## PREGNANCY GUIDELINES

Special nutrient requirements per day

Kilojoules 9000 Folic acid 400μg Protein 66g Vit B6 1.5 -

2.0mg

## **REDUCE EXPOSURE TO:**

- Electromagnetic radiation avoid excessive exposure to TV, microwaves, electric balnkets, Xrays, computer screens
- Cigarette smoking, including passive exposure
- All drugs except for essential prescription medication
- Amalgam dental fillings, dental Xrays
- Excessive exercise and overheating spas, saunas
- Pollutants pesticides, heavy metals, food additives, household and industrial chemicals

## **AVOID**

Excess salt, sugar, processed food Soft cheeses and pate, undercooked meats Sweetened beverages, coffee, tea, alcohol, soft drinks

## **INCLUDE**

Whole grains, legumes, seeds, nuts Lean meat, fish, poultry, eggs Dairy foods Vegetables Fruit

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<b>☆</b>	DAILY DIET	☆ ☆
<ul><li>★ Breakfast</li><li>★ milk</li></ul>	Sardines/salmon on w'meal toast OR wholegrain cereal with	<b>☆</b> <b>☆</b> <b>☆</b>
$\stackrel{\wedge}{\Longrightarrow}$	Truit of Juice	☆
Mid am	vegetable soup of fulce	☆
Lunch  dressing  dressing	Mixed green salad with olive/linseed oil and lemon juice	☆ ☆ ☆ ☆
<b>☆ Mid pm</b>		☆ ☆
Dinner     ☆	r isn/chicken/lean inea/pasta	☆ ☆ ⊹
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