

## SPECIAL DIET RECOMMENDATIONS FOR PREGNANCY

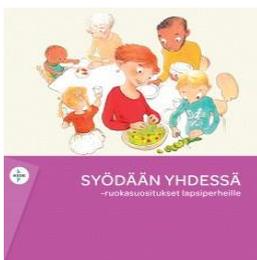
Food	Recommendation	Notes
<b>Food fats</b>	<p>Use 1 to 2 tablespoons of rapeseed oil daily as a salad dressing or for cooking and 6 to 8 teaspoons of vegetable margarine (60–70% fat) as a spread. This ensures your intake of <b>essential fatty acids</b>. See also the 'Fish' section below.</p> <p>Essential fatty acids (EFAs) are necessary for the development of the foetus's nervous systems, eye sight and immune system.</p>	<p>Consumption of softer fats also has a positive effect on the pregnancy's duration and the child's visual and cognitive development, as well as reducing the risk of premature birth.</p> <p>Sources of 'hard fats' are, for example, butter, fatty milk and meat products, cheeses, high-in-fat pastries, biscuits and cocoa butter. A maximum of 1/3 of fats should be hard fats.</p>
<b>Fish</b>	<p>2 to 3 meals a week should contain fish, including a variety of freshwater fish, farmed fish and sea fish, for example vendace, whitefish, pollock, rainbow trout, Arctic char and trout.</p> <p>Large Baltic herring (over 17 cm un-gutted) or, alternatively, salmon or trout fished from the Baltic Sea should only be eaten 1 to 2 times a month.</p> <p>If you eat freshwater fish daily, it is recommended that you cut down the consumption of predatory fish such as large perch, pike perch and burbot, due to their possible mercury content.</p> <p><b>Eating pike should be avoided.</b></p>	<p>Fish contains omega-3 fatty acids, which are vital to the body, as well as several vitamins and minerals, such as vitamin D and iodine, and also protein.</p> <p>Fish may have a high dioxin and PCB content.</p> <p>Fish may have a high mercury content.</p>
<b>Liver, liver foods and liverwurst</b>	<p>You should eat no more than 200 g of liverwurst and liver pâté in a week, and a maximum of 100 g at a time. If you consume liverwurst daily, consume no more than 30 g (=2 slices = 2 table-spoons) a day.</p> <p>Liver foods (liver patties and steak, liver sauce, liver casserole) should be avoided throughout the entire pregnancy.</p>	<p>Liver and liver-based foods have high levels of vitamin A and heavy metals.</p> <p>Large doses of vitamin A may increase the risk of deformities and miscarriage.</p>
<b>Raw, vacuum or gas packed, or home-made salt-cured or cold smoked fish products and roe products or food containing them, such as pâtés or sushi</b>	<p>Should only be eaten <b>after cooking them</b>. The product must be heated to over 70 degrees Celsius throughout.</p>	<p>Such products can contain Listeria bacterium. The bacteria perish when heated to over 70 °C, but not during freezing or if salted. Listeria bacteria can cause food poisoning, which poses a risk of miscarriage.</p>

<p><b>Raw milk and unpasteurised milk</b></p> <p><b>Cheese made from unpasteurised milk and soft cheese made from pasteurised milk</b></p>	<p>Must be consumed as quickly as possible and <b>only after heating</b>.</p> <p>Should only be consumed after heating to be boiling point.</p>	<p>Risk of Yersinia pseudotuberculosis, Listeria, EHEC, Salmonella and Campylobacter.</p> <p>Risk of Listeria, see above.</p> <p>Listeria bacteria cannot multiply in hard cheeses (for example: Edam, Polar, Oltermanni etc.)</p>
<p><b>Raw meat, raw minced meat and raw meat products such as steak tartare, salt cured raw cuts of meat, and cured sausages (salami, metworst) and air-dried ham (Parma, Serrano)</b></p>	<p>Any meat products that have not been cooked at some point must be avoided. All foods with cuts of meat, such as steaks and roasts, must be cooked enough to be well-done.</p>	<p>Raw meat carries the risk of toxoplasma, EHEC bacteria, Salmonella and Yersinia infection.</p>
<p><b>Frozen vegetables and ready-made foods (from the shop)</b></p>	<p>All frozen vegetables must be cooked before use. If they are to be added to a salad, they must be boiled quickly and cooled before adding them in. Ready-made foods that have been cooled down once and reheated, such as casseroles, must be cooked to boiling point before consuming them again.</p>	<p>See Listeria risk.</p>
<p><b>Foreign frozen berries</b></p>	<p>Must be cooked before use, 5 mins at 90 °C or by boiling them for 2 minutes.</p>	<p>Risk of norovirus and hepatitis A.</p>
<p><b>Alcohol</b></p>	<p>Consumption should be avoided.</p>	<p>Is detrimental to the foetus's growth and development.</p>
<p><b>Coffee and other caffeinated beverages such as cola and energy drinks</b></p> <p><b>Caffeinated cola beverages</b></p> <p><b>Energy drinks</b></p> <p><b>Products with added caffeine</b></p>	<p>Caffeine intake should be limited to 200 mg/day. This equals two 150 ml cups of filter coffee or 150 ml of espresso or about one litre of black tea.</p> <p>Recommended for occasional consumption only. One can (330 ml) of cola has about 25–60 mg of caffeine and one bottle (500 ml) about 35–90 mg.</p> <p>Energy drinks are not recommended.</p> <p>The packages must have a warning label and indicate the product's caffeine content.</p>	<p>For pregnant women, even small doses of caffeine may cause palpitation, tremors and trouble sleeping if consumed before going to bed.</p> <p>See above. When the products have &gt;150 mg/l of caffeine, the package must be marked with the following warning: 'Korkea kofeiinipitoisuus. Ei suositella lapsille eikä raskaana oleville ja imettäville' (High caffeine content. Not recommended for expecting or nursing women).</p> <p>See above.</p>
<p><b>Liquorice and salty liquorice sweets</b></p>	<p>Not recommended.</p> <p>Small doses (such as a portion of liquorice ice cream or a few sweets) are not harmful.</p>	<p>The products contain glycyrrhizin, originating from the liquorice plant, which increases blood pressure and swelling and may cause a risk of miscarriage. It could also be connected to developmental dis-</p>

		orders in children.
<b>Seeds of oilseed crops (for example sunflower seeds or linseeds)</b>	<b>Linseeds</b> , linseed groats or soaked linseeds <b>should not be used</b> as a treatment for constipation during pregnancy. Small amounts of linseeds, for example in bread, or linseed oil are not harmful. Other seeds should be limited to a maximum of 2 tablespoons a day.	Linseed, similar to some other oilseed crops, has a natural tendency to accumulate heavy metals in its seeds, especially cadmium.
<b>Gyromitra esculenta false morel (mushroom)</b>	Not recommended.	Contains traces of gyromitrin even after having been treated.
<b>Seaweed products</b>	Not to be consumed if the iodine content is not known or is too high.	Excessive intake of iodine may be detrimental to the function of the thyroid gland and the foetus's growth.
<b>Herbal tea beverages</b>	Not recommended.	No data on their safety, they may contain natural harmful substances.
<b>Ginger products and tea, food supplements containing ginger</b>	Not recommended.	Contain harmful substances, no data on safe use.
<b>Herbal products sold as food supplements</b>	Not recommended.	May contain natural harmful substances.

<b>Food ingredient / product</b>	<b>Recommendation</b>	<b>Notes</b>
<b>Vitamin D</b>	Vitamin D supplement 10 µg <b>product daily for all pregnant women all year round</b> . Vitamin D3 is recommended.	Necessary for absorption of calcium and for the foetus's bone development. The upper limit for the safe intake of vitamin D is 100 µg/day.
<b>Calcium</b>	Recommended intake is 900 mg/day. This can be achieved by a daily consumption of 500–600 ml of liquid milk products and 2 to 3 slices of cheese or 100 g of hard, low-fat cheeses, or a calcium product.	Calcium supplements should be taken in accordance with individual circumstances: <ul style="list-style-type: none"> <li>• 500 mg, if your diet includes only small amounts of milk products or foods supplemented with calcium</li> <li>• 1,000 mg, if your diet does not contain any milk products or foods supplemented with calcium.</li> </ul>
<b>Iron</b>	According to individual needs. 50 mg iron supplements after the 12th pregnancy week, if Hb < 110 g/l during the first trimester of the pregnancy, or Hb < 100 g/l later in the pregnancy.	The mother's haemoglobin level decreases during the pregnancy due to the growth in the mother's blood volume, but her red cell mass does not grow equally. Slight anaemia in the mother does not usually cause any problems in the foetus.
<b>Folic acid</b>	<b>Folic acid supplement of 400 µg/day for all women planning to get pregnant</b> about from two months before	Lack of folic acid may cause foetal neural tube defects (NTD).

	<p>stopping use of contraception to the end of the 12th week of pregnancy.</p> <p>A doctor may prescribe a larger folic acid supplement dosage in special circumstances.</p>	<p>Folic acid is a B vitamin.</p> <p>The best dietary sources of folic acid are fresh vegetables, fruits and berries, the recommended consumption of which is 5–6 portions a day, as well as whole grain products.</p>
<b>Iodine</b>	<p>150 µg/day, if intake from food is low.</p> <p>The best dietary sources of folic acid are dairy products, fish, eggs and iodised table salt.</p>	<p>At the moment, there is no commercial 150 µg iodine product on the market. Most of the prenatal and postnatal multivitamin products have 100–175 µg of iodine per pill.</p> <p>The upper limit for safe intake is 600 µg/day.</p>
<b>Multivitamin and mineral products</b>	<p>If necessary, these can be used to supplement an unbalanced or restricted diet, due to severe pregnancy nausea and during multiple pregnancies.</p>	<p>Overlapping products or products containing vitamin A or cod-liver oil should not be used.</p>



Source:

Syödään yhdessä – ruokasuositukset lapsiperheille. 2016. National Institute for Health and Welfare (THL) The National Nutrition Council

[http://www.iulkari.fi/bitstream/handle/10024/129744/KIDE26\\_FINAL\\_WEB.pdf?sequence=1](http://www.iulkari.fi/bitstream/handle/10024/129744/KIDE26_FINAL_WEB.pdf?sequence=1) (in Finnish)

<http://www.ravitsemusneuvottelukunta.fi/portal/fi/ravitsemussuositukset/erillisryhmat/raskaana+olevat++imettavat+naiset++lapset/> (In Finnish)

<http://www.ravitsemusneuvottelukunta.fi/portal/se/> (in Swedish)

<http://www.ravitsemusneuvottelukunta.fi/portal/en/> (in English)