



Nutrition and Lifestyle Essentials for Pregnancy

Pregnancy nutrition is a balancing act.

It includes optimising your nutritional intake and limiting at-risk foods, while considering pregnancy side-effects. Other priorities are managing weight gain within recommended ranges, plus balancing appetite and activity levels.

The benefits of eating well, being active and gaining a healthy weight in pregnancy are well known. However, it can still be hard to find the right information for you, and to remain empowered to make these changes.

Our Lifestyle Maternity resources are designed to assist you with these goals. We have designed our information sheets to be used with the goal planner, weight and nutrition and activity trackers to help guide you to positively shape your behaviours.

Unsure if you need a GROUP OR INDIVIDUAL CONSULTATION?

We offer individual and group consultations as we know you all have different learning styles and budgets. Attending an individual OR group session with a Lifestyle Maternity dietitian will allow you to assess your diet against recommended guidelines and identify changes that can be tailored to your lifestyle and dietary preferences.

Attending a small online group is a great way to share your own stories while also learning from others' experiences. We keep things engaging, using interactive activities and discussion points while learning the essentials of nutrition for pregnancy. An individual consult involves a more thorough assessment of your dietary and lifestyle patterns with a personalised action plan being developed in collaboration with the dietitian.

Both appointment types give you access to the Lifestyle Maternity members Pregnancy members' area. Here you will be able to download our *Nutrition Essentials for Pregnancy* handout, our *Nutrition Extras for Pregnancy* handout, worksheets that guide your setting of lifestyle goals, as well as nutrition, physical activity and pregnancy weight gain trackers.

Did you know ...?

Too often in pregnancy women hear the messages of 'what to limit' or 'avoid'. This restrictive approach can cause worry, be exhausting and send a very negative nutrition message at this time. It can also result in a less than nourishing diet.

While safe food choices are very important for pregnancy health, the **key nutrition messages for pregnancy** are to take a supplement that contains sufficient folic acid and iodine, aim for 2 & 5 (2 serves of fruit and 5 serves of veg a day), and swap sugary drinks (soft drink, juice) for water. Simple messages with strong health links for both mum and bub.



Simplify your pregnancy journey by tailoring nutrition advice to your preferences and lifestyle.