

resources: food & nutrition

GOT THE MUNCHIES?

Perfect for being out and about, Bellamy's organic bite-size fruit snacks are naturally low in GI, contain no added sugar and are made from 100 percent fruit. Available in apple, apple and pear, or apple and banana, the organic fruit is snap dried to lock in all of the natural fruit flavours and nutrients. And the best part about these fantastic snacks is that they've been created using no preservatives, processing aids or sulphur, so you can be sure that your child is eating all-natural goodness. Available from \$2.99 at major supermarkets. Log onto bellamysorganic.com.au for more.



IODINE BOOSTER



If pregnant women don't get enough iodine, the thyroid won't make enough thyroid hormones, which means their baby's brain may not receive enough of it. The worry with this is that children born to mothers with moderate to severe iodine deficiency could lose up to 15 IQ points and have learning difficulties. Blackmores Pregnancy & Breast-Feeding Gold contains 250mcg of iodine per daily dose in line with ICCIDD recommendations. Suitable for pregnant and breastfeeding women, it is available for \$27.95 from pharmacies, health-food stores and grocery outlets nationally.

FIVE WAYS TO ENJOY FRUIT

- 1 BREAKFAST** Top cereal with seasonal fruit. Try slicing banana or adding strawberries or blueberries. Make your own fresh juice and have it with your cereal. Pineapple, orange, apple and watermelon with a touch of ginger is a winning combination.
- 2 LUNCH** Make it the norm to have a piece of fruit after lunch. For variety, have an apple one day, a mandarin the next and so forth. Sometimes slicing fruit makes it more attractive to little ones, as eating it seems more achievable. Frozen grapes or mango slices also taste great.
- 3 DINNER** Add fruit to your dinner. Bake apples with a roast, add currants and dates to risottos. Salads are a great way to get fruit in. Try crushed pineapple in coleslaw, or go tropical and add papaya or mango to a green salad. Citrus fruits, such as orange, blood orange and grapefruit, also go well with some salad combinations.
- 4 SNACKS** Get out the blender and throw in any fruit. Add yoghurt, ice and milk to create delicious smoothies. Freeze what's left over and you've got ice blocks! Dip the end of bananas into chocolate and freeze for a summer snack. Fruit kebabs are also a fun way to incorporate a variety of fruits.
- 5 DESSERT** Fruit salad is a classic. Baked pears or apples are delicious or try adding berries to plain ice cream for a tasty treat. The Tarte Tatin is another great option, full of flavoursome fruit for a special dessert.



DID YOU KNOW? IT'S OK TO BE VEGETARIAN WHEN PREGNANT

Provided your diet is well planned, being a vegetarian mum-to-be is possible. The nutrients you need to be most mindful of are:

PROTEIN Your daily needs go from 46g per day (not pregnant and first trimester) to 60g per day (second and third trimester). Protein quality matters, so it's good to eat milk, cheese and yoghurt. Aim for three to four serves of reduced-fat dairy foods a day. For protein, eat a variety of legumes (for example baked beans, four-bean mix, kidney beans, chickpeas, lentils), plus nuts, seeds and wholegrain breads.

IRON Daily iron needs increase 50 percent when pregnant. The iron found in plant foods is less readily absorbed by our body than that found in animal foods. To improve the absorption of iron from wholegrain breads, iron-enriched breakfast cereals, legumes, dried fruit, nuts and seeds, consume a vitamin C-rich food or drink with each meal (for example a glass of orange juice with baked beans on wholegrain toast). Avoid drinking tea with meals, as it hinders iron absorption.

ZINC You need 38 percent more zinc when pregnant. Be sure that your diet is plentiful in dairy products, wholegrain breads and cereals, nuts, seeds and legumes.

VITAMIN B12 This vitamin is essential for normal blood and nervous system functions. Milk and milk products provide a source, as do some fortified soy milks and textured vegetable products, so add these to your daily list. A vitamin B12 supplement may be required. See an accredited practising dietitian if you are concerned about meeting your daily needs.

OMEGA-3 FATS These are necessary for normal foetal brain growth. Fish and seafood are the best sources, but assuming you avoid these foods, aim to include plant sources of these fats, such as green, leafy vegetables, nuts, seeds and oils/margarines (from soybeans, canola, flaxseed and walnuts).

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