

Antenatal Advice

Antenatal care is all about the care and support you receive during your pregnancy.

During the antenatal period you will have a number of appointments with your midwife who will monitor the health of your baby.

Your midwife will also offer your advice on how to best look after yourself during pregnancy. This can include discussing topics such as diet, exercise and lifestyle.



Pregnancy and Diet

A nutritious diet is important during pregnancy as your baby relies on you to provide all the nutrients it needs to grow and develop properly

You don't need to go on any special diet just try to work on consuming a balance of different food groups including:

Fruit and
Vegetables

Protein

Starchy
Carbohydrates

Dairy

FAQ: Do I need to eat for two?

No you don't need to eat for two! Being pregnant, you will naturally feel hungrier but generally you don't need to eat any extra for the majority of your pregnancy. In the final months of your pregnancy you will need around an extra 200 calories per day.

Foods to avoid during pregnancy

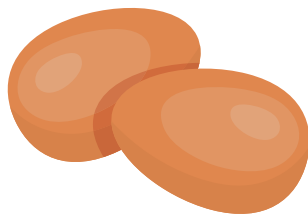
Generally, most foods and drinks are safe to consume during pregnancy, however there are some things you should be careful with or avoid.



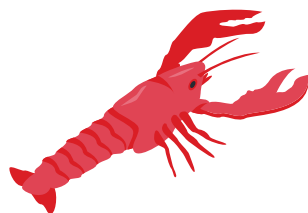
- Unpasteurised food and drinks
- Soft mould-ripened cheese such as brie
- Soft blue cheese such as gorgonzola



- Raw or undercooked meat
- Liver or liver products
- Pâté
- Game meats such as goose



- Raw or partially cooked eggs that are not British Lion
- Duck, goose or quail eggs unless cooked until white and yolk are solid



- Swordfish
- Marlin
- Shark
- Raw shellfish

Vitamins and Minerals

A healthy and balanced diet can provide the majority of the essential vitamins and minerals you need during pregnancy, however you will also need to take some supplements.

Folic Acid

Folic acid is very important during pregnancy . It can help to prevent birth defects including Spina Bifida.

Certain foods contain Folate (the natural version of folic acid) so try to include such foods into your diet. You should also take a 400 microgram supplement of Folic Acid until the end of your first trimester

Dietary Sources of Folate



Broccoli

Granary
Bread



Peas

Chickpeas

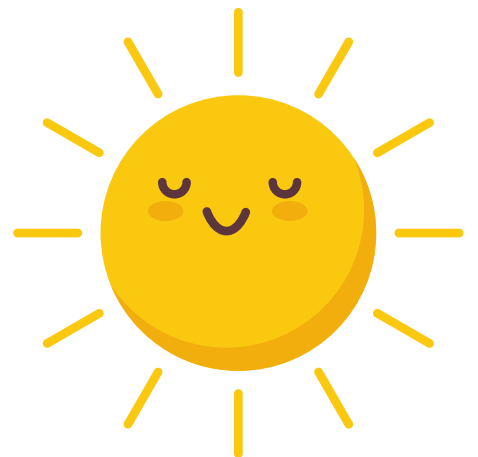


Vitamin D

Vitamin D is an essential vitamin that helps us to absorb the right amount of calcium and phosphate in the body. This is required to keep our bones, teeth and muscles healthy.

We can usually get enough vitamin D from sunlight, however between October and early March we may not get enough.

During pregnancy and breastfeeding, you may want to consider taking a daily Vitamin D supplement to make sure you are getting enough.



Exercise and Pregnancy

It is important to stay fit and healthy during pregnancy, as it will be easier to adapt with changing shape and also help you to cope with labour. Try to keep up your usual daily physical activity or exercise for as long as you feel comfortable to do so.

If you don't usually exercise or haven't exercised in a while you can still take up exercise while pregnant. Make sure however you start slowly with something like 10 minute walk and then you can build up to slightly longer periods of activity,

When exercising during pregnancy, make sure to listen to your body and don't push yourself too much.

A general rule for exercising while pregnant is that you should be able to hold a conversation while exercising. If you can't, you need to slow down.



Exercises you can do:

- ✓ Walking
- ✓ Running (As long as you're experienced)
- ✓ Prenatal Yoga
- ✓ Pregnancy Aerobics Classes
- ✓ Pelvic Floor and Abdominal Exercises

Exercises to avoid:

- ✗ Exercises that involve lying on your back for more than a few minutes
- ✗ Anything that risks your bump being hit such as martial arts, rugby or tennis
- ✗ Exercise that increase the risk of being thrown off balance or causing a fall such as gymnastics or horse riding
- ✗ Scuba diving

Alcohol & Pregnancy

While pregnant, it is safer to cut out alcohol to help protect the health and development of your baby.

When you drink alcohol during pregnancy, the alcohol is passed from your blood to the baby's placenta. Your baby is unable to process alcohol and therefore it can be harmful to their development.

Drinking during pregnancy can also increase the risk of miscarriage, low birth weight and premature birth.

Drinking during pregnancy can also cause foetal alcohol syndrome, which can affect your baby's development in the womb. This can result in miscarriage, or lifelong problems if the baby survives.

Smoking & Pregnancy

Quitting smoking can be hard, however it is advised that during pregnancy you should not smoke.

Everything you breathe in is passed through to your baby including secondhand smoke.

When you smoke, the carbon monoxide and other harmful toxins you take in travel from your lungs to your bloodstream, through your placenta and are then passed into your baby's body.

When this happens, your baby will struggle for oxygen. This oxygen shortage can then affect your baby's development.

GWGPH

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