



YOUNG MUMS

*a bump to baby
nutrition guide
for teenagers*

A stylized illustration of three pieces of silverware: a knife, a spoon, and a fork. The handles are orange with a small yellow circle at the end. The blades and bowls are light blue with subtle shadows. They are arranged on a bright yellow background. The knife is on the left, the spoon is at the top, and the fork is at the bottom.

Eating well is very important when you're pregnant, for your baby and for you.

It will help:

- **your baby to grow and develop properly**
- **your body to deal with the changes taking place**
- **you to keep your energy levels up**
- **you to look and feel good.**

If your diet wasn't great before you became pregnant, this is definitely the time to try to improve things! As a teenager, your body already requires lots of goodness from food to stay healthy and cope with all of the changes going on – and now you have the baby's needs on top of your own.

But you don't need a special diet - healthy eating when you're pregnant is pretty much the same as when you're not; there are just a few extra things to think about.

What to eat



Plenty of fruit and vegetables

Why?

Fruit and vegetables are full of vitamins and minerals, as well as fibre – they're good for your growing baby and great for you too.

Try to have five portions a day. They don't all have to be fresh. Frozen, tinned and dried fruit and veg count too.

5 a day the easy way - you could have:

- a sliced banana with your cereal
- a side salad with your lunch
- a piece of fruit or raw veg for a snack
- extra veg like sweetcorn or peppers on a pizza or with pasta

Free milk, fruit and vegetables

If you are pregnant and under 18, you qualify for the Healthy Start scheme. You may also qualify for Healthy Start if you are over 18 and on a low income or benefits.

Each week you can get vouchers to swap for free vitamins, milk, fruit and vegetables.

To find out more, ask your midwife or health visitor, or check out www.healthystart.nhs.uk



Potatoes, bread, rice, pasta and other starchy carbohydrates

Why?

These foods will help keep your energy levels up, as well as providing a range of nutrients to your diet, so make them the main part of your meals. Wholemeal bread, high-fibre breakfast cereals and the skin of potatoes all provide fibre.

Starchy foods include:

- **breakfast cereals**
- **potatoes**
- **rice**
- **couscous**
- **bulgur wheat**
- **maize (polenta)**
- **pasta**
- **breads**
- **chapatti**
- **plantain**
- **cassava**
- **yam**
- **sweet potatoes**

More about fibre...

Constipation is quite common when you're pregnant but eating plenty of fibre-providing foods like high-fibre cereals, wholemeal bread, lentils, beans, fruit and vegetables should help. Try to drink lots of water too as it helps the fibre to work.



Folic acid (also known as folate)

This vitamin is important to help your baby's spine to develop properly. It's a good idea to eat folate-rich foods such as green vegetables, brown rice and wholemeal bread and foods that have folic acid added to them like breakfast cereals - look out for the symbol on the pack which shows they're fortified with folic acid.

You should take a folic acid tablet every day as soon as you start thinking about having a baby. But don't worry if you're already pregnant, just start taking folic acid and carry on until you are 12 weeks pregnant. Healthy Start vitamins provide folic acid; visit www.healthystart.nhs.uk

If you are a diabetic, taking anti-epileptic medication, or if you or your partner have a family history of conditions like spina bifida (known as neural tube defects), you may need a higher dose. Talk to your GP, health visitor or pharmacist.



Milk and dairy foods

Why?

Milk, hard cheese and yogurt are an important source of calcium. They've also got other important nutrients such as protein, vitamins and minerals that you and your baby need too.

More about calcium...

Both you and your baby need plenty of calcium for your bones. Your baby's skeleton is developing and your bones are still growing too. Even if you've stopped getting taller, at your age your bones are still taking up calcium and getting stronger.

If you don't build strong bones now your bones could suffer when you're older.

Dairy foods provide most of the calcium in the UK diet. Having a glass of milk, 5 tablespoons (200g) of yogurt and a small piece of hard cheese (about the length and width of two thumbs) every day will help most teenage mums-to-be meet their calcium needs. Choose lower-fat varieties when possible. Other foods that can help towards calcium intake include white bread, some types of nuts and seeds, green leafy vegetables, some types of beans and peas and tinned fish (like sardines and pilchards) with bones.

For an easy calcium boost you could try:

- **having more milk on your cereal**
- **hard cheese on toast for a snack**
- **a glass of milk instead of a fizzy drink if you're thirsty**
- **yogurt for dessert**
- **a milk or yogurt-based smoothie.**

Eating dried fruit, tofu, kale and some calcium-fortified drinks are also good ways to get more calcium.

If you prefer lower-fat dairy foods (like semi-skimmed milk), you won't miss out on calcium as low-fat versions of milk and yogurt contain around the same amount as regular types (like whole milk).

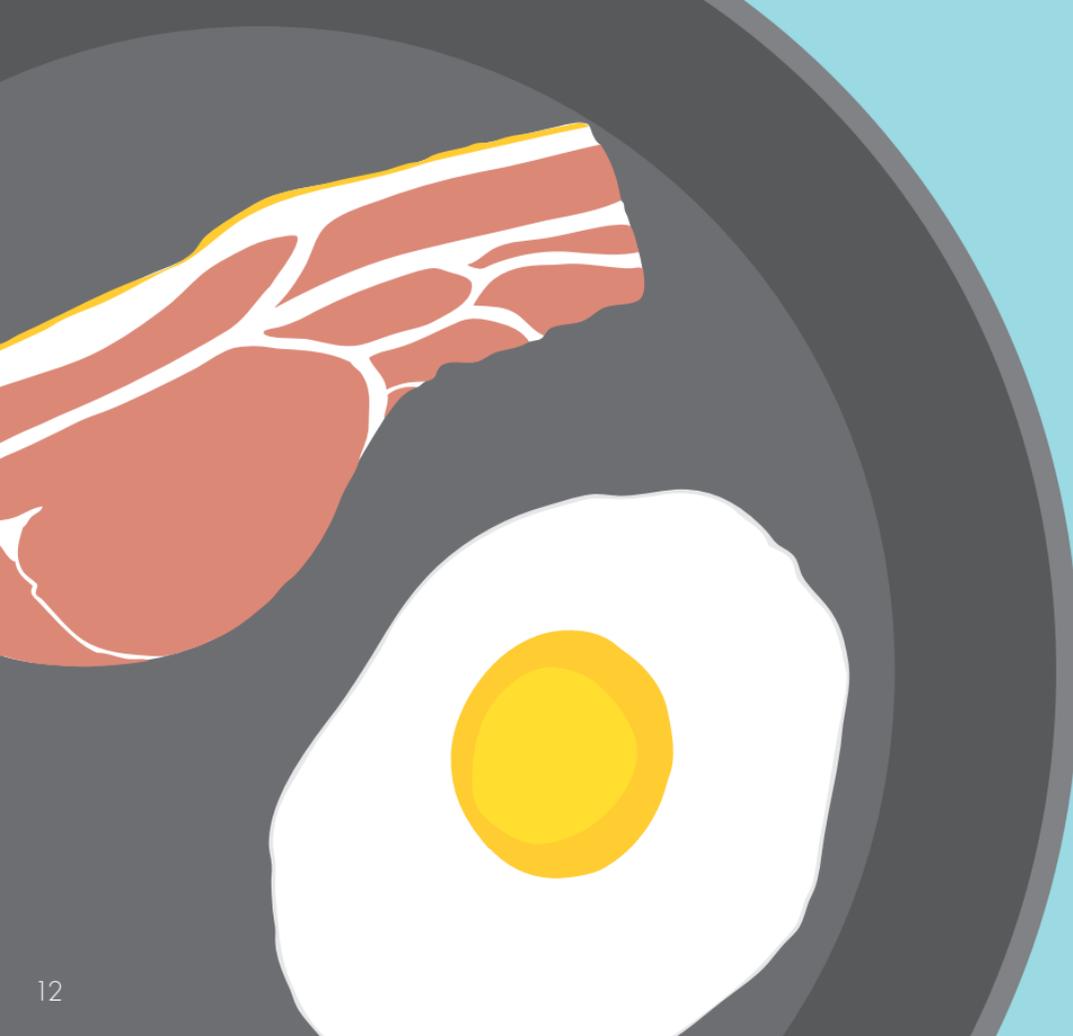
Vitamin D

Vitamin D is also needed for bone health. Everyone, including pregnant women are advised to take a supplement of 10 micrograms of vitamin D daily.

You may be able to get free vitamin tablets with vitamin D under the Healthy Start Scheme – contact your midwife or GP for advice.

You can also get some vitamin D from oily fish and eggs, but most comes from the action of summer sunlight on our skin in the UK. So get outdoors regularly in the spring and summer, and only use sun cream to prevent burning as sun screen stops you making vitamin D.





Meat, fish, eggs, beans or lentils

Why?

Protein in meat, fish, eggs, beans and lentils helps you to keep your strength up and is good for your growing baby. These foods also have iron.

More about iron...

Iron is important for your baby's growth and development. And you need iron too to make red blood cells; if you don't get enough, you could feel really tired.

If you have very low levels of iron, your doctor might give you iron tablets. But you need to eat plenty of food with iron in it too.

Red meat such as beef or lamb as well as dark poultry meat such as thighs and legs of chicken and turkey, are good providers of iron. Try to choose lean cuts of meat and avoid liver (see page 18 for more on WHAT NOT to EAT).

You can also get some iron from breakfast cereals fortified with iron, bread, pulses (peas, beans and lentils), dried fruit and green leafy vegetables.

And don't forget that drinking tea and coffee with meals can make it harder for the body to use the iron.



Fish

Try to eat two portions of fish a week, one of which should be oily fish. Oily fish (like fresh or tinned salmon, mackerel, sardines) is very good for you and your baby, but **don't** have more than two portions a week. Fresh tuna is an oily fish but tinned tuna doesn't count as oily. There are some kinds of fish that should be avoided in pregnancy such as swordfish, marlin and shark; you can find out more information on fish in the "WHAT NOT to EAT" section of this leaflet.

Vegetarian and vegan mums-to-be

If you don't eat meat or fish, you need to make sure you get enough protein, iron and vitamin B12 from other foods. Good sources of vitamin B12 include milk, cheese, eggs and some breakfast cereals fortified with vitamin B12.

Beans, lentils, tofu and nuts, as well as milk, cheese, yogurt and eggs all provide protein. See page 13 for other sources of iron. Vitamin C will help your body to absorb iron, so don't forget to enjoy some fruit.

Vegans also need to make sure they get enough iodine from their diets, another important mineral for mums-to-be and babies. Seaweed is a good source of iodine but some can contain very high amounts so we should be careful not to have too much in pregnancy. It can be hard if you are not eating dairy foods to get enough vitamin B12 and iodine in your diet, so you might need a supplement - ask your doctor or midwife.

Talk to your midwife or other health professional if you plan to eat a vegan diet; careful planning is needed to ensure you and your baby get all the nutrients that you need.

Not too many foods and drinks high in fat and/or sugar

Why?

You might find you're more hungry than usual, but try to fill up on healthier stuff. Crisps, chocolate, sweets, cakes, biscuits and fizzy drinks are best eaten in moderation because they don't have all the goodness you and your baby need.



When you're pregnant, you're bound to put on weight. It's not that you're getting fat, it's just that your baby is growing and your body is changing to support it. Dieting won't stop it happening and it could harm you and your baby if you cut back on what you eat.

Putting on too much weight isn't good for you or the baby either. Eating healthily is the way to go.

If you're not sure if you're putting on the right amount of weight, talk to your doctor, midwife or health visitor.

Feeling sick

Feeling sick is common in the first few months of pregnancy, and although it's often called 'morning sickness' it can happen at other times of the day too! You may not feel like eating, but it might help to eat a plain biscuit or a piece of dry toast when you get up in the morning.

If you can't manage large meals have five or six smaller ones or lots of healthy snacks instead. It may help to eat your food cold rather than hot as hot food tends to have a stronger smell. Keep well hydrated by sipping water little and often.

Later on in your pregnancy, you might get indigestion or heartburn. Again, small snacks can help, and so can eating slowly and avoiding foods that make you feel worse, like very spicy or fatty foods. A glass of milk or milky drink may also help.

what not to eat

There are some foods you shouldn't eat when you're pregnant because they might make you ill or harm your baby:

Too much **vitamin A** can harm your baby so don't take high-dose multivitamin supplements, fish liver oil supplements, or **any supplements containing vitamin A**. **Liver and liver-containing products** such as pâté may contain a lot of vitamin A so don't eat these.

Avoid **all types of pâté** as they may contain listeria which can cause food poisoning.

Soft blue cheese (like Danish blue and Roquefort) and **soft cheese that has a rind** (like brie or camembert) are **only safe to eat in pregnancy if they have been thoroughly cooked and steaming hot all the way through**. All hard pasteurised cheeses and pasteurised cheese

spreads are safe to eat during pregnancy, avoid any unpasteurised cheeses.

Ready meals must be heated until they are **steaming hot all the way through**.

Never eat **uncooked or undercooked meat and poultry**. Be careful with cold cured meats such as salami and pepperoni. They are safe to eat **cooked**, but if you are eating them cold then freeze for four days first; this kills most parasites.

Do not drink **unpasteurised milk** or products made out of it such as some soft cheeses.

Foods with **soil** on them must be thoroughly washed before eating.

Avoid swordfish, marlin, shark, and raw shellfish.

Limit your intake of **oily fish** (fresh tuna, salmon, mackerel, sardines, trout) to **no more than 2 portions a week and no more than 4 medium tins of tuna** as these fish may contain levels of mercury and/or pollutants.

Avoid **raw fish sushi** where the fish used to make it had not been frozen first – ask in restaurants and if in doubt, avoid it. Ready-made sushi from supermarkets is fine to eat.

Caffeine

You shouldn't have too many drinks in a day with caffeine in them - that's cola, 'energy' drinks, tea and coffee - but you don't need to cut them out completely. As a guide limit yourself to 2 mugs of tea or 1-2 cups of coffee per day. But be careful as coffee from some coffee shops on the high street may have higher amounts of caffeine. Don't forget green tea contains some caffeine too.

Should I avoid peanuts?

You can eat peanuts or foods containing peanuts (such as peanut butter) during pregnancy, as part of a healthy balanced diet, unless you yourself are allergic to them or your healthcare professional advises you not to. You may have heard that some women in the past have chosen not to eat peanuts during pregnancy. However, government advice has been changed because the latest research has shown that there is no clear evidence to say that eating peanuts during pregnancy affects the chances of your baby developing a peanut allergy.

Alcohol

It's illegal to buy alcohol if you are under 18 years. The Department of Health advises that pregnant women should avoid drinking alcohol and should not get drunk. Heavy drinking during pregnancy is associated with serious birth defects.

Smoking

Smoking isn't just bad for you; it's bad for your baby too. The chemicals you breathe in get passed on to the baby, and it can stop them getting enough oxygen. If you smoke, your baby is more likely to be born early, be underweight and have breathing and other health problems. Smoking even increases the risk of cot death.

Talk to your midwife, health visitor or doctor about help giving up. And remember, it's not good for you to breathe in other people's smoke either.

Medicines and drugs

Some pills and medicines can harm your baby so it is safer to check with your doctor or pharmacist before taking medicines, and to make sure that doctors and dentists know you are pregnant before prescribing anything for you.

All illegal and street drugs can harm your baby. If you use drugs, it's important to seek help from your doctor or midwife so you can get the right advice and support.



New mums

Now your baby's here, you still need a healthy diet. With the birth to get over, a new baby to look after and not much sleep – you've got a lot to cope with. But the better you eat, the more energy you'll have and the better you'll look and feel!

What to eat

Just like when you were pregnant, you need:

- **plenty of fruit and vegetables**
- **starchy foods like bread, rice, potatoes and pasta**
- **milk and dairy foods**
- **meat, fish, eggs, beans or lentils**
- **not too many foods and drinks high in fat and/or sugar**
- **a vitamin D supplement each day.**

Once you have had the baby you may still be able to receive Healthy Start vouchers that help you buy fruit, vegetables or milk. Ask your health visitor or check out www.healthystart.nhs.uk to find out more.

Losing weight

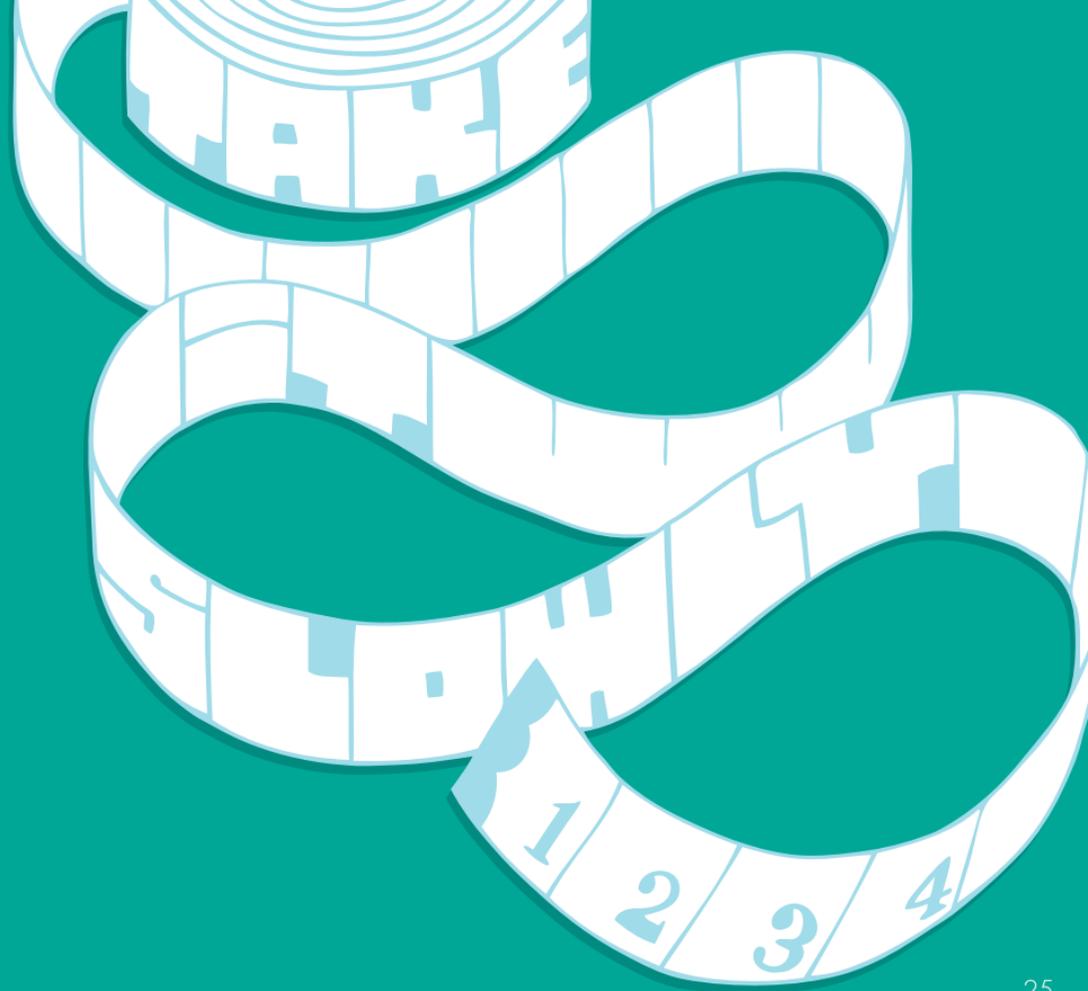
It took nine months to put on your baby weight, so it's bound to take a while to lose it again. Celebrity mums might be back to their pre-baby body in record time but most normal mums aren't. Crash dieting will just leave you tired and fed up – at a time when you need all the energy you can get. Take it slowly, eat healthily, do some gentle exercise - the weight will come off.

Did you know?

Making breastmilk burns up to around 500 calories a day so breastfeeding can help you get back into shape.

Smoking

If you or anyone else in your house smokes, your baby is more likely to get ill and have breathing problems - and there is also a much higher risk of cot death. If you can, stop altogether, and definitely don't smoke around your baby, or let anyone else, even if it's by an open window in the car or at home.



Breastfeeding

Breastfeeding will give your baby the best possible start to life. Remember, when you're breastfeeding you also need a good diet, like when you were pregnant, to keep your own strength up and help your body to cope.

You might be hungrier than usual but fill up on healthy food. While you're breastfeeding you'll need even more calcium than when you were pregnant. Try to have plenty of milk, hard cheese and yogurt. You should continue taking your vitamin D tablet – you may be able to get these free from Healthy Start.

You can eat peanuts or foods containing peanuts (such as peanut butter) whilst breastfeeding, as part of a healthy balanced diet, unless you yourself are allergic to them or your healthcare professional advises you not to. You may have heard that some women in the past have chosen not to eat peanuts whilst breastfeeding. However, government advice has been changed because the latest research has shown that there is no clear evidence to say that eating peanuts whilst breastfeeding affects the chances of your baby developing a peanut allergy.



Breastfeeding might also make you thirstier, so make sure you drink plenty.

Water, and milk are good choices, but don't drink too much tea, coffee, cola or 'energy' drinks; the caffeine in them can affect your baby. Drinking alcohol can also upset your baby's feeding and sleeping as it's passed on in your milk.

Remember, it is illegal to buy alcohol if you are under 18 years.



Information sources

NHS Choices. Pregnancy and baby. Have a healthy diet in pregnancy

<http://www.nhs.uk/conditions/pregnancyand-baby/pages/healthy-pregnancy-diet.aspx>
[accessed 10/2017]

NHS Choices. Pregnancy and baby. Foods to avoid in pregnancy

<http://www.nhs.uk/Conditions/pregnancyand-baby/pages/foods-to-avoid-pregnant.aspx>
[accessed 10/2017]

NHS Choices. Pregnancy and baby. Vitamins and nutrition in pregnancy

<http://www.nhs.uk/Conditions/pregnancyand-baby/pages/vitamins-minerals-supplements-pregnant.aspx>
[accessed 10/2017]

NHS Choices. Pregnancy and baby. Healthy lifestyle and breastfeeding

<http://www.nhs.uk/Conditions/pregnancyand-baby/Pages/lifestyle-breastfeeding.aspx>
[accessed 10/2017]

NHS Choices. Pregnancy and baby. Alcohol and drugs during pregnancy

<http://www.nhs.uk/conditions/pregnancyand-baby/pages/alcohol-medicines-drugs-pregnant.aspx>
[accessed 10/2017]

Department of Health (2013) Delivering a Healthy Start for pregnant women, new mums, babies and young children

<http://www.healthystart.nhs.uk/wp-content/uploads/2013/07/2900635-HS52A-uploaded-10-7-13.pdf>
[accessed 10/2017]

Public Health Agency (2014) The Pregnancy Book

<http://www.publichealth.hscni.net/publications/pregnancy-book-0>
[accessed 10/2017]

BDA (2016) Food Fact Sheet Pregnancy

<http://www.bda.uk.com/foodfacts/Pregnancy.pdf>
[accessed 10/2017]

For details on additional information sources please contact Dairy UK

YOUNG
MILK



For details on additional information sources please contact Dairy UK

Last reviewed: 01/2018
Next review due: 01/2019

Dairy
UK

Tel +44 (0)20 7405 1484
nutrition@dairyuk.org

For **free** copies of Dairy UK's publications visit www.milk.co.uk

© Dairy UK 2018



FSC
www.fsc.org

MIX

Paper from
responsible sources
FSC® C006509