

## HEALTHY EATING DURING YOUR BARIATRIC PREGNANCY

- It is important **to eat a good variety of foods during pregnancy**. These food groups include: protein rich foods, fruits and vegetables, dairy and dairy alternatives and starchy carbohydrates such as bread, rice, pasta, potatoes.
- Continue to **prioritise protein containing foods such as chicken, red meat, fish, beans, lentils, tofu, soya, eggs, dairy and dairy alternatives**.
- Aim to **fill half of your plate with protein rich foods**, and the remaining two quarters of the plate with vegetables or salad and carbohydrates. **Remember your daily protein requirement: 70-100g per day.**
- **Choose healthy protein rich snacks** in between meals such as a handful of nuts, hummus with carrot sticks, low-fat cheese and crackers, a protein bar, high protein yogurt, glass of skimmed/semi-skimmed milk, cooked chicken or ham slices, low-fat custard, rice pudding.
- **Avoid snacks high in fat and sugar** to prevent dumping syndrome symptoms and avoid excessive weight gain.
- Aim to **drink at least 1.5-2L of fluids** throughout the day (avoid sugary and fizzy drinks, and avoid alcohol).
- If you feel nauseous and cannot manage a meal, then try to have a **protein shake or protein yoghurt** as you may be able to tolerate this better.
- **Continue to follow the golden rules**; eating slowly, chewing thoroughly, separating eating and drinking, and stop eating when you feel full.
- Continue to use your **side plate and small cutleries**

### **Caffeine:**

Limit caffeine intake no more than 200mg per day. There is:

- 100mg in a mug of instant coffee
- 140mg in a mug of filter coffee
- 75mg in a mug of tea (green tea can have the same amount of caffeine as regular tea)
- 40mg in a can of cola
- 80mg in a 250ml can of energy drink

### **Alcohol:**

If you are pregnant or planning to get pregnant, the safest approach is to not drink alcohol at all. Drinking alcohol in pregnancy can lead to long-term harm to your baby.

**Listeriosis** – the NSW Government has a very clear document on those foods that are/ and are not safe during pregnancy.

<http://www.foodauthority.nsw.gov.au/foodsafetyandyou/life-events-and-food/pregnancy/foods-to-eat-or-avoid-when-pregnant>

**Mercury in foods** – from the NSW Government,  
<https://www.foodauthority.nsw.gov.au/consumer/life-events-and-food/pregnancy/mercury-and-fish>

## **Breastfeeding**

Your antenatal team will discuss feeding techniques, including breastfeeding during your pregnancy. Here are some points to consider:

- Breast milk is unique and meets a baby's nutritional requirements. The World Health Organization (WHO) recommends exclusive breastfeeding until your baby is six months of age. From six months of age, babies require additional nutrition provided by solid foods (weaning), and breastfeeding alongside this is recommended. There are no known contraindications for mother's breastfeeding after bariatric surgery.
- Breastfeeding normally uses around 500 calories a day once established. You do not usually need to eat extra calories for this (unless you have lost a lot of weight or are underweight). Continue to have regular protein rich meals and snacks, and foods rich in calcium such as dairy foods and dairy alternatives throughout the day, to ensure that you and your baby are receiving adequate nutrition.
- You are not required to take additional vitamins and minerals other than the usual post-operative recommendations summarised above. If you do not take your vitamins and minerals routinely, this may cause vitamin and mineral deficiencies that may affect the quality of your breast milk.