

HEALTHY EATING DR

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I'm delighted you downloaded my fridge planner and nutrient checklist to use while you are pregnant.

I created this planner and check list to help give you a general frame work for nutritional needs. Many women find this a exciting time, and while eating healthily might be a priority, there is so much information available it can be overwhelming. So the checklist was designed to provide a simple guide that is easy to follow.

The Planner

How you use the planner is entirely up to you, but I suggest writing out the name of your meals for the week, adding items you need to the shopping list, enabling you to be more organised. I recommend that you consider batch cooking, which can help reduce the pressure of daily cooking and food preparation. Nearing the end of pregnancy, having some food saved in your freezer can take the pressure off, enabling you to spend more time with your baby.

The Checklist

On page 3 is the meal planner and checklist combined. I'd suggest ticking off the checklist through the day to ensure that you are supporting your nutrient needs. If you would rather a simpler version without the planner, use page 4 as a weekly check instead. To make it as easy as possible, I've used average portion sizes so there shouldn't be any need to weigh your food.

If you have epilepsy, discuss your folic acid needs with your doctor.

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How to Use

I recommend that you print this document A4 size, and then stick it to your fridge or noticeboard. For greater sustainability you could laminate or pop it in a poly pocket and wipe clean after use.

I created this planner and check list to help give you a general frame work for nutritional needs. However, this can't take the place of personalised nutrition advice, tailored to your individual health needs. If you have any specific health concerns or food allergies, you could take this along to discuss with your health care provider.

About Me

Hi I'm Dr Harriet Holme, a Registered Nutritionist, specialising in nutrition science and evidence based nutrition. I studied medicine at the University of Cambridge and worked for over a decade as a paediatric doctor in the NHS. I completed a PhD in genetics from University College London before becoming a Registered Nutritionist with the Association of Nutrition. I now use these uniquely developed skills for the benefit of my clients and students, consulting as a Registered Nutritionist and lecturing in culinary science and nutrition.

What's Next

If you have further questions and would like some more information about nutrition in pregnancy, my new ebook 'Eating During Pregnancy' is now available on the shop tab of my website, or get the kindle edition on Amazon. Included is the latest science backed information about nutrition, tips for constipation, which foods are safe, which to avoid, healthy weight gain during pregnancy, should you choose organic, how to cope with nausea and vomiting, painkillers during pregnancy, what is foetal programming along with some practical tips.

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[@healthyeatingdr](https://www.healthyeatingdr.com)

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Pregnancy

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Shopping List
Breakfast								
Lunch								
Dinner								
<hr/>								
5 fruit/veg	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30g nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
30g fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
1 portion/ wk oily fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<3 teas or <2 coffees	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10mcg vitamin D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
400mcg folic acid	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
physical exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Vitamin D

To ensure you are eating 10mcg (400IU) vitamin D a day include these foods or consider taking a supplement:

- 100g salmon -10-18mcg
- 100g canned tuna -5-6mcg
- 250mls (1 cup) whole cow's milk -3mcg
- 1 egg -1mcg

Fibre

To ensure you are eating 30g fibre a day include these fibre rich foods:

- 2 slices wholemeal bread -5g
- 150g wholemeal spaghetti -5g
- 50g porridge -5g
- medium baked potato -5g
- 80g raspberries -2.5g
- apple -2g
- banana 2g
- 100g (3 spears) broccoli boiled -2.3g
- 100g boiled carrots -2.5g
- 30g almonds -2g
- 100g chickpeas -4-5g
- 100g boiled peas -4.5g
- 80g baked beans (in tomato sauce) -3g

Foods to Avoid

A number of scientific studies have found that physical exercise in women with PCOS has the following benefits:

- raw or undercooked eggs
- unpasteurised cheese
- raw, undercooked meat
- pâté
- swordfish, shark and marlin
- raw shellfish
- homemade ice-cream with raw egg
- soft-serve icecream from vans or kiosks
- vitamin A supplements
- liquorice root
- alcohol

Foods to Enjoy

- fruit and vegetables
- wholegrain carbohydrates
- 2 portions of protein a day (legumes, pulses, eggs or meat)
- mozzarella, cottage cheese, feta, paneer, halloumi, ricotta or any cheese that has been thoroughly cooked
- all hard cheese, even stilton
- sushi (if fish has been frozen first)
- nuts
- foods rich in iron such as dried fruit, sprouted seeds, tofu, sesame, dark green leafy vegetables

Foods to Limit

- limit tuna to 2 fresh steaks or 4 medium sized cans per week
- oily fish to one portion per week
- Aim to limit the amount of caffeine (dark chocolate, coffee, tea, sports drinks and green tea) you consume to approximately 200mg per day:
 - 1 mug of filter coffee = 140mg caffeine
 - 1 mug of tea = 75mg caffeine
 - 1 mug of green tea = 55mg caffeine
 - 1 can of energy drink (250ml) = 80mg caffeine
 - 1 can of cola = 40mg caffeine
 - 50g of dark chocolate = 25mg caffeine
 - 50g of milk chocolate = 10mg caffeine
- Coffee made in a café or restaurant outside your home, may have higher levels of caffeine. If you are unsure, opt for decaffeinated instead.
- Herbal teas

References

<https://www.bda.uk.com/resources/pregnancy-diet.html>