



Niitty – Developing a Peer-based Family
Training Model for Immigrants

NUTRITION DURING PREGNANCY AND BREASTFEEDING

Raskaus- ja imetysajan ravitsemus



A HEALTHY DIET

- A pregnant or breastfeeding mother only needs to eat slightly more than before; for example, one snack more.
- The recommended foods are vegetables, berries, fruit, wholegrain products, fat-free dairy products and lean meat products and fish.



A VARIED DIET



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5–6 portions of vegetables, fruit and berries a day. These are good sources of fibre and vitamins.



= 1 portion

2–2½ cups of fat-free dairy products a day, plus a few slices of cheese.



Lean meat products and fish 2–3 times a week, making sure to vary the type of fish.

Fish is a good source of fatty acids and vitamin D.



About 6 portions a day of fibre-rich and low-salt wholegrain products.

These are good sources of fibre and vitamins.



= 1 portion

Vegetable oil in cooked foods and as salad dressing, and margarine on bread every day.



FOODS TO AVOID DURING PREGNANCY:

- raw and hung meat and fish
- liver
- liquorice and salmiak liquorice
- unpasteurised milk and products made from it
- ginger products
- seaweed products
- large fish of prey, such as pike
- herbal products sold as supplements and herbal teas
- alcohol (including rum and wine)
- the seeds of oil plants (pumpkin, flax, pine nuts, chia, hemp, sesame, poppy and sunflower); a small amount in bread, etc. is okay





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<https://projects.tuni.fi/niitty/>

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