

PREGNANCY BOLT ON RESOURCE FOR TRAINERS

SESSION ONE

Mention key principles of healthy eating in pregnancy:

When looking at the eatwell plate:

- dairy section advise the group that:
 - unpasteurised, soft ripened (eg Brie or Camembert), blue vein cheese (eg Danish blue) should be avoided due to the risk of Listeria (see appendix 1).
- meat, fish, eggs, beans and other non dairy sources of protein advise that:
 - all meat, fish and eggs need to be cooked thoroughly. Make sure the egg yolk is completely hard, and the meats are not pink and all food is piping hot throughout (see appendix 1).
 - 1 portion of oily fish is recommended a week (eg salmon, fresh tuna, sardines, mackerel), but should be kept to a maximum of two portions a week due to possible mercury contamination (see appendix 1). Shark, marlin and swordfish should be avoided completely.
 - Never eat raw fish or shellfish – it is fine to eat if cooked well
 - Avoid liver and liver products (e.g. pâté and faggots) as these are high in vitamin A which can be harmful to the baby (see appendix 1)
 - Avoid all types of pâté – including vegetable pâté
- foods high in fat or sugar
 - as for the entire population keep these to a minimum – be especially careful with chocolate due to the caffeine content (see appendices 1 and 2).
 - artificial sweeteners are safe to eat when pregnant

Following on from the Eatwell plate, there is a bit about the importance of breakfast, especially for people trying to lose weight. Pregnant women should not lose weight, but we would still encourage them to have breakfast. The wording could be changed at this point to 'Breakfast is important so don't skip it - having breakfast will help you to manage your weight in pregnancy.'

At the bolt on point to give specific messages to target groups:

- There is no need to eat for two when pregnant. Your gut slows and becomes much more efficient at absorbing nutrients from food. It is only in the last trimester that your energy needs slightly increase by about 200 kcal – about the same as a banana and a slice of bread. Making sure you don't eat too much and don't gain excessive amounts of weight will help reduce your risk of developing complications such as gestational diabetes and pre-eclampsia (high blood pressure).
- Eating plenty of fibre; fruit vegetables and whole grain foods help prevent constipation.

- Drinking plenty of fluid keeps you well hydrated and also helps manage constipation. Aim for 6-8 glasses a day, but keep drinks high in caffeine (e.g. cola, tea, coffee, chocolate) to a minimum as too much caffeine can have a detrimental effect on the baby (see appendices 1 and 2). Alcohol should be avoided altogether as there are no known safe limits.
- Ensuring you get enough calcium is important for the bone development of the baby and helps keep the mother's bones strong. Many people think full fat dairy products contain more calcium, but this is not true so choose low fat varieties (see appendix 3).
- Vit D is also important for to keep the mother's bones and teeth strong and for the development of strong bones and teeth in the baby. It is not possible to get enough Vit D through the diet it is recommended that all pregnant women take a supplement of 10 microgrames (μg) every day. Healthy Start vitamins for pregnant women are available at all pharmacies and contain the recommended amount.

SESSION THREE

Many of the recipes in this session involve eggs. Remind the group the however the egg is cooked, scrambled, boiled, poached, fried, it has to be cooked until the yolk is hard to avoid the risk of salmonella (see appendix 1).

SESSION FOUR

One of the recipes in this session involves crayfish. Remind the group that this is fine because it has been cooked before being cooled and eaten. They should never eat raw fish or shellfish (see appendix 1).

SESSION SIX

Many of the recipes concentrate on salmon in this session. Remind the group that salmon and other oily fish are recommended during pregnancy but they should limit the number of times they eat it to no more than twice a week (see appendix 1).

Appendix 1

Foods to avoid or be careful with due to the possible risk to the unborn baby

| Risk | Avoid | Take care | Reason |
|---|--|---|---|
| Salmonella | Raw and partially cooked eggs and dishes containing these e.g. homemade mayonnaise, mousses and ice-cream. Soft whipped ice-cream from machine. Raw shellfish. Raw and undercooked meats and chicken. | Always wash hands after handling raw meats and poultry and store raw foods separately from cooked foods. | Causes vomiting and diarrhea that can lead to dehydration and a decreased blood flow through the placenta causing fetal distress. Can also be passed to an unborn baby through the umbilical cord resulting in a newborn suffering severe diarrhea and dangerous fever after birth. |
| Listeria | Soft ripened cheeses including Brie, Camembert and some goats cheeses. Soft blue veined cheeses e.g. Danish Blue. All unpasteurised dairy products. All types of pate including vegetable. | Ensure takeaway and cooked-chill ready meals are heated thoroughly and piping hot. Chilled food should be stored at the correct temperature (below 5°C). Foods should not be eaten after their 'use by' date. | Listeriosis can be transmitted to the foetus through the placenta even if the mother is not showing signs of illness. This can lead to premature delivery, miscarriage, stillbirth, or serious health problems for her newborn. |
| Contaminants eg mercury, dioxins | Shark, marlin, swordfish | Limit fresh tuna steaks to two a week. Limit canned tuna to four medium cans/ week. Eat oily fish eg salmon, mackerel, sardines, no more than twice/week. | Unborn babies seem to be most vulnerable to the effects of mercury on their nervous systems. The mercury may slow their development in the early years. |
| Vitamin A | Multivitamin supplements containing excess retinol form of vitamin A. Fish liver oils containing more than 750mg/day. Liver and liver products eg pate, faggots. | | Excess vitamin A affects the development of the central nervous system, which can lead to the death of the unborn child. It can also have a detrimental effect on the unborn baby's respiratory system, impairing lung function. |
| Caffeine | Have no more than 200mg caffeine daily. Take care with coffee, tea, cola, high energy drinks and chocolate. No more than two mugs of coffee or three cups of tea a day. | | Can increase the risk of miscarriage. |

Adapted from the BDA diet for pregnancy sheet May 2013

Appendix 2

What is 200mg of caffeine?

2 mugs instant coffee (100mg each).

1 mug filter coffee (140mg).

2 mugs tea (75mg each).

5 cans cola (standard or diet), Iron Brew (40mg per 330ml can).

2 cans "energy drink" e.g. Red Bull, Rock Star, Relentless, Monster, Iron Bru 32 (up to 80mg per 250ml can).

4 50g bars plain chocolate (up to 50mg each).

Appendix 3

What is a portion of calcium?

| Food | 1 portion |
|-------------------------------|--|
| Semi skimmed/skimmed milk | $\frac{1}{3}$ pint (200ml) |
| Low fat yoghurt/fromage frais | 1 small pot (125g) |
| Hard cheese eg cheddar | 30g (about the size of a small matchbox) |
| Half fat cheese | 45g (1 and a half small matchboxes) |
| Cottage cheese | 90g ($\frac{1}{3}$ of a 300g pot) |

If you don't like dairy products soya replacements fortified with calcium are fine. Try and avoid soya milk and yoghurts which have added sugar.

Other foods that contain calcium

| Bread and cereal foods | Amount of calcium (mg) |
|--|------------------------|
| 2 large slices of white or brown bread | 72 |
| 2 large slices of wholemeal bread | 39 |
| Small bowl of muesli | 55 |
| 1 plain scone | 86 |
| Vegetables and pulses | |
| 3 tablespoons broccoli | 34 |
| 3 tablespoons cooked spinach | 144 |
| Small can baked beans | 80 |
| 2 tablespoons red kidney beans | 50 |
| Fish | |
| 100g tinned sardines in tomato sauce (if the bones are eaten) | 460 |
| 100g tinned salmon | 93 |