

Tips to overcoming minor discomforts and health problems during pregnancy:

Morning sickness

- Eat dry toast or crackers when nauseated
- Eat frequent small meals when not feeling nauseated
- Avoid foods with offensive odours
- Take prenatal vitamin and iron supplements if prescribed, on a full stomach or when feeling well
- Consult the doctor if vomiting is severe and prolonged

Heartburn

- Eat frequent small meals
- Drink liquids between meals
- Avoid spicy or greasy foods
- Sit up while eating
- Wait an hour after eating before lying down
- Wait 2 hours after eating before exercising

Constipation

- Eat fibre-rich foods (wholegrain bread and cereals, vegetables, fruits)
- Drink plenty of fluids
- Eat prunes or drink prune juice
- Go to the lavatory as soon as bowel movements are felt
- Perform appropriate, light exercise

Gestational diabetes/impaired glucose tolerance

- Monitor your pregnancy and blood sugar level with your O&G specialist and dietitian
- Eat correctly to control your blood sugar level and to ensure normal development of the fetus

Pregnancy-induced hypertension (preeclampsia and eclampsia)

- Consume recommended daily amount of calcium

Eating Well While Breastfeeding

Most of your nutrient needs will increase in the first six months of lactation. Eating wisely will enhance the quantity and quality of your milk, keep you in good health and give you energy to care for baby.



The Woman@Heart Programme is jointly developed by Ministry of Women, Family & Community Development and Nutrition Society of Malaysia.

As a resource of knowledge on women's nutrition, Woman@Heart has developed a manual and leaflet series, as well as organised training seminars for healthcare professionals and roadshows, establishing it as the authoritative voice of women's nutrition among healthcare professionals and women throughout Malaysia.

For more information about the Woman@Heart Programme, kindly visit:
Nutrition Society of Malaysia at www.nutriweb.org.my
or the National Population and Family Development Board at www.lppkn.gov.my
Email president@nutriweb.org.my



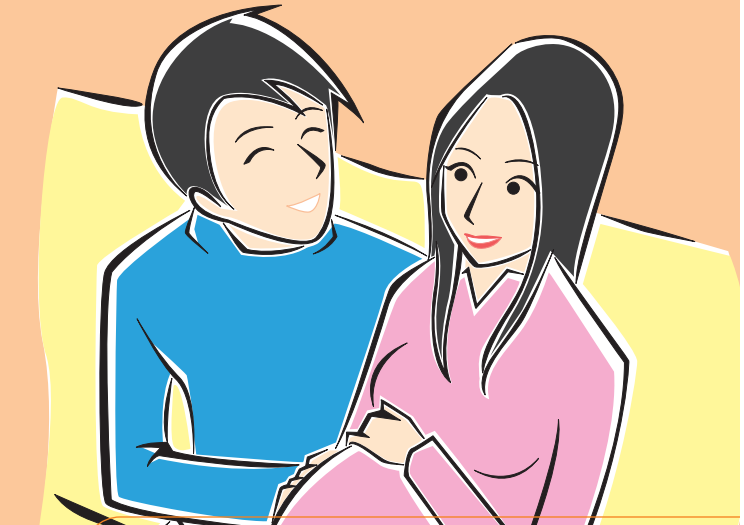
Ministry of Women, Family and Community Development



Nutrition Society of Malaysia



Eating Well for a Healthy Pregnancy



Ministry of Women, Family and Community Development



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Your body, up till now, has always been yours and yours alone. Now that you're pregnant, every bit of energy and nutrient you take in is channeled towards shaping your new baby, enhancing your health and ensuring a smooth delivery.

Your energy and some nutrient needs will increase during pregnancy. However, this doesn't mean a total change of your eating habits or food portions (eating for two doesn't mean two bowls of rice instead of one!). You should still keep your mealtimes scheduled, relaxed and take healthy snacks if you feel hungry between meals.

Continue to eat according to the Malaysian Food Guide Pyramid and pay special attention to foods that contain the nutrients you and baby will now need.



What nutrients you need and the foods that provide them

Nutrient	Food Sources
Calcium	Milk and dairy products, fish with edible bones (eg. canned sardine, ikan bilis), beans and bean products including yellow dhal, tofu and tempeh (fermented soybeans), vegetables like spinach, watercress, mustard leaves, cekur manis, tapioca leaves, kai-lan and broccoli, calcium-fortified products such as high-calcium milk, yogurt, breakfast cereals, biscuits and rice.
Iron	Cockles, anchovies (whole), liver, lean meat, chicken, egg, chickpea, fried soya bean curd, fern shoots (pucuk paku), bitter gourd, spinach and kangkung. <u>Note:</u> a) Daily iron supplements are highly recommended. b) Iron sources are best taken with foods rich in vitamin C for better absorption.
Iodine	Seafoods such as cockles, mussels, marine fish, seaweed, eggs, meat, milk and milk products, cereal grains, dried legumes, dried vegetables and dried fruits.
Zinc	Meat, fish, shellfish, nuts, seeds, legumes and whole grain cereals (especially bran and germ).
Folate	Green leafy vegetables, lady's fingers, asparagus, lentils and legumes, fortified grain products and liver.
Vitamin A	Liver, milk, eggs, yellow and red coloured fruits (mangoes, papaya), yellow and red coloured vegetables (carrot, pumpkin) and green leafy vegetables.
Vitamin B1	Yeast, lean pork and legumes, fortified products such as bread, cereal products and biscuits.
Vitamin B2	Legumes (chickpeas, lentils, red and black gram and soya bean), meat, beef extract, eggs or chicken eggs.
Vitamin B3	Beef, liver, pork, fish, anchovies, peanuts and other nuts, whole grains and whole-meal wheat flour.
Vitamin E	Vegetable oils, seeds, nuts and cereal grains.

Gaining Weight

Eat right to meet your nutrient needs and you will experience progressive weight gain that falls within the recommended range:

Pre-Pregnancy Weight	Total Weight Gain By Full Term
Underweight / normal weight	12.5 kg (25% of your pre-pregnancy weight)
Overweight	9 - 12kg
Obese	6 - 9kg

