Healthy weight gain

Too little weight gain = risk of low infant birth weight

Too much weight gain = risk of macrosomia, gestational diabetes. For the infant: ↑ risk of obesity and metabolic syndrome

Healthy weight gain

Per-pregnancy BMI	Total healthy weight gain	Rates of weight gain/week 2nd & 3rd trimester
Underweight (< 18.5 kg/m2)	12.5 – 18.0	0.51
Normal weight (18.5 – 24.9 kg/m2)	11.5 – 16.0	0.42
Overweight (25.0 – 29.9 kg/m2)	7.0 – 11.5	0.28
Obese (≥ 30.0 kg/m2)	5.0 – 9.0	0.22
Twin Pregnancy	15.9-20.4	0.7
ASIAN POPULATIONS		
18.5	12.5 – 18.0	0.5kg
18.5-22.9	11.5 – 16.0	0.4kg
23-27.5	7.0 – 11.5	0.3kg
>27.5	≤ 7.0	

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Intervention

General healthy eating - prevent health problems

Edu: Refrigerated leftovers should be eaten within 3-4 days

Edu: Reheat food thoroughly until it is steaming hot (75°C)

Edu: Food hygiene and safety – cross contamination, correct temp of fridge (under 5 deg)

Eat iron-rich foods (red meat, legumes, spinach) + vitamin C

Dairy or calcium-fortified alternatives

Thoroughly cooking meat, poultry, and fish

Eat small, frequent meals if experiencing nausea

Nut Reqs

EER	**2nd tri:** +1,400 kJ/day. **3rd Tri:** +1,900 kJ/day
EPR	2nd & 3rd tri. 58-60g/day (RDI) *(or +25g/day)*
Fat	10g n-6, 1g n-3, 110-115mg total MUFA
Fluid:	+750-1,000ml/day OR 1.8-2.3L/day (fluid only)
Fibre	25-28g/day (AI)
Iodine sup rec = 50 µg/day	Food sources: fortified bread, table salt, seaweed, eggs, prunes
Folate sup rec = 400-600 µg of folic acid	Food sources: asparagus broccoli, lentils, chickpeas, black beans, avocado, quinoa

Nut Reqs (cont)

Calcium: 1000–1300 mg/day

Fish: 1 portion = 150g. **1 portion per week**

Lactation	**P:** 63-67g/day. **E:** 2.0-2.1 MJ/day. Assume full breast feeding 6/12

No additional requirements for first semester

Foods to avoid

Listeria risk: pre-prepared and ready eat foods

	Cold deli meats, pate, meat spreads
	Chilled seafood
	Soft cheese (incl. feta & ricotta)
	Pre-packaged fruit or vegetable salads
	Rockmelon
	Soft serve ice cream
	Extreme consequence: miscarry or the baby can be born prematurely or stillborn

Raw eggs – salmonella risk

Too much mercury (seafood):	can damage the nervous system

Foods/drinks high in saturated fat, added salt, added sugars and alcohol