



HONG KONG SANATORIUM & HOSPITAL

養和醫院

懷孕期之飲食指南



Eating during Pregnancy

Nutrient requirements for Fetus

- Carbohydrates
- Protein
- Lipids
- Vitamins
- Minerals
- Fiber
- Water



Cereal and grains

- Functions: Carbohydrates help to provide calories in the diet to meet the additional energy needs to support the metabolic demands of pregnancy and fetal growth.
- Suggested servings: 7 servings
- Examples of 1 serving:

Cooked rice	$\frac{1}{2}$ bowl	or
Cooked noodles / pasta	$\frac{3}{4}$ bowl	or
Congee	$1\frac{1}{4}$ bowl	or
Bread	$1\frac{1}{4}$ slice	
- Additional tips: Choose from whole wheat bread, oats, high fiber crackers or brown rice to provide additional fiber to avoid constipation.

Vegetables & fruits

- Functions: Good sources of vitamins and minerals to fight infection and also fiber for constipation.
- Suggested servings: 3 servings of vegetables, 2 servings of fruits
- Examples of 1 serving:

Uncooked vegetables	1 bowl	or
Cooked vegetables	$\frac{1}{2}$ bowl	or
Fresh vegetable juice	$\frac{3}{4}$ glass	or
Cooked beans	$\frac{1}{2}$ bowl	
Prunes	2 number	or
Orange, apple	1 number	or
Star fruit	$\frac{1}{2}$ number	or
Watermelon	$\frac{1}{2}$ cup	
- Additional tips: Choy sum, kale, spinach, bak choy are rich in folate.
Orange, grapefruit, kiwi, strawberry are rich in Vitamin C.

Meat/fish/poultry & alternates

- **Functions:** Rich in protein, iron, vitamin B complex to meet the metabolic needs of pregnancy and fetal growth.
- **Suggested servings:** 7 servings
- **Examples of 1 serving:**

Meat/fish/poultry	1 tael	or
Egg	1 number	or
Bean curd	$\frac{1}{2}$ block	or
Red kidney beans	$\frac{1}{2}$ cup	or
Peanut butter	2 tablespoons	
- **Additional tips:** Choose from beef, organs, dried fruits, dark green leafy vegetables for iron.

Dairy products

- **Functions:** Good sources of calcium, phosphate, vitamin A, D and protein, promoting the bone and dental health of the fetus.
- **Suggested servings:** 2-3 servings
- **Examples of 1 serving:**

Milk	1 glass	or
Cheese	2 slices	or
Yogurt	$1\frac{1}{2}$ portion	or
Soy milk enriched w calcium	1glass	
- **Additional tips:** Other non-dairy sources of calcium include sardines, bean curd, dried shrimp, 白飯魚.

Fluids

- **Functions:** Helps with digestion and works with fiber to regulate bowel movements.
- **Suggested servings:** 8 servings
- **Examples of 1 serving:**

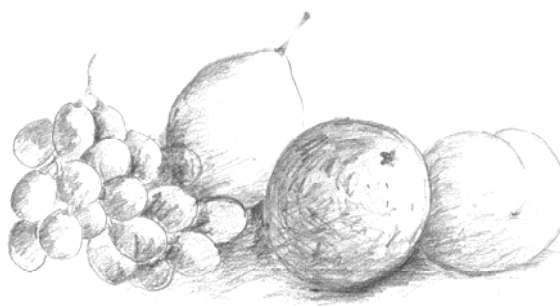
Water	1 glass	or
Milk	1 glass	or
Juice	1 glass	or
Clear soup	1 bowl	or
Plain tea	1 glass	
- **Additional tips:** It is not recommended to include carbonated drinks, strong tea/ coffee, beer, wine, and any other alcoholic drinks.

Seasonings

- **Cut down on oil:** Avoid fried/deep fried foods, eg: fried pork chop chicken, etc.
- **Cut down on salt:** Avoid preserved foods, eg: salty fish, salty egg, corned beef, etc.
- **Cut down on sugar:** Avoid sugary foods, eg: carbonated drinks, confectionary, desserts, etc.

Take special precautions

- alcoholic drinks
- 1st or 2nd hand smoking
- Preserved foods
- Junks with empty calories
- Uncommon Chinese medicine



Starting with breast feeding your Baby

Advantages for Baby	Advantages for mother
• nutritionally superior	• help the uterus to return to shape
• contain essential fatty acids to conjugated into DHA · EPA	• promote close mother-child contact
• easy to digest, safe and always fresh	• help to burn calories
• contains various anti infectious factors	(For the 1 st six months, daily milk production 750 ml
• babies are less likely to be overfed	/ day, thus burning ~ 640 calories.)
• promote dental and jaw development	• costs less than the commercial formula

Summary

Servings	Pre pregnancy	Pregnant	Lactating	
Cereal & grains	6	7	7	Consider whole wheat grain choices
Vegetables	3	3	3	At least one serving of dark green leafy vegetables
Fruits	2	2	2	At least one serving of vitamin C rich fruit
Meat/fish/poultry	5	7	7	Include 2-3times/week of marine fish
Dairy products	2	2-3	3	Choose from high calcium choices
Fluids	8	8	At least 10	
A balanced diet ensures adequate nutrients				

For enquiry, please call the Dietetic Services of the Hong Kong Sanatorium & Hospital at 2835-8748 or check out the Hospital website <http://www.hksh.com/>.

