

Foods that can help you prepare for pregnancy

FOLATE

Folate is a very important vitamin before and during pregnancy. If you are planning to get pregnant you may need to take a folate supplement. This is because your body needs more folate during pregnancy.

It is best to take folate 2-3 months before you want to get pregnant. If your pregnancy is unplanned - just start as soon as you can. It is best to also eat foods that are high in folate.

Foods high in Folate: broccoli, green leafy vegetables, dried beans, legumes and lentils, oranges and wholegrain bread and cereals with added folate.



See WHFS 'Folate in Pregnancy' brochure for more information.

IODINE

Iodine is important both before and during pregnancy as it helps your baby's brain and nerves grow properly. You need more iodine during pregnancy.

Your doctor may ask you to take a supplement that has iodine in it.

Foods high in Iodine: seafood, seaweed, iodised salt



IRON

Having good amounts of iron in your body helps you have a healthy pregnancy.

Not enough iron can make your baby come too early and be too small. It's important to build up the iron in your body before you get pregnant.

Foods high in Iron: all meat (especially red meat e.g. beef, lamb, kangaroo), chicken, eggs, fish, green leafy vegetables, legumes



See WHFS 'High Iron Foods' brochure for more information

ZINC

Zinc is important for you and your partner to help you get pregnant.

Foods high in Zinc: red meat, chicken and beans and lentils



CALCIUM

Calcium is important to keep you healthy and help your baby to grow.

Foods high in Calcium: milk, soy milk with added calcium, yoghurt, cheese, tofu



See WHFS 'High Calcium Foods' brochure for more information

For free health advice 24 hours a day call Healthdirect Australia on 1800 022 222

GP After Hours iPhone App is also available for free download from the App Store

womens health and family services

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Are you thinking about having a baby?



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It is good to start thinking about pregnancy early. Don't postpone planning for a baby because most women do not get pregnant immediately.

See your family doctor well before you want to get pregnant.

Your family doctor will arrange some screening tests that will help you have a healthy pregnancy.

If you are taking any medicines, tell your family doctor.

If you are buying any medicines from the chemist, tell them you are planning to have a baby. The doctor and chemist can check to see if the medicine is safe to take during pregnancy.



Ways to help you get pregnant and have a healthy baby

Eat healthy foods and be physically active

If you want to get pregnant, it's good to be a healthy weight and eat healthy foods.

- Being over or underweight can make it harder for you to get pregnant.
- Try to do some exercise everyday, for example walking, swimming or yoga. This is good for both you and your partner to do.
- Eat lots of different healthy foods, such as vegetables, lentils, beans, fruit, wholegrains, lean meat, fish and dairy foods.

Try not to eat too much fast food, fried foods, soft drinks or other treats. These foods have unhealthy fats and excess sugar which can make it hard to get pregnant. Too much of these foods can also make it harder to keep your weight healthy.

Stop smoking

- Smoking is harmful for mother and baby.

Don't drink alcohol before and during your pregnancy

If you are trying to get pregnant, not drinking alcohol is the safest choice for a healthy baby.

- Alcohol can harm the baby's brain and growth.

Reduce your caffeine intake before and during your pregnancy

Too much caffeine makes it harder to get pregnant and can harm your growing baby.

- Try to limit your daily amount of caffeine to:
 - 2 cups of coffee, OR
 - 4 cups of tea

Avoid cola and energy drinks because they have too much sugar and caffeine.

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