

Dear mothers-to-be;

Your children's physical and mental development starts in fetal life. For this reason, balanced and adequate nutrition is important for your and your babies' health. You should pay attention to the following recommendations.

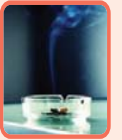
- You should consume at least 60 grams of cheese a day, two glasses of UHT or pasteurized milk or yogurt. You can consume the same amount of yogurt as ayran (drink made with yogurt).
- You need to consume at least one portion of vegetable cooked with meat and legumes such as lima beans, chick peas, and lentil everyday.
- Vegetables and fruits are rich sources of vitamins and should be consumed regularly in each meal.
- You should monitor your weight gain. You should gain 1-1,5 kg every month or 7-14 kg throughout your pregnancy period.



- You must consume iodized salt. You should conserve this salt in a dark and glass bottle. Iodized salt must be protected from light, sunlight and moisture. These situations cause loss of iodine. You should add iodized salt to your dishes after the meal is done cooking.
- Do not skip meals. You need to eat in small portions and frequently.
- Regular sunbathing in advisable hours of the day is good for your bone health.
- During your pregnancy, you should not consume foods ingredients of which are not known and that contain too much additives.
- You should prefer oils while cooking meals. You should consume olive oil every day but not margarine and animal fats. You should not add extra fat while cooking meats.



- Your body requires more fluids than before. You should drink at least 10 glasses of water a day. Also you need to drink milk, ayran, fresh fruit juices as extra fluid.
- You should consume foods rich in fiber such as legumes, fresh fruits; vegetables with a lot of liquid to prevent constipation.
- Anemia prevalence is frequent in pregnancy. You should consume egg, red meat, pekmez (concentrated grape juice), legumes along with fresh fruits and vegetables, to protect from anemia. You should not drink tea or coffee one hour before and after meals.
- You must not smoke and drink alcohol. Avoid places with smoke.
- Vegetables and fruits should be thoroughly washed because of pesticide residues.
- You must wash your hands before preparing meals.



**ADEQUATE and BALANCED
NUTRITION IS IMPORTANT
FOR YOUR AND
YOUR BABIES' HEALTH.**



A SAMPLE MENU FOR PREGNANTS

BREAKFAST: 1 glass of milk,
1 egg or 30 gram cheese,
1 dessert spoon of pekmez
(concentrated grape juice) or honey or jam,
1 orange or carrot or tomato
1-2 thin slice of bread,

Snack: 1 portion of fresh fruit

LUNCH: 1 portion of vegetable
cooked with meat or 1 portion of legumes
1 portion of rice or pasta,
150 gram yogurt,
Salad,
1-2 slice of bread

Snack: 1 portion of fresh fruit
1 portion of cookie or cake or 1 slice of bread
and 30 gram cheese

DINNER: 1 portion of yogurt, tarhana or
tomato soup,
60-90 gram of meat, poultry or fish,
1 portion of vegetable cooked with olive oil,
Salad,
1-2 thin slice of bread

Snack: 1 glass of milk



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