



# NUTRITION DURING PREGNANCY

**Aster**  
**HOSPITAL**

We'll Treat You Well



Digital Version



Maintaining good nutrition and a healthy diet during pregnancy is critical for the health of the mother and unborn child. It is also good to remember that the quality of the food is more important than the quantity, so it is recommended to choose healthy foods with high nutritional value and avoid unhealthy foods.

#### MAINTAINING GOOD NUTRITION DURING PREGNANCY:

- Helps in the development of fetal bones and blood cells.
- Boosts the immunity to prevent catching infectious diseases.
- Prevents iron deficiency anemia.
- Strengthens the body in preparation for childbirth.
- Improves milk production for breastfeeding

#### RECOMMENDED FOOD GROUPS TO CHOOSE FROM:

- **Proteins:** Lean meat, chicken, fish, legumes, beans, greek yoghurt, milk and milk products, etc. daily.
- **Carbohydrates:** Whole grains like quinoa, millets, whole wheat pasta, brown rice, whole oatmeal.
- **Fruits:** Bright colored fruits like Apples, Oranges, Pomegranate, Strawberry, Kiwi, Blueberry, Raspberry, etc.
- **Vegetables:** Green and leafy vegetables like spinach, drumstick leaves, broccoli, kale, lettuce, gourds, etc.
- **Dairy products:** Like Yogurt, buttermilk, milk and cheese
- **Fat:** Healthy fats from nuts like almonds, walnuts, seeds like sunflower, flax seeds, avocado, olive oil, etc.
- **Avoid saturated fats like:** butter, margarine, etc.

#### FOODS TO AVOID:

- Avoid uncooked meat or eggs like in mayonnaise; as they may contain the Listeria bacteria that can be transmitted to the fetus through the placenta causing miscarriage, or stillbirth.
- It is recommended to avoid raw fish like sushi or oysters that may expose the fetus to bacteria and certain other parasites.
- Fishes like shark, swordfish, fresh tuna, and marlin should be avoided as they contain a high level of mercury that can damage the nervous system of the fetus.
- It is recommended to reduce caffeine intake during pregnancy, because too much caffeine increases the risk of miscarriage and low birth weight.

#### GENERAL GUIDELINES:

Follow balance diet

- Drink enough water to hydrate your body.
- Fried foods should be avoided and replaced with grilled options.
- Choose home cooked meals whenever possible.
- It is recommended to eat well washed fruits and vegetables.
- Avoid fruits juices and sugary drinks.
- Starting a diet to lose weight during pregnancy should be avoided, as it may prevent the mother and fetus from getting essential nutrients.
- It is advisable to limit your salt intake, as it causes fluid retention, which leads to high blood pressure.
- It is advisable to limit your sugar, to avoid chance for gestational diabetes mellitus.





PLEASE SCAN FOR  
THE LOCATION

# Aster HOSPITAL

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Mankhool, Kuwait Road, Al Mankhool - Dubai

📞 04 440 0500 🌐 [asterhospitals.com](http://asterhospitals.com) 📱 📺 📷 📺 asterhospital

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