

## WEIGHT GAIN IN PREGNANCY

If you are of average weight, you should put on between 11 to 16 kg over the course of your pregnancy. It should be somewhat less if you are overweight, or a little more if you are underweight. Do not diet to lose weight during this time because your child may end up not getting enough nutrients.

## EATING A BALANCED DIET

Every type of food you eat supplies different essential nutrients. Consult your doctor or dietitian if there are certain foods that you don't eat, such as dairy products, meat or fish. It is possible to maintain a vegetarian diet during your pregnancy and while you are breastfeeding, but a diet that contains no animal products (vegan) is not recommended.

## EXERCISE

Keep fit by getting regular exercise, e.g. walking, aerobics, yoga or hiking. It can be even more fun if you find a group to join. But while you are pregnant you should avoid anything that is too intensive, or dangerous sports that involve higher risks of falls or injury.

Encourage your partner to join you in eating a balanced diet and getting plenty of fresh air.

## HYGIENE

Raw foods may naturally be contaminated with germs. So especially during your pregnancy more attention should be paid to general hygiene and cleanliness: carefully wash your hands and kitchen utensils, process raw or unwashed ingredients separately from other foods, keep animal-based foods refrigerated and cook meat, poultry, eggs and fish at sufficiently high temperatures.

## ALLERGIES

Only avoid foods if your doctor has diagnosed an allergy or intolerance. Otherwise you may be limiting your diet for no reason.

## BREASTFEEDING

Breastfeeding provides your child with the most natural and nutritious food, making it easier to get the best possible start in life. Ideally, your child should be breastfed exclusively for the first four to six months.

Your body needs more vitamins and minerals when you are pregnant or breastfeeding. More energy (calories) is only required once you reach the fourth month of pregnancy. A cup of yoghurt, a handful of nuts and a piece of fruit a day should however be enough to cover these additional needs until your child is born and while breastfeeding.



An in-depth leaflet with the same title is also available free of charge in German, French and Italian from the Swiss Federal Food Safety and Veterinary Office (FSVO).

### FURTHER INFORMATION:

- Health information in various languages: Swiss Red Cross: [migesplus.ch](http://migesplus.ch)
- Allergy information: aha! Swiss Allergy Centre: [aha.ch](http://aha.ch)
- Information for mothers and fathers: [muetterberatung.ch](http://muetterberatung.ch)
- Ladies' roundtables on health issues and preventive strategies in multiple languages: [femmetistische.ch](http://femmetistische.ch)
- Swiss Society for Nutrition SSN: [sge-ssn.ch](http://sge-ssn.ch)
- Swiss Federation of Midwives: [hebamme.ch](http://hebamme.ch)
- Swiss Association of Registered Dietitians: [svde-asdd.ch](http://svde-asdd.ch)
- Swiss Foundation for the Promotion of Breastfeeding: [stillfoerderung.ch](http://stillfoerderung.ch)

### Professional Societies:

- Swiss Society of Gynaecology and Obstetrics (SSGO): [sggg.ch](http://sggg.ch)
- Swiss Society of Paediatrics (SSP): [swiss-paediatrics.org](http://swiss-paediatrics.org)

WISHING YOU A HEALTHY AND ENJOYABLE TIME DURING YOUR PREGNANCY AND WHILE BREASTFEEDING!

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# DIET AND NUTRITION DURING PREGNANCY AND WHILE BREASTFEEDING



 Schweizerische Eidgenossenschaft  
Confédération suisse  
Confederazione Svizzera  
Confederaziun svizra

Federal Department of Home Affairs FDHA  
Federal Food Safety and  
Veterinary Office FSVO



## HELPING YOUR CHILD GET THE BEST POSSIBLE START TO LIFE

You can help your child get the best possible start to life by maintaining a balanced diet before and during your pregnancy and while breastfeeding. The Swiss food pyramid offers guidance: you need the foods on the bottom levels of the pyramid in larger quantities, and less of the foods shown towards the top of the pyramid.

Some words to live by during your pregnancy:  
**EAT TWICE AS HEALTHILY, NOT TWICE AS MUCH!**



### RECOMMENDATIONS FOR PREGNANCY AND WHILE BREASTFEEDING

**SWEET & SALTY FOODS:** in small amounts.

**OILS, FATS & NUTS:** 2-3 tablespoons of plant-based oil per day, such as rapeseed oil or olive oil and a small handful of nuts, e.g. walnuts. Use butter and margarine sparingly.

**DAIRY PRODUCTS, MEAT, FISH, EGGS & TOFU:** 3-4 portions of dairy products per day and 1 portion of meat/fish/eggs/tofu.

**CEREALS, POTATOES & PULSES:** 3-4 portions per day, such as bread/rice/lentils/millet/pasta, preferably wholegrain.

**FRUITS & VEGETABLES:** at least 5 portions (5 handfuls) per day.

**BEVERAGES:** choose water and unsweetened herbal or fruit teas. Drink 1.5-2 litres per day during pregnancy and at least 2 litres per day when breastfeeding.

## PLEASE NOTE

■ Recommended ■ Only rarely ■ Avoid

|                                  | During pregnancy  | While breastfeeding                                     |
|----------------------------------|---|---|
| <b>Nutrients</b>                 | <p>Take folic acid in tablet form (400 micrograms per day), ideally even when planning a pregnancy and at least until the end of the 12th week of pregnancy. Folic acid is important for the healthy development of your child's nervous system.</p> <p>Take vitamin D drops – 15 micrograms per day (600 IU, or international units). Vitamin D is important for the healthy development of bone tissue.</p> <p>Talk to your doctor or dietitian about whether you should supplement your diet with additional nutrients such as iron, omega 3 fatty acids or vitamin B12.</p> <p>Use iodised salt.</p> <p>Omega 3 fatty acids play an important role in the healthy development of your child's brain and eyes. Eat fatty fish once or twice a week, as well as some rapeseed oil and nuts (especially walnuts) every day.</p>                    |   |
| <b>Beverages</b>                 | <ul style="list-style-type: none"> <li>Drink less of caffeinated beverages such as coffee, black and green tea, iced tea, cola and powdered café au lait mixes. Have at most 2 cups of coffee or 4 cups of black or green tea per day.</li> <li>Avoid energy drinks and beverages that contain quinine, such as tonic water and bitter lemon.</li> </ul>  |   |
| <b>Fruits and vegetables</b>     | Always carefully wash vegetables, lettuce, fresh herbs and fruit under running water.   |   |
| <b>Milk and dairy products</b>   | <p>Avoid:</p> <ul style="list-style-type: none"> <li>Unpasteurised milk</li> <li>Soft or semi-soft cheeses made from cow, sheep or goat's milk (from unpasteurised and pasteurised milk)</li> <li>Feta cheese</li> <li>Blue cheeses such as gorgonzola</li> </ul> <p>The following are recommended:</p> <ul style="list-style-type: none"> <li>Pasteurised and UHT milk</li> <li>Yoghurt, kefir (made from pasteurised milk)</li> <li>Fresh cheeses like mozzarella, quark, cottage cheese (made from pasteurised milk)</li> <li>Hard cheeses (made from unpasteurised or pasteurised milk)</li> </ul>  |   |
| <b>Meat, fish, eggs</b>          | Avoid animal products that are still raw or not fully cooked, such as:  |   |
|                                  | <ul style="list-style-type: none"> <li>Raw meat</li> <li>Raw sausage such as smoked sausage, salami</li> <li>Cured ham</li> <li>Raw fish such as sushi, raw seafood</li> <li>Smoked fish such as smoked salmon or trout</li> <li>Foods made with raw eggs, such as tiramisu</li> </ul> <p>Do not eat any liver during the first three months of pregnancy. It contains high levels of vitamin A, which may cause deformities during the early stages of pregnancy.</p> <ul style="list-style-type: none"> <li>Only rarely eat fresh tuna or pike.</li> <li>Recommended types of fish include salmon, canned tuna, sardines, anchovies and herring</li> <li>Eat a good variety of different fish if possible.</li> </ul> <p>Do not eat game meat such as venison or wild boar. It may contain lead, which can damage your child's nervous system</p> |   |
| <b>Alcoholic beverages</b>       | Avoid   | <p>Avoid or only drink rarely and in small portions</p> |
| <b>Tobacco and tobacco smoke</b> | Avoid   |   |

You can discuss any personal concerns you have with your doctor or dietitian (please refer to the further information on the last page).