

Things to remember during your pregnancy

- ✓ Drink plenty of water > 8 glasses per day + natural juices
- ✓ 32 weeks of pregnancy onwards add raspberry leaf tea (RLT)*
- ✓ Eat lots of protein 75 to 90g a day, taken in several snacks or light meals: eggs, fish, lean red meat, chicken, milk, Greek yogurt, cheese, quinoa, nuts and seeds
- ✓ Green vegetables: avocado, asparagus, beans, broccoli, celery, peas, zucchini, dark leafy raw foods, lettuce and salad greens (occasionally spinach - as it can affect calcium absorption)
- ✓ Orange vegetables: carrot, pumpkin, sweet potatoes, yams
- ✓ Red foods: peppers, radishes, red potatoes, tomatoes
- ✓ Fruit: apple, apricot, banana, berries, cherries, grapes, kiwi, melon, peach pear pineapple orange and dried fruit
- ✓ Celtic sea salt (contains naturally occurring minerals) to taste
- ✓ Omega 3 fish oil or oily fish e.g. salmon

*1 tsp (RLT) leaf in cup of boiled water, cover x 10 mins, strain, add honey or sugar to taste. Max 2-3 cups of tea per day

AVOID

- Alcohol, caffeine, carbonated, drinks, diet drinks and nicotine
- Raspberry Leaf Tea in early pregnancy - before 28 weeks
- All unnecessary fats, fast foods and deep fried foods
- Processed meats e.g. salami, luncheon meat, liverwurst etc.
- Refined white sugar e.g. sweets, lollies, biscuits, cakes, pastries ..
- White rice, white potatoes and white flour products
- Raw fish- sushi, oysters or fish that may be contaminated with mercury e.g. tuna, shark or swordfish
- Soft cheeses like brie, Camembert or Roquefort®