellfish
- Shark, Marlin or Swordfish

## **Foods to limit during pregnancy**

- Tuna - no more than 2 tuna steaks per week or 4 small cans of tuna
- Oily fish like salmon, mackerel or sardines - no more than 2 per week

## **Foods to limit during breastfeeding**

- Tuna - no more than 2 tuna steaks per week or 4 small cans of tuna
- Oily fish like salmon, mackerel or sardine, shark, Marlin & Swordfish - no more than 2 per week

**At all stages, ensure all food is fully and completely cooked!**



# Energy requirements

During pregnancy you are not "Eating for 2" - your energy requirements i.e. how many calories you consume in a day, stays almost the same as pre-pregnancy. Pay attention to hunger cues and ensure you are fully hydrated. The exception to this is in the last trimester of pregnancy your body can require around 200 more calories per day and during breastfeeding around an additional 300-500 cals per day. Keep your diet full and varied, remain hydrated and pay attention to hunger cues.

## Constipation

Many pregnant women experience constipation due to hormonal changes and food moving more slowly through your digestive system. Here are a few things you can do to help!



- Eat high fibre food
- Stay hydrated
- Exercise regularly

## Folic Acid

Folic Acid is used in the first 12 weeks of pregnancy to limit neural tube defects such as anencephaly and spina bifida. A 400 microgram supplement will provide adequate stores of this in addition to eating folate rich food such as leafy green vegetables. It is not required to be supplemented following the 12th week as the spinal cord has been fully formed, it is however not harmful if this is included with another pre-natal supplement, like a multi-vitamin.

## Vitamin D

A vitamin D supplement can aid the absorption of calcium which is essential for the formation and health of both bones and teeth, in both mother and baby.

## Calcium

As mentioned above calcium is essential for the formation and health of both bones and teeth, in both mother and baby. This is a consideration both during pregnancy and when breastfeeding.

Both pre-pregnancy and during pregnancy calcium requirements are 700mg per day. While breastfeeding 1250mg per day are required. Sources of calcium include dairy, leafy green vegetables, fortified cereals, bread and milk.

## Iron

Iron is vital to healthy pregnancy as it helps the development of the placenta, and the production of red blood cells (remember the increased blood volume in pregnancy?). Iron can be found in meat, beans, nuts and fortified cereals and bread!

Caffeine inhibits the absorption of iron.

Vitamin C aids the absorption of iron.

To help iron be absorbed, swap tea and coffee at meal times for a orange juice to top up your vitamin C!

## Further reading

<https://www.nhs.uk/pregnancy/keeping-well/vitamins-supplements-and-nutrition/>

