











## Pregnancy Session 1 - Topic 2 Eating well for a Healthy Pregnancy




### Resource 5 – Your Heart Healthy Diet Guide

#### Heart Healthy Checklist – Foods to Include Each Week

Regularly eating the foods listed in this table can help your heart to stay healthy and reduce the risk of developing heart disease in the future.

Healthy Food	How much should I have?	How can I add this to my usual diet?
<b>Let's include these foods every day</b>		
 Vegetables	1 cup of salad or ½ a cup (75g) cooked vegetables, 5 times per day	<ul style="list-style-type: none"> <li>● Try to eat vegetables with every meal</li> <li>● Pre-peel your garlic and onion and store it in a sealed container in your fridge, so that it is available to use as a base to your cooking – daily!</li> <li>● Keep canned vegetables in your office or pantry, so that you can add them to a meal if you have no fresh veg</li> </ul>
 Fruit	2 pieces of whole fresh fruit or 1 cup of diced fruit, 2 times per day	<ul style="list-style-type: none"> <li>● Keep a banana (or other fruit) in your handbag! You will have no excuse not to eat it, when hungry and on-the-go</li> <li>● Add fruit to other meals – such as fruit on cereal for breakfast or in salad for lunch or dinner</li> </ul>
 Wholegrains	1 serve is about 30 g of cereal or 1 small wrap or 1 slice bread or ½ cup cooked rice or pasta. Have 1 serve, 4-6 times per day	<ul style="list-style-type: none"> <li>● Choose the seed-y bread! These are packed with the most wholegrains</li> <li>● Have wholegrains on your plate with every meal</li> </ul>
 Extra Virgin Olive Oil (EVOO)	3-4 tablespoons, everyday	<ul style="list-style-type: none"> <li>● Cooking</li> <li>● Add it as a salad dressing</li> <li>● Add it on top of your meals</li> <li>● Replace butter with EVOO where you can (in recipes, on top of bread, etc)</li> </ul>

 Herbs and Spices	Everyday	<ul style="list-style-type: none"> <li>● Add it to your cooked meals and salad dressings</li> <li>● Replace salt with herbs and spices</li> <li>● Keep your herbs around your stove, front and centre, so you'll remember to use them!</li> </ul>
<b>Let's include these foods a few times per week</b>		
 Nuts and Seeds (unsalted)	30g (1 handful) at least 3 times per week	<ul style="list-style-type: none"> <li>● Keep a pouch in your handbag, car or office as a reachable snack</li> <li>● Use nuts and seeds in baked goods, on cereal or low-fat yoghurt topping</li> <li>● Bulk your salad up with nuts and seeds</li> </ul>
 Legumes (lentils, chickpeas, kidney beans)	1 cup at least 3 times per week	<ul style="list-style-type: none"> <li>● Mix chickpeas or beans into your salad</li> <li>● Keep a can of lentils or beans in your pantry and add them to quick meals (stews, soups, curries).</li> </ul>
 Eggs	1 egg (50-60g), up to 4 times per week	<ul style="list-style-type: none"> <li>● Eggs are a great way to add protein to your diet</li> <li>● Keep a carton in the fridge</li> </ul>
 Cheese	1 serve is 30g or the size of a matchbox. Have 1 serve about 3 times per week	<ul style="list-style-type: none"> <li>● Add cheese to your sandwich or wrap</li> <li>● Add it to your salad or with crunchy wholegrain crackers and tomatoes for a light afternoon snack</li> </ul>
 Yoghurt (or calcium fortified soy yoghurt)	½ cup at least 4 times per week	<ul style="list-style-type: none"> <li>● Yoghurt is a great on-the-go snack!</li> <li>● A good option for breakfast with wholegrain cereals/fruit</li> <li>● Add yoghurt or raita as a side for curries or dhal or soup</li> <li>● Create your own dressing – blend yogurt, lemon juice, and dried or fresh herbs such as basil and parsley for a salad dressing or a quick and healthy veggie dip</li> </ul>

 <p>Milk (unflavoured) and/or their alternatives (soy, oat, almond)</p>	<p>1 serve is 1 cup (250mL). Have 2 serves per day of milk</p>	<ul style="list-style-type: none"> <li>● Include it in your morning routine – enjoy a glass of milk before breakfast or with your cereal</li> <li>● Try fitting it into your other meals. For example, adding milk or soy beverages to smoothies, quiche, and mashed potatoes is always a good idea</li> </ul>
<p><b><i>If you are not vegetarian:</i></b></p>		
 <p>Fish or Seafood</p>	<p>1 serve is 100-150g. Have this twice a week or more (with at least 1 oily fish such as tuna, salmon, sardines)</p>	<ul style="list-style-type: none"> <li>● Tinned fish such as tuna, salmon or mackerel can be tasty, quick sandwich fillings</li> <li>● Grilled fish is a good addition to a salad</li> <li>● Try swapping meat for fish occasionally. Fish is quick and easy to prepare and cook and, if you bake it, it doesn't leave behind a lingering smell</li> </ul> <p><i>Tip: you want to focus on fish that are rich in omega-3 fatty acids but low in mercury content. This includes salmon, sardines, trout, mackerel and barramundi</i></p>
 <p>Chicken or turkey</p>	<p>1 serve is 100-150g, eat this 1-3 times per week</p>	<ul style="list-style-type: none"> <li>● Add chicken into pasta to enhance flavour and add more to your dish!</li> <li>● Grilled chicken is a great topping for a salad. Choose lean cuts such as tenderloins or breast</li> <li>● Stir-frying is a great way to prepare chicken and you can get away with using minimal oil. A stir-fry also gives you chance to add lots of fresh veg!</li> </ul> <p><i>Tip: when re-heating chicken, make sure it's piping hot. This should kill any bacteria making it safe to eat</i></p>

### Let's include these foods less often



Red Meat (beef, lamb, pork)

Size smaller than a deck of cards (80-100g). Once per week only

- Try to eat one serve of red meat a week during your pregnancy to keep your iron levels up
- If you are eating more than one serve, try to swap the meat for fish, poultry or beans
- If you eat red meat multiple times a day—for example, sausages at breakfast, a ham sandwich for lunch, and steak at dinner—try cutting down your consumption to once a day. Replace the meat part of the meal with a variety of healthy plant-based foods like beans, nuts, whole grains, and other veggies

## Heart Healthy Checklist – Foods to Include Each Week

Now, let's apply these heart healthy foods to include each week to your personalised plan.

	<i>What I Currently Eat and Drink</i>	<i>My Personalised Healthy Eating Plan</i>	<i>Making it Pregnancy Heart Healthy</i>	<i>My First Step</i>
<b>Vegetables</b>				
<b>Fruit</b>				
<b>Wholegrains</b>				
<b>Extra Virgin Olive Oil (EVOO)</b>				
<b>Herbs and Spices</b>				
<b>Nuts and Seeds</b>				
<b>Legumes</b> (lentils, chickpeas, kidney beans)				

Eggs, Cheese, Yoghurt				
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	<i>What I Currently Eat and Drink</i>	<i>My Personalised Healthy Eating Plan</i>	<i>Making it Pregnancy Heart Healthy</i>	<i>My First Step</i>
<b>Milk</b>				
<b>Fish or Seafood</b>				
<b>Chicken or Turkey</b>				
<b>Red Meat</b>				

## Example meal plans to be placed here

Adapted from *C. Itsiopolous Cookbook*

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Porridge (cooked rolled oats with skim milk) with honey cinnamon and berries  Herbal Tea	2 slices of Soy and Linseed bread with chopped tomato, onion, herbs, olive oil and lemon juice  Coffee	Greek style low fat yogurt with chopped fruit, honey, cinnamon and nuts walnuts/ almonds  Coffee	2 pieces of Soy and Linseed bread with poached/boiled egg sliced, avocado a squeeze of lemon juice and cracked pepper  Herbal Tea	Porridge (cooked rolled oats with skim milk) cinnamon, bananas and honey  Herbal Tea	2 slices of Soy and Linseed bread with poached eggs in tomato stew  Coffee	Greek style low fat yogurt with chopped fruit, honey and cinnamon.  Coffee
<b>Snack</b>	Small handful of Walnuts	Low fat Greek yogurt with honey	Very small handful of Sultanas Sesame snack bar	Low fat Greek yogurt with berries (fresh/frozen) and honey	2 slices of watermelon	Low fat Greek yogurt with honey	2 slices of honeydew
<b>Lunch</b>	Soy and linseed sandwich with spinach, tinned tuna in olive oil, tomato and onion	Left over Lentil soup drizzled with olive oil with 2 slices of soy and linseed bread and a piece of feta Piece of fruit	2 slices of toasted soy and linseed bread with canned sardines in olive oil, with tomato and onion	Left over Baked risoni with lamb and salad (lettuce cucumber and spring onion) dressed in olive oil	Soy and linseed sandwich with feta cheese and roasted vegetables drizzled with olive oil	Left over Cannellini bean soup (white bean soup) with a slice of grain bread  Piece of fruit	Salad (pear, walnut and rocket) dressed with olive oil with tinned salmon and 2 slices of soy and linseed bread  Piece of fruit
<b>Snack</b>	Pear	Small handful of Almonds with 2 dried figs	Grapes	3 Dried apricots with a small handful of almonds	Small handful of Walnuts	Small handful of Almonds	Small handful of Walnuts
<b>Dinner</b>	Lentil soup drizzled with olive oil with 1 slice of soy and linseed bread and a piece of feta	Baked snapper with baked potato and boiled greens with olive oil and lemon juice	Baked risoni with lamb and salad (lettuce cucumber and spring onion) dressed in olive oil	Chicken soup with egg and lemon Carrot and coleslaw salad With a slice of soy and linseed bread	Cannellini bean soup (white bean soup) drizzled with olive oil with a slice of soy and linseed bread	Stewed chicken livers* with caramelised red onion in a red wine and oregano sauce, boiled greens with olive oil and lemon	Green pea casserole with beef Rice pilaf with Greek coleslaw salad

						juice and with 2 slices of soy linseed bread *can replace chicken livers with chicken fillet	
<b>Snack</b>	3 Dry figs	Two slices Rockmelon	Small handful of Walnuts and a mandarin	Risogalo (rice pudding)	Orange	3 Dried figs	Piece of baklava

### Week 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Breakfast	Porridge (cooked rolled oats with skim milk) honey, cinnamon and berries  Herbal Tea	2 slices of Soy and Linseed bread with chopped tomato, onion, herbs, olive oil and lemon juice  Coffee	Greek style low fat yogurt with chopped fruit, honey, cinnamon and nuts (walnuts/ almonds)  Coffee	2 slices of Soy and Linseed bread with ricotta cinnamon and honey Piece fruit  Herbal Tea	Porridge (cooked rolled oats with skim milk) honey, cinnamon and bananas  Herbal Tea	2 slices of Soy and Linseed bread with poached eggs, spinach and tomato dressed with olive oil and cracked pepper  Coffee	Greek style low fat yogurt with chopped fruit, honey and cinnamon  Coffee
Snack	Small handful of Walnuts	Low fat Greek yogurt with honey	Very small handful of sultanas Sesame snack bar	Low fat Greek yogurt with berries (fresh or frozen)	2 slices of watermelon	Low fat Greek yogurt with honey sprinkled with walnuts	Slice of honeydew
Lunch	Soy and linseed sandwich with spinach, tinned tuna in olive oil, tomato and onion	Salad (spinach and rocket, tomato, cucumber, capsicum) with tinned 4 bean mix, herbs and feta cheese dressed with olive oil and vinegar	2 slices of toasted soy and linseed bread with canned sardines, olive oil, tomato and onion	Leftover Beef and cauliflower casserole with salad (lettuce cucumber and spring onion) dressed in olive oil and slice of Soy and Linseed bread	Soy and linseed sandwich with feta cheese and roasted vegetables sprinkled with olive oil	Salad (pear, walnut and rocket) dressed with olive oil with tinned tuna and 2 slices soy linseed bread  Piece of fruit	Left over Stuffed tomatoes with rice and bean salad, dressed in olive oil



		2 slices soy linseed bread					
		Piece of fruit					
Snack	Pear	Dried figs with a small handful of almonds	Grapes	Apple and small handful of walnuts	Small handful of Almonds	Apple	Small handful of Walnuts
Dinner	Baked chicken breast with broccoli and salad both dressed in olive oil With couscous	Baked salmon with boiled greens and beetroot salad dress in olive oil Baked potato	Beef and cauliflower casserole with salad (lettuce, tomato, cucumber and spring onion) dressed in olive oil and a baked potato	Vegetable bake with Greek salad and feta	Chicken casserole with onions and wine, rice and boiled warm wild greens dressed in olive oil and lemon juice	Stuffed tomatoes with rice and black eyed bean salad, dressed in olive oil	Eggplant moussaka with lamb mince and Greek coleslaw salad 1 slice Soy and Linseed bread
Snack	3 Dry figs	2 slices of Rockmelon	Small handful of Walnuts with a kiwi fruit	Risogalo (rice pudding)	Pear	3 dried figs and a very small handful of almonds	Piece of baklava