



KS Nutrition

Health Wellness Balance

July 2025

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PRESCRIPTIVE ADVICE

Treatment plan aims:

- Support nutrition through progression of pregnancy.
- Provide education for healthy food choices and food ideas for current pregnancy stage.
- Keep track of GIT symptoms post gastroscopy and initiate treatment, if required.

FOOD

During early pregnancy, energy intake doesn't increase greatly with the requirement being for 1 extra snack per day. However, there is a great deal of work being done by your body and this means making meals and snacks as nutrient dense as possible. Choosing wholefoods where possible and limiting processed "empty kilojoule" foods. Try to think at each meal, "how can I elevate the nutrition in this meal?" Add an extra veg, use plant and animal proteins, top with seeds or toasted nuts etc depending on gastrointestinal comfort.

Listen to your appetite during your pregnancy and if you feel more comfortable eating 3 meals a day, continue to do so, however, 4-5 small meals a day may feel more comfortable at times. This way your blood sugar is stable throughout the day, your baby is getting a more continuous supply of nutrients and smaller serves may feel more comfortable as your baby grows.

Try to eat as much variety as possible, especially in the fruit and veg area. This exposes you and your baby to a wide variety of nutrients and plant compounds like polyphenols and flavonoids to boost health and prevent illness.

Increase fibre to improve stool composition throughout the pregnancy. If you can obtain a softer stool consistently over the next 6 months, it will make things easier in the post-

partum period when it comes to using your bowels the first few times. Fibre is also vital for improved gut health, microbiome health and to increase nutrient density. Think nuts, seeds, wholegrains, vegetables, and fruit.

Important nutrients –

- Iron
- Vitamin C – collagen for joint health, connective tissue, anti-inflammatory for joints
- Garlic, onion, asparagus for prebiotics
- Green tea – polyphenols, antioxidants
- Omega 3 for brain, vision, neurotransmitter, anti-inflammatory for joints
- Choline for brain development
- Healthy fats from avocado, nuts and seeds

Actual protein needs are approx. 30% higher in early pregnancy and 70% higher than estimated average requirements. Aim for 1.2g/kg of body weight per day at the moment.

Protein foods are naturally very filling and help to stabilize blood sugar

levels, both preventing it from going too high or too low. This is helpful to

keep in mind if you find yourself with low energy, imbalanced blood sugar,

frequent hunger pangs, food cravings (especially for sugar) or headaches.

These are common signs that you might not be getting enough protein. If

you are facing nausea or food aversions; you may find that eating small

amounts of protein every time you eat, whether it's a snack or a meal, can

help.

SNACK/LUNCH SUGGESTIONS

Cook extra chicken/meat with dinner to use in a salad or nourish bowl the next day for your lunch. The same goes for veg. Roast extra vegetables, steam some extra broccoli, chop up veggie sticks ahead of time, so they are already to go in your fridge.

Make up smoothie bags in snap lock bags with all the ingredients for 1 smoothie and freeze. Grab a bag from the freezer and blend. It will be nice and cold from the freezer and you won't need to add ice.

Guacamole with vegie sticks or wholegrain rice crackers

Celery and nut butter

Apple slices with nut butter

Dark chocolate with almonds

Greek yogurt and berries, add granola to make it more filling

Chia puddings

Individual cottage pies

Cottage cheese and avocado on rice cakes

Bone broth

Lentil and veg soup

Nourish bowls – grain, protein, veg, dressing, toasted nuts for crunch

Frittata

Muesli slice

Fruit muffins with added bran

Blueberries in the afternoon are great for brain fog or a mental pick-me-up.

LIFESTYLE

Continue with your current activities and training in line with medical advice. This is great for you physically and mentally.

Ensure you assign time in the day for “Leia time”. It's good to quiet the mind, read, get out in nature or have a short nap. 10-15 minutes makes a big difference if done correctly.

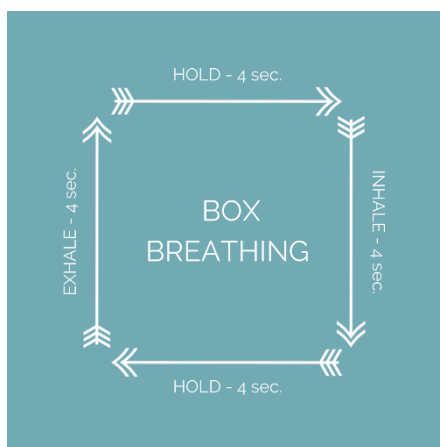
Practice a good sleep routine. Dim the lights, limit screen time and wind down the mind at least 30 minutes before bed.

Use magnesium oil/cream for any sore muscles or cramps.

Box breathing. When feeling stressed, anxious, can't get back to sleep or haven't taken a deep breath all day, try this sequence.

Box breathing – sit quietly and upright. Try and breathe as deeply as possible. INHALE for 4 seconds, HOLD for 4 seconds, EXHALE for 4 seconds, HOLD for 4 seconds. Repeat as needed. Try and do this throughout your day.

Sometimes we get home at the end of the day and realise we have been shallow breathing all day.



If there is anything you require from Vital.ly to be prescribed, let me know.

If you have any questions, please let me know.

Yours in health, wellness, and balance,

Karen 😊