

PREGNANCY CHECKLIST



FOOD GROUPS

- ☐ Fruit: 2 serves per day
- ☐ Vegetables: 5 serves per day
- ☐ Wholegrains: 6–8 serves per day
- ☐ Dairy/alternatives: 3 serves per day
- ☐ Meat/alternatives: 3.5 serves per day
- ☐ Focus on daily eating patterns:
 - 3 main meals + 2 snacks

GOALS

- ☐ Fluid: 2.3L per day
- ☐ Alcohol: nil
- ☐ Caffeine: 200mg per day or less
- ☐ 2nd/3rd trimester: additional small meal for increased energy
- ☐ Include prebiotic foods to optimise microbiome

SUPPLEMENTATION

- ☐ Folate: 400mcg supplement
- ☐ Iodine: 150mcg supplement
- ☐ Consider a *prenatal multivitamin* to meet increased micronutrients needs; B12, Niacin, Choline, Zinc, Iron (will likely include Folate and Iodine – check label)
- ☐ Omega–3 fatty acids: 650mg per day
 - 2–3 serves of low-mercury fish per week
 - OR > 550mg long chain omega–3 fatty acids per day through supplementation
- ☐ Iron supplementation based on individual blood results
- ☐ Probiotics to optimise microbiome
- ☐ Nauseous: consider a B6 supplement

FOOD SAFETY

- ☐ Mercury: Avoid large amounts of mercury by limiting fish to:
 - 2–3 serves per week of any fish and seafood not listed below
 - OR 1 serve per week of Orange Roughy (Sea Perch) or Catfish and no other fish that week
 - OR 1 serve per fortnight of Shark (Flake) or Billfish (Swordfish/Broadbill and marlin) and no other fish that fortnight
- ☐ Listeria: Avoid soft cheeses (e.g. brie, camembert and ricotta), pre-prepared salads, pâté, quiches and processed meats, raw/smoked seafood, unpasturised foods and soft serve ice cream.
- ☐ Salmonella: avoid raw/uncooked meat/poultry and raw eggs