

Nutrition Guidelines for Preconception & Pregnancy



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**ALL FOODS SHOULD BE FRESH & ORGANICALLY (BIODYNAMIC)
GROWN/FED WHENEVER POSSIBLE**

REDUCE / AVOID	FOOD HABITS
<ol style="list-style-type: none"> 1. Coffee, tea & alcohol 2. Sugars & white flour 3. Fried and microwave foods 4. Refined, junk, frozen & packaged foods - colouring, additives, flavourings, 5. Yeast and vegemite 6. Bitter herbs 7. Late / heavy meals: reduce eating after 7.00 PM 8. Anything directly from the fridge – to cold 9. Combining fresh fruits with other foods (e.g. dairy) 10. High acidity: <ul style="list-style-type: none"> • <u>Too many acidic foods</u> such as meat, tomatoes, vinegar, yeast, etc. • <u>Acidic eating</u>: Not chewing enough forces our stomach secrete more acid • <u>Acidic lifestyle</u>: Rushing, unplanned life etc. • <u>Acidic mindset</u>: Unresolved issues and negative thoughts about them <p>ALCOHOL – avoid Fetal alcohol syndrome is traced to pre-conception, with both parents. Alcohol significantly lowers conception rates, is toxic to the fetus and leaches nutrients</p> <p>COFFEE - avoid</p> <ul style="list-style-type: none"> • Related to fertility/pregnancy/fetal health problems, including miscarriage • Decaffeinated not recommended. Cereal based substitutes OK (check for added sugar) <p>HERBAL TEA – 2 cups herbal tea per day (avoid black, dandelion, licorice, peppermint and green tea)</p>	<p><u>EAT WHEN HUNGRY</u></p> <ul style="list-style-type: none"> • IF NOT CORRECT DIGESTION AND METABOLISM • EAT AT THE SAME TIME OF DAY AND EARLY DINNERS (<7.00PM) <p><u>DRINKING: ROOM TEMPERATUR/WARM WATER IN BETWEEN MEALS</u></p> <p><u>FRAME OF MIND: IS YOUR MIND READY FOR A MEAL?</u></p> <p><u>EANGAGE ALL SENSES IN EATING: WE GET 20% OF PLEASURE FROM SENSE ORGANS</u></p> <p><u>DRINK YOUR SOLIDS AND EAT YOUR LIQUIDS</u></p> <p><u>MEALS:</u></p> <ul style="list-style-type: none"> • Breakfast = warm, fresh cooked • Lunch = main meal of the day, 50% COLOURED VEGETABLES, 25% CAROBOHYDRATE, 25% PROTEIN • Afternoon Snack = 1-2 pieces of seasonal fruit • Dinner = warm, fresh cooked and light <p>Helpful Tips</p> <ul style="list-style-type: none"> • Empty your kitchen cupboards of all your unhealthy foods • Fill your cupboards with nutritious, delicious foods, especially for snacks • <u>Have healthy snacks around:</u> <ul style="list-style-type: none"> • Fresh organic seasonal fruits • Dry roasted seeds and nuts • Essene bread with nut butters, tahini, avocado

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PROTEIN

You need an average sized serving (equivalent to the palm of your hand) of protein-providing foods

- 2x a day before conception and
- 3x a day during pregnancy

This should be food giving you either:

1. A **primary protein**, which comes from an animal source, and is a complete protein (i.e. one which contains all the amino acids) or
2. A combination of **secondary proteins**, which come from plant sources. They do not contain the full range of amino acids unless they are combined with carbohydrates to form a complete protein (e.g. amaranth with brown rice)

Combine two of the food groups to obtain complete proteins when not consuming animal foods within a meal:

1. NUTS
2. GRAINS/SEEDS
3. LEGUMES/PULSES

Note: This is particularly important when you are a vegetarian or vegan.

LEGUMES/PULSES

- =good plant protein (also contains carbohydrates)
- Mung beans, Aduki beans and lentils are the easiest to digest
- Cook legumes with cumin seeds, fresh ginger, turmeric powder, bay leaves and coriander powder to aid digestion
- If soy beans only in fermented forms such as tempeh, tamari, miso to avoid problems with mineral and protein absorption)
- Must combine as shown AND presoaked prior cooking (overnight)
- Avoid delicatessen meats (high in fats, offal content and toxic preservatives) and raw/undercooked meat
- Trim all fat

DAIRY

- Avoid cows' milk/yoghurt/cheese, as it weakens digestion, is linked to endometriosis, creates mucus in tubes and mal-absorption
- Prefer goats' or sheep's milk/cheese
- Prospective mothers should avoid unpasteurized goats' milk products or heat milk to 70° for 30 seconds
- Avoid soft cheeses & those kept unsealed in water (may contain bacteria)
- Rice, soy & oat milk contain toxic and synthetic vitamin D2
- Soy milk/cheese are also not recommended (GMO, high levels of phytic acid, manganese, aluminium, MSG, phytoestrogens, trypsin inhibitors)

FISH

- 2-3 times weekly
- Prefer fresh to tinned/frozen and wild to farmed (salmon & trout)
- High in essential fatty acids
- Choose deep sea/ocean/cold water fish (less polluted)
- Avoid large fish such as tuna, shark (flake), stingray, barramundi, gem fish, orange roughly (deep sea perch), ling, king mackerel, catfish & billfish (broadbill, swordfish & marlin) (too high in mercury), crustaceans (often polluted) and raw fish (may contain bacteria).

POULTRY

- 1-3 per week
- Trim the skin to avoid fats
- Use **certified** organically fed **only** (free range is not necessarily organic and may still be fed with hormones and antibiotics)

EGGS

- Maximum of 4 times weekly
- **Certified**, organically fed only
- Excellent source of protein
- Limit their consumption only if they cause gastrointestinal problems such as flatulence or constipation or other allergy symptoms

RED MEAT

- in moderation
- Unless **certified** organically fed, avoid organ meats/offal/sausage/mince (or get the butcher to mince on site)
- Organ meats contain high levels of toxins, e.g. pesticides/hormones
- Refined carbohydrates also leach nutrients from your body's stores which, in turn, increases your desire for these foods
- The balance of protein to carbohydrate foods should be approximately 1:1 in volume, though you can eat as much non-starchy vegetables as you like

FATS

- **Avoid Trans Fats** and a high intake of saturated fats (animal fats), which may upset your **prostaglandin / hormone / nutrient** balance
- This means trans fats in:
 - packaged foods (e.g. cookies, crackers, cakes, muffins, pie crusts, pizza dough)
 - breads such as hamburger buns
 - stick margarine and vegetable shortening
 - pre mixed foods, fried foods, snack foods, frozen foods

- Vegetarians and vegans may benefit from using organic home-made ghee (clarified butter) for cooking
- **No fried foods** except stir-fry
- Cook with organic, cold-pressed coconut oil for high heat cooking
- Extra virgin olive oil or sesame oil occasionally for very low heat cooking
- **Use lots of cold pressed oil on vegetables and salads** - Extra virgin olive or flaxseed
- These oils are high in beneficial essential fatty acids if never heated
- They can be poured over food **after** cooking, and used on bread as a butter substitute
- They should be kept out of light (in dark glass bottles) & in the fridge (flaxseed oil)
- Add lemon/pepper/fresh ginger/pinch of turmeric powder/fresh herbs to dressing
- **Avoid margarine and other shortenings** - saturate during processing and are full of chemicals
- Try tahini, nut spreads (all of these only if fresh, refrigerated & kept away from light) & avocado
- “Nutella” and jams are full of sugar & fat & peanut butter is very fatty (peanuts are legumes, not nuts)
- Humus is very difficult to digest and can harbor listeriosis bacteria

NUTS/SEEDS

- raw/unsalted/fresh
- Soak and peel almonds, dry roast other nuts and seeds to aid digestion and eliminate myco-toxins (e.g. E. coli on pumpkin seeds)
- Store in fridge away from light and eat within 2 weeks
- Should **not** taste bitter
- Use in breakfasts, pilafs, stir-fries, salads, as a snack
- Use nut spreads, tahini
- Use seeds high in omega-3 and fibre (i.e. fresh ground linseeds, chia seeds)
- **Amaranth** – higher in protein and calcium than milk as well as in Ca-cofactors, magnesium and silicon; combine and cook with grains or add to soups and stews

Grains / Carbohydrates

- **Avoid refined flour products and yeast breads**
- Organic, whole grains (e.g. rice, quinoa, amaranth, millet, spelt, barley, buckwheat, etc.)
- Avoid high glycaemic foods (eg. starchy, sugar, white/refined grains) can disrupt hormones

Quinoa – highest and complete protein with an essential amino acid profile similar to milk (contains more calcium than milk), high in lysine

Millet – richest amino-acid profile, highest iron content, rich in phosphorus and B vitamins, high alkaline ash green

content, easiest to digest

Buckwheat – high proportion of all 8 essential amino acids is greater in buckwheat than in other grains, 100% more calcium than other cereal grains, rich in Vit E, contains almost entire range of B vitamins

- Soak grains for ≥ 8 hours to reduce the phytic acid levels, increase their alkalinity, aid digestion and increase mineral absorption

VEGETABLES

- **A wide variety every day** - 50% of each meal
- **Organic AND seasonal** whenever possible
- Include green leafy and orange ones every day
- **Cooked** - steamed/stir-fried/dry baked
- **Raw** – in moderation as is may weekend digestion

Juices: try carrot/celery/beetroot/ginger as a base

Salads: use a wide variety of vegetables. Add chopped fresh herbs e.g. parsley, basil, thyme etc. Potatoes, broccoli, green long beans and mushrooms must not be eaten raw. Avoid pre-prepared salads and sprouts (which may contain bacteria)

Preparation

- Discard green potatoes (toxic), and cut out the “eyes” or “scabs” on all root vegetables (can adversely affect fetus)
- Cut out the green, toxic stem part of tomatoes and reduce their consumption as they may block channels

FRUITS

- **Organic and seasonal** – 2 to 3 pieces daily
- Avoid fruit juices, except fresh made as they can contain high levels of High Fructose Corn Syrup (HFS)
- Dried fruits should be soaked and organic (no preservatives and check for mold)

SPICES / HERBS – medicinal properties

- Use fresh herbs and spices (e.g. turmeric, cumin, coriander, fresh ginger, rosemary, thyme, etc.) in cooking to aid digestion, absorption and help counteract any incompatible food combinations

SUGAR

- **Avoid white sugar**, sugar substitutes, undiluted fruit juices, white sugar, soft drinks and all additives ending in “-ose”, e.g. sucrose, fructose, etc.)
- Choose natural sugars (e.g. stevia, raw honey, succanat (cane sugar) for baking) - use in moderation

PURE WATER

- Use purified and alkaline (ph ≥ 7) if possible
- 8 - 12 glasses daily (or bottled)
- Avoid mineral water, may interfere with digestion

Increased requirements for specific nutrients during pregnancy can be met by including the following foods into your diet

FOLIC ACID*, CALCIUM, IRON, MAGNESIUM, IODINE, VITAMIN D, OMEGA-3, ZINC, VITAMIN B12

- Kelp
- Barley or wheat grass
- Almonds (soaked and peeled)
- Walnuts
- Buckwheat
- Amaranth
- Quinoa and other whole grains
- Parsley
- Sunflower seeds
- Sesame seeds
- Chia seeds
- Roasted pumpkin seeds (reduces E. coli)
- Spirulina
- Lean red meat
- Chicken
- Fish
- Cherries
- Garbanzo beans
- Kale and other GLV
- Legumes
- Carrot and beets
- Asparagus
- Spinach
- Collard greens (Brassica)
- Sea salt
- Flax seeds/oil
- Bee pollen

***Note:** The Recommended Daily Intake (RDI) for **folic acid** is an additional 400µg/day. It is recommended to start supplementing 1 month prior pregnancy and the first 3 month of the pregnancy with folic acid tablet containing 0.5 milligrams (mg) of folic acid per day.

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