

# TwoHearts Study - Participant Handbook

## PREGNANCY



### Session 2

Welcome back! We're delighted to keep working with you during your pregnancy. We want to help you learn more about staying healthy, following up heart-healthy lifestyle, and together monitor changes to your body size during pregnancy. This is important for both you and your baby's well-being.



As part of this study you were asked to monitor your weight. **Before your next health coaching appointment, please log on to your personalised [Pregnancy Weight Progress Calculator](#) and update your weekly weight (if this is something you are your health coach has discussed doing).** Use the scale weight that you recorded from your Bluetooth Scales, record it in the App.

#### ***Before this Session***

*Ensure that you have [posted your accelerometer back](#) > [Check your Study Intro Pack to view instructions.](#)  
[Please bring along any questions you have to discuss with your health coach.](#)*

### Topic 1. Applying a Heart Healthy Diet to Pregnancy

#### 1.1 Key Nutrients for a Healthy Pregnancy

When you're pregnant, your body needs more nutrients to make sure both you and your baby stay healthy and have all the necessary building blocks for your bodies to work well. You will need nutrients such as folate, iodine and iron in higher amounts than usual. The following image displays key nutrients, vitamins and minerals and how they support a healthy pregnancy.

## Important Nutrients During Pregnancy

Prioritising these foods can help the growth of your baby!

### Folate

Function: Brain & spinal cord development

Sources: Fortified breads & cereals, dark leafy greens (broccoli, spinach & edamame), lentils & pre-natal vitamins



### Iron

Function: Supplies oxygen to baby

Sources: Meat products (red meats, chicken, seafood, some meat alternatives), fortified breads & cereals, tofu, legumes & dark leafy greens



### Omega-3

Function: Brain & eye development

Sources: Fish (mackerel, salmon & sardine), chia seeds, flax seeds, walnuts & soy beans



### Iodine

Function: Brain development

Sources: Fortified breads & cereals, seaweed, dairy products, seafood, dark leafy greens & egg



### Calcium

Function: Teeth and Bone development

Sources: Dairy, chia seeds, sardines, fortified dairy alternatives, beans, lentils & almonds



### Supplements

#### Everyone should take:

Folic acid: 400µg/day\*

Iodine: 150µg/day

#### If you're low take:

Vitamin D

Omega-3

Multivitamin

Vitamin A\*\*, C, or E

Calcium



\*May need higher  
\*\* carotenes, all-trans 8-carotene,  
α-carotene, 8-cryptoxanthin and  
other provitamin A carotenoids

Learn more about these nutrients and their functions by accessing our [GLOSSARY](#) on the last page.

## 1.2 Food Safety during Pregnancy

Good food hygiene during pregnancy can help reduce your risk of listeriosis (listeria) and salmonella. Have you heard of these words and do you know their definitions? It's easy to get confused with the foods that are safe and foods to avoid, so let's clarify which foods you will need to avoid during pregnancy and how to prepare a safe meal.

Need some guidance about Fish & Mercury during pregnancy? Have a look at **Resource 1** for Pregnancy Session 2.



Note, there is no need to avoid certain foods to prevent your baby from developing allergies. It is OK to eat peanuts, eggs, dairy, etc. (unless YOU have an allergy).

Our team of dietitians have crafted a comprehensive heart healthy snacking resources just for you! Please download and use **resource 2.1 HeartSmart Bites** and **resource 2.2 Grab-able snacks** to guide your snack choices.

If you're unsure about foods to cook or eat, seek advice from your health coach/dietitian and/or state health department on guidelines for food safety during pregnancy.

## Food Safety During Pregnancy



### Eating Out

- Be prepared - research and choose restaurant before going out.
- Speak up about special requests - it's okay to tell the waiter or chef dietary requirements.
- Only buy ready-to-eat or take-away food if it's steaming hot.



### At Home



Refrigerate food straight away



Eat most foods with in 24 hr of opening



Store in air tight containers



Wash hands & produce well



Check best before & use by dates



Eat food HOT



Clean your surfaces, chopping boards etc



Cook & Reheat food to steaming HOT throughout



Tip: Check the middle is HOT too

### Caffeine

<200mg per day



1-2 shots of coffee



500mL of energy drink



4 cups of tea

### Buy & Cook\*

- Frozen vegetables
- Soft and semi-soft cheese, eg, brie, camembert, ricotta, fetta, blue etc
- Raw meat, raw chicken or other poultry, beef, pork, fish.
- Cold deli meats ham, salami, luncheon, chicken meat etc.

\* These foods are safe when cooked

### Do Not Buy

- Pre-made salads, vegetables or fruits
- Pre-made Sushi
- Rockmelon
- Ready-to-eat, raw or smoked seafood
- Pate or meat spread
- Cold chicken or turkey
- Unpasteurised (raw) milk
- Raw or lightly cooked sprouts
- Hummus or other dips containing tahini
- Raw eggs or food containing raw eggs, eg. mayonnaise

## Topic 2. Staying active during pregnancy

Last session, we spoke about the benefits of physical activity during pregnancy and offered guidance about how you might do physical activity or structured exercise. Here, we will check in to see how you're feeling, help you understand how your body might be feeling, and look at how physical activity will decrease your future risk of diabetes and cardiovascular disease.

### 2.1 Dealing with Changes

With all the changes that are happening in your body during this time, it is normal to feel symptoms like fatigue, nausea and mood changes. Allow yourself some time to settle into these changes.

If you'd like more information about the normal changes happening inside your body to grow and nurture your baby, please access **Resource 3**.

### 2.2 Physical Activity for Your Pregnancy

In our last coaching session, we talked about the type and amount of physical activity that is recommended for pregnant women. We also talked about how physical activity during this time will benefit your body, health and future risk of disease. Today, we will focus on how keeping active at this time will benefit your baby now and in future.



### Healthy Baby Growth

When mums exercise during pregnancy, it can help the baby grow well and be healthier when they're born. It might also make it less likely for the baby to be born too early.



### Better Placenta

Exercise can make the part that gives the baby food and oxygen (the placenta) work more efficiently. This means the baby gets everything they need to grow strong and healthy.



### Safer Birth

Babies born to mums who exercise might have fewer health-related problems when they're born. These are things like being too small or having trouble breathing.



### Smarter Babies

Some studies show that when Mums exercise while pregnant, their babies might be better at learning and moving when they're born. So, it's like giving the baby an extra boost for their brain and muscles even before they're born!

To explore how (your) physical activity contributes to your baby's healthy growth, with reference to nutrients, check out **resource 4**.

## Topic 3. A Healthy Family – the benefits of working together as a team

Having positive relationships and the support of your partner, close friends, family members or other children can be one of the most important things to help you achieve your health goals.

### Benefits of a working together with your partner and family as a team

<b>Teamwork!</b>	It's easier to look after your own health if you and your partner have similar goals and work together.
<b>Working together saves time</b>	Sharing day-to-day responsibilities can give you and your partner more time to focus on your health. For example, sharing the cooking or washing up may give you an extra 20 minutes to go for a walk.
<b>It helps our children learn to be healthy too!</b>	Children learn by watching others. Your children will watch how you look after your health and will likely do the same. If you want your children to eat healthy and be active, you, your partner, and your family must eat healthy and stay active too. You need to role-model healthy behaviours you would like your child to have. Now is an excellent time to start!

### Suggestions for Practical Ways to Work Together

<b>Attend medical appointments together</b>	It can be hard for your partner or family to understand what is recommended for you to stay healthy during and after your pregnancy. Attending appointments together means both you and your partner can ask questions to help you both understand what needs to happen and why it is important. It'll make it much easier to work together.
<b>Everyone in the family eats the same meal</b>	Making separate meals is really time-consuming and impractical. After a while, we often compromise on what we want to eat.

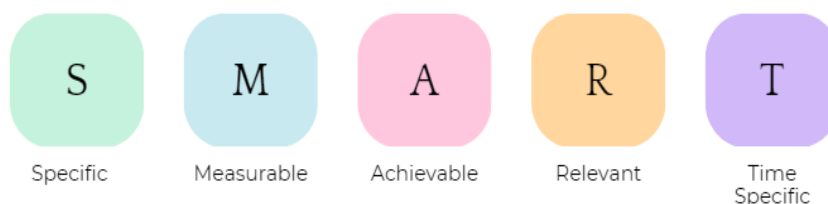
	It is helpful to have healthy family meals where all family members (including older children) eat the same things.
<b>Work together to keep healthy choices in the house</b>	Set up your home to make life as easy as possible. Make sure you have plenty of healthy food options available.  Discuss with your partner what you would like in the house and why. Work together to stick to the plan.
<b>Share household jobs such as cooking and cleaning</b>	Chat with your partner about sharing household jobs, such as grocery shopping, cooking and cleaning. Think about what needs to be done each week and work together to decide how to share tasks.
<b>Share jobs when caring for the baby</b>	Share nappy changes, feeding and bedtime routines.
<b>Be active as a family</b>	It's much more fun to be active together! Make time to go for a walk together. Include activity into your family's routine.

Gather your partner, close friends, family members or other children and have a go at participating in this great activity (**Resource 5**).

### Let's get SMART!

This session we will reflect on the goals you set in the previous session. Your health coach will provide thoughtful and supportive feedback. Then we will revise your current goals and/or set new goals.

We will be using SMART Goal Setting.



### Session Resources

<b>Resource 1</b> – Navigating the waters (Fish and Mercury) infographic
<b>Resource 2</b> – Heart Smart Bites
<b>Resource 3</b> – Understanding the Bodily Wonders of Pregnancy
<b>Resource 4</b> – Physical activity for Baby's healthy growth
<b>Resource 5</b> – A Healthy Family Activity

### Quick Access Glossary

<https://mchri.org.au/2hearts/glossary/>