

Vegetables

for pregnancy & breast feeding

Aim for
at least
5-7
serves of
vegetables
every day

Pregnant and breast feeding women should eat a variety of nutritious foods.

Pregnancy is a time when the body needs more of many nutrients such as vitamin A, C and most of the B vitamins, as well as minerals such as iron, zinc and iodine. These all support the mother and baby. Vegetables provide many of these nutrients.

Aim for at least 5 serves of vegetables every day.

During **breast feeding** the body needs more energy and extra minerals and vitamins to pass on to the baby in the breast milk. Eating plenty of vegetables helps with these demands. **Aim for at least 7 serves of vegetables every day.**

Fibre is another important nutrient. It keeps your digestive system working well, which will help you feel more comfortable.

Vegetables provide carbohydrate (for energy), dietary fibre, vitamins – especially folate, vitamin A (yellow and green vegetables), vitamin C (dark green vegetables, potato), and minerals such as iron, zinc and iodine.

Serving sizes of vegetables

A standard serving of vegetables is around 75g, which is about the same as:

- ½ cup cooked vegetables (e.g. pūhā, watercress, silverbeet, kamokamo (squash), carrot, broccoli, bok choy, cabbage or taro leaves) cauliflower, spinach, wong bok, choy sum, gai lan, beans, Brussels sprouts, courgettes, eggplant, leeks, okra, pumpkin, ulluco
- 1 cup green leafy or raw salad vegetables such as asparagus, capsicum, celery, cucumber, kale, lettuce, radish, spring onions, sprouted beans, witloof
- ½ cup canned vegetables (e.g. beetroot, tomato, sweet corn)
- ½ medium potato or similar sized piece of kūmara, taewa (Māori potato), yam (Pacific or NZ), taro, cassava, or green banana
- 1 medium tomato



For more information
and recipes visit

**vegetables**
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During **pregnancy** you may feel unwell and nauseous, so having nutritious meals and snacks little and often can help make sure you get all the nutrients you need.

When **breast feeding** you need plenty of nutritious foods to meet the increased demands on your body so it helps to have easy meals and nutritious snacks handy.

Try some of these ideas to get plenty of vegetables into your everyday meals:

Meals

- hot vegetable soups, vegetable dahl or vegetable curry
- baked potato or kūmara, halved and topped with cream style corn, chopped tomato or lentils
- quesadillas
- stir fried vegetables
- freshly made salad or salad sandwiches



Easy snacks

- vegetable sticks (with guacamole, or roasted vegetable dip)
- vegetable muffins or scones
- mini wraps or small salad sandwiches - freshly made



Food Safety

Food Safety is especially important when you are pregnant, so make sure when you are preparing vegetables you:

- Wash them thoroughly.
- Handle, prepare and store foods separately.
- Eat freshly made salads, avoid pre-prepared salads and sandwiches.

For more information and recipes visit