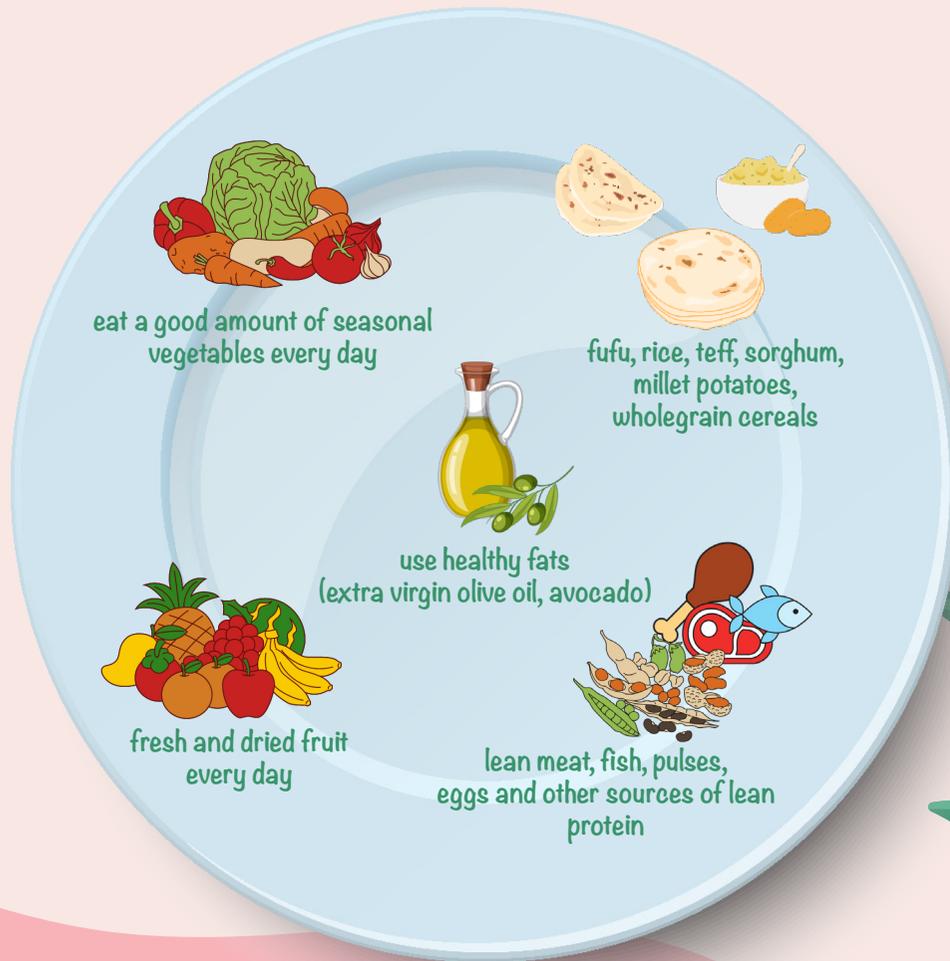


Nutritional advice during pregnancy in different cultures

African

Better to eat “twice”!

It is fundamental to feed your body for the health and growth of your baby



drink a large amount of water or infusions with no added sugar



check with your doctor before taking supplements (e.g. vitamin b, folic acid etc)



Stay active and cultivate friendships



Sistema Socio Sanitario
Regione Lombardia
ATS Val Padana



Do not eat raw or lightly cooked meat or fish



Do not eat raw or lightly cooked eggs



Max. 1-2 cups of coffee or 4 cups of tea per day



Wash fruit and vegetables well before eating



Choose simple healthy recipes



Limit intake of salt and sugar



Do not drink alcohol



Eat foods rich in Omega 3 and calcium rich water



Eat foods that are a source of folic acid

health & hygiene at the forefront

For more information: www.ats-valpadana.it