

in FORM

Deutschlands Initiative für gesunde Ernährung
und mehr Bewegung



Gesund ins Leben
Netzwerk Junge Familie

Keeping fit during pregnancy



A better diet and
lots of exercise:
the best tips

Pregnant – everything changes now:

It's the start of an exciting time. Not just in the mind. Suddenly the body is all about looking after the unborn child, too. Most things happen by themselves. Your metabolism will pick up, and you'll grow larger breasts and a bigger tummy. But you may have slightly less energy...

Enjoy this time

...and look after yourself. Then your baby will be well, too.

Eat well and remain active!

After all, everything you eat now goes straight through your umbilical cord to the baby. Regular exercise also helps keep your baby well-supplied with oxygen and nutrients.



My tummy
is also growing?!

Gaining weight guiltlessly!

Pregnancy will add another 10–16 kilos to your weight. But the baby will account for no more than 1/3 of this gain. The additional pounds come from blood, your expanding womb, breasts, amniotic fluid and reserves of fat (e.g. for breastfeeding). Daintier women will frequently gain more weight, sturdier women less.

Don't eat more, eat better!

Your body needs more vitamins and minerals than usual now. But no extra calories at the start. This means: don't eat more, but do pick foods that are particularly rich in vitamins and minerals. You should wait until the last few months of pregnancy before adding around 10 percent more calories (kcal) or roughly 250 kcal per day.

How much are 250 kcal?



or



Start taking additional folic acid and iodine now:

Folic acid

- Take for at least the first 12 weeks — start when you are trying for a baby
- 400 µg daily

+ Pick foods rich in folic acid



Iodine

- Take during pregnancy
- 100(–150) µg daily; ask your gynaecologist how much exactly

+ Pick foods rich in iodine



Get down from the couch!

**Pregnancy is no reason to put your feet up!
Quite the contrary:**

Women who are active during pregnancy...

- ✓ are happier and more content,
- ✓ experience less back pain,
- ✓ keep their weight better,
- ✓ provide their baby with more oxygen and nutrients,
- ✓ are better-equipped to handle the stresses of childbirth,
- ✓ regain fitness faster after giving birth.



**As a rule of thumb:
at least 30 minutes daily**



**Take every opportunity to exercise
in your daily routines!**

For example:

- walk to and from work, in your lunch break, and even enjoy the scenic route...
- take the stairs at work, change your posture regularly (e.g. at your desk), fit in a few exercises any time you can...
- take a walk after dinner, listen to music and dance during domestic chores...

Exercise is particularly important now!

It strengthens your muscles and improves your stamina. And these are precisely the things you need during pregnancy and childbirth. That's not all! Regular exercise also has positive effects on your metabolism, digestion and circulation.



How much exercise is good for me?

There is no received wisdom here. So the best motto is: in moderation, but often! Your blood contains sufficient oxygen for you and your baby as long as you can still chat easily during exercise. Some women like a daily stroll at a moderate tempo, while others prefer a swimming course twice a week.

Which sports are right for me?

The sport you pick should reflect your level of fitness. Beginners are advised to choose simple, repetitive exercise like walking or swimming. More sporty types can usually stick to their favourite disciplines, provided they do not pose a significant risk of injury.

Suitable sports:

Swimming, aquafitness (aerobics in water), hiking, walking or Nordic walking, light cycling or aerobics



You can obtain additional information on exercise during pregnancy from the German Sport University Cologne at www.sportundschwangerschaft.de



I'd better get some exercise before my tummy also begins to grow!

“It’s good for both of us!” – Here’s how it works:



Pregnancy does not change what is healthy:

Follow these **4 tips** for more vitamins and minerals without any added calories!

You can take plenty of these things



1.

Drink 1 to 2 glasses with every meal, but also between meals. **Zero or low-calorie drinks** like water are best

Avoid

1 litre of lemonade/coke = an entire meal! (400 kcal)



Plenty of vitamins and minerals, but easy on the calories

2.

At least 5 portions of fruit, vegetables or salad per day. Soup or juice are counted, too.

You have every reason to be proud of yourself if you eat one portion more than before your pregnancy!



3.

Pick whole grain
and potatoes



Grains or potatoes with every meal
e.g. bread, oatmeal, rice, pasta, bulgur,
couscous (preferably wholegrain) or
potatoes

Whole grain bread
contains twice as much
iron and magnesium as
white bread



4.

**At least 3 portions of milk (dairy
products) per day**, e.g. 1 slice of cheese,
1 glass of milk and 1 cup of yoghurt or
quark

Low fat if possible



Eating more regularly
is good for you as well.
But pick an apple
instead of chocolate!

You can download (PDF file)
some more tips on selecting
your food from:

[www.gesund-ins-leben.de/
Ernaehrung-Schwangere](http://www.gesund-ins-leben.de/Ernaehrung-Schwangere)



Mealtimes: smaller, more frequent meals

During pregnancy, many women feel better (also in terms of morning sickness) if they eat smaller portions on a regular basis. 3 main meals and 2 snacks per day have proven effective. Your plate for each meal should contain portions belonging to a variety of food groups:

Main meal = large plate with 3 (or more) food groups, e.g.



Snack = small plate with 2 food groups, e.g.



Make sure you drink fluids (e.g. water) with every meal.

Examples for good meals:

* Only 1 x meat, sausage, fish or egg per day.

Snack



Tomatoes, cucumbers

+



Whole grain bread



Or:

- Fruit slices, whole grain cookies
- Fruit/vegetable juice, rice waffles

Breakfast



Fresh seasonal fruit

+



Muesli/
Oatmeal

+



Milk or yoghurt

Or:

- Whole grain bread, cream cheese, fruit spread
- Bread roll, 1 slice of cheese, fruit salad

Lunch



Spinach

+



Fried
pollock fillet

+



Mashed potatoes

Or:

- (Whole grain) spaghetti with tomato sauce, salad
- Vegetable rice with chicken breast

Dinner



Tomato and
cucumber salad

+



Whole grain bread

+



Quark with herbs

Or:

Tortellini salad with capsicum, carrots and cheese cubes

Frequently asked questions



Am I allowed to drink coffee?

Yes, but make sure it's not more than 3 cups per day. Coffee contains caffeine, which will also keep the baby awake! The same applies to black and green teas and drinks containing coke. Steer well clear of energy drinks, as they contain large amounts of caffeine.

Are there things I can do during pregnancy to prevent allergies?

Your baby has a higher risk of being allergic to certain things if you or your partner also suffer allergies.

Here are a few things you can do to reduce the likelihood:

- eat a varied diet,
- eat 2 portions of saltwater fish per week,
- do not smoke – shun even passive smoking,
- ask for advice on breastfeeding as early as possible, because mother's milk protects against allergies.

But you do not need to steer clear of certain foods that are more likely to cause allergies.



Gestational diabetes – what should I do?

Women experiencing a consistently elevated blood sugar level during pregnancy are suffering from gestational diabetes. Obesity and a lack of exercise aggravate this metabolic disorder.

The most important way to prevent it developing is to make a point of eating well and exercising regularly.

Do I really need meat during pregnancy?

Not necessarily. But you should regularly pick the following foods as replacements: whole grain products, legumes, lots of fresh fruit and vegetables, nuts, milk and dairy products. This way you and your baby will receive sufficient iron and nutrients like protein.

Cutting meat from your diet completely may lead to a deficiency, for your child as well. In such cases, you will urgently need expert nutritional advice, and must deliberately replace the nutrients you would otherwise lack.



How can I ward off snack attacks?

Of course you can continue to eat sweet foods during pregnancy, but in moderation. The best way is to plan to eat sweets as a desert after dinner instead of indulging between meals. Feel free to use small amounts of sweetener during pregnancy, too.

Do I have to take iron tablets?

Not necessarily. Women do need more iron during pregnancy, but the expectant mother will also lose less iron because she stops menstruating. Your gynaecologist will check whether you need iron during your preliminary examinations and prescribe the right product if necessary.



Keeping out bacteria & co.

Wash plants – cook meat!

Raw foods sometimes contain pathogens that may harm your baby during pregnancy. Toxoplasmosis and listeriosis are among the infections these germs can cause. While the risk of illness is almost negligible, the following tips may give you a little more peace of mind.

So play it safe:

- Do not eat any **uncooked** animal products such as unpasteurised milk, raw meat, fish or eggs.
- Make sure you always wash salad, fruit and vegetables thoroughly.
- Wash your hands before and after meals and after touching uncooked food.
- Store and prepare uncooked products separately.
- Thoroughly heat up meat, fish and eggs (70°C on the inside for at least 2 minutes).

TIP

Flyer: "Protect yourself against food poisoning during pregnancy"
(Order no. 346): www.aid-medienshop.de

Booze and smoke – no thanks!

Every sip of alcohol is harmful to your baby

Alcohol can inhibit the healthy development of your child, even in small quantities. Alcohol zips through your umbilical cord and straight into your baby's body. Inside of minutes you and your child will share the same alcohol level. But your baby needs significantly longer to break down the alcohol, as its organs are still immature. That is why you shouldn't even have a single drop!

Tobacco smoke is poison for your baby

It doesn't matter whether you inhale the smoke actively or passively – the baby will absorb the toxic substances regardless. This can inhibit blood circulation. The child will then be more susceptible to illnesses or allergies such as asthma. A smoke-free environment is the best protection for your baby.

Parties are fun,
even with non-alcoholic
cocktails.

Free counselling services to
quit smoking:
www.rauchfrei-info.de

There will never be
a better reason to
stop smoking
together.



The countdown is ticking!

Have you already thought about breastfeeding?



There is nothing better for a baby than its mother's milk. But breastfeeding is also practical for mums and a great method of regaining fitness after childbirth. You bond with your child through breastfeeding, too.

The best way to ensure that breastfeeding goes without a hitch is to seek advice from a breastfeeding counsellor or midwife early on. It's even better if your partner is keen on the idea as well!

Our baby gets mother's milk – and yours?



A brief guide to birth statistics:

Babies rarely pop out right on the scheduled date. In fact, only around 4% do. Many prefer to linger a little longer, or emerge a few days early. So make sure your bag is packed early enough. But do not worry if you have to wait a while.



Have you packed your bag?

Don't panic – everything's fine

Guidance and assistance

Personal counselling

■ Addresses for nutritional experts close to you

Nutrition: www.vdoe.de, www.vdd.de, www.dge.de, www.quetheb.de

Breastfeeding: www.hebammenverband.de, www.afs-stillen.de, www.bdl-stillen.de, www.lalecheliga.de, www.stillen.de

Online counselling

■ www.was-wir-essen.de

Experts at aid would be delighted to answer your questions regarding diet during pregnancy

■ schwangerschaft@dshs-koeln.de

A coaching team from the Sport University Cologne answers your questions on exercise and pregnancy



Recommended reading

■ The best things to eat during pregnancy –

aid/DGE, order no. 1605, www.aid-medienshop.de, €2.50 plus shipping

■ **Recommended nutrition for mothers and children** – FKE, www.fke-shop.de, €4.00

■ **Breastfeeding – what else?** – aid, order no. 340, www.aid-medienshop.de, free, plus shipping

■ **National Breastfeeding Committee** – www.bfr.bund.de/stillkommission

For more counselling services:

www.gesund-ins-leben.de



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About IN FORM: IN FORM is Germany's initiative for healthy eating and more exercise. It was founded in 2008 by the Federal Ministry of Food and Agriculture (BMEL) and the Federal Ministry of Health (BMG), and has since cooperated with its project partners across Germany to positively influence all areas of life. The aim is to sustainably improve dietary and exercise patterns within the population. Visit www.in-form.de for more information.

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