

Diet: Maternity

This document is part of the [ACI Diet Specifications for Adult Inpatients](#).

It is not to be used for patient education.

Aim

To provide a nutritionally adequate diet for pregnant women.

Characteristics

All foods need to comply with [NSW Food Authority Food Safety During Pregnancy Guidelines](#). Fish offered must comply with [Food Standards Australia New Zealand guidelines on mercury](#) in pregnancy (e.g. 2–3 serves per week of fish and seafood if not listed to limit on a weekly or fortnightly basis). Food service provision measures are aligned with the [NSW Food Authority Guidelines for Food Service to Vulnerable Persons](#).

Where appropriate, clinicians may consider ordering this diet for patients:

Pregnant adolescents and women

Nutritional adequacy

This diet is nutritionally adequate provided sufficient food is available to meet the higher needs of pregnant adolescents and women, as listed in the following table (the requirements given below are those compared to the reference person and female adolescent in the [Nutrition Standards for Adult Inpatients in NSW Hospitals](#) and [Nutrition Standards for Paediatric Inpatients in NSW Hospitals](#)).

Nutrient with higher daily requirements	Pregnant adolescents	Pregnant women
Energy (kJ)	+1400-1900*	+1400-1900*
Folate (µg)	+200	+200
Vitamin C (mg)	+15	+15
Calcium (mg)	0	0
Iron (mg)	+12#	+16#
Iodine (µg)	150~	150~

* Based on the range for second-third trimester of a single pregnancy and may vary according to initial mother's weight status and presence of multiple foetuses.
Provided via food and a pregnancy multivitamin and/or prescribed supplement.

~ [The National Health and Medical Research Council](#) recommends that all women who are pregnant take an iodine supplement of 150 micrograms (µg) each day. This amount of iodine may be met with a multivitamin supplement.

Precautions

In addition to the full menu, two extra dairy serves should be offered per day. All salads and sandwiches must be served within 48 hours of preparation and contain allowed ingredients. Food safety practices must ensure that clean, dry utensils are always used so that bulk packs are not contaminated. Women should seek additional advice from a medical officer prior to taking any supplements. Extra serves and snacks may be needed to meet appetite and increased needs of pregnant adolescents.

Paediatrics

Suitable for use in adolescents (12–18 years) when combined with an age-appropriate diet.

Specific menu planning guidelines

	Allowed	Not allowed
Hot main dishes	All well-cooked meat, poultry, seafood and vegetarian dishes Serve eggs that are cooked until the white is firm and yolk begins to thicken Low-mercury fish (e.g. mackerel, silver warehou, Atlantic salmon, canned salmon and tuna, sardines, snapper, trevally, whiting, bream, mullet and garfish) Dishes with added soft or semi-soft cheese (e.g. ricotta, brie, fetta, camembert, bocconcini and blue) if cooked	Raw or undercooked meat, poultry or seafood Raw tofu, smoked fish, tempeh Raw or soft-boiled eggs Cooked and peeled prawns served cold Shark (flake), broadbill, marlin, swordfish, orange roughy (sea perch) and catfish
Sauces, gravies	All cooked	All others
Starchy vegetables/pasta/rice	All cooked	All others
Vegetables	All cooked and canned vegetables Sanitised vegetables including leafy green vegetables (e.g. lettuce, baby spinach, parsley and rocket)	Raw sprouts (e.g. alfalfa, broccoli, onion, sunflower, clover, radish, snowpea, mung and soybean) Raw vegetables that cannot be sanitised (e.g. mushrooms)
Soups	Soup served hot	Soup served cold
Sandwiches	Sandwiches must be made on site, contain allowed ingredients and be used within 48 hours Pasteurised meats and poultry (cooked in bags) and sliced acceptably with correct food hygiene practices# Hard-boiled eggs, canned fish Commercially manufactured and packaged hard cheeses (e.g. cheddar) Sanitised vegetables including leafy green vegetables (e.g. lettuce, baby spinach, parsley and rocket)	Unpasteurised processed meats and poultry (e.g. some hams and chicken roll) Smoked meat and fish All other patés and meat spreads (e.g. those requiring refrigeration)
Salads, dressings	Vegetables and fruit that are canned Sanitised vegetables including leafy green vegetables (e.g. lettuce, baby spinach, parsley and rocket) Salads must be made on site, contain allowed ingredients and be used within 48 hours Canned salads (e.g. mixed beans and potato salad) Canned, peeled prawns may be used within 48 hours of opening package Portion packs of commercially manufactured mayonnaise, dressings and condiments	Raw sprouts (e.g. alfalfa, broccoli, onion, sunflower, clover, radish, snowpea, mung and soybean) Raw vegetables that cannot be sanitised (e.g. mushrooms) Salad dressings made with blue cheese or raw eggs Unpasteurised processed meats and poultry (e.g. some hams and chicken roll) Compound salads (e.g. potato salad and coleslaw) Cooked and peeled prawns served cold Smoked meat and fish
Breads, cereals	All breads, pre-packaged, processed and ready-to-eat including raisin or fruit bread Cooked breakfast cereals (e.g. porridge and semolina) Plain commercially manufactured breakfast cereals (e.g. corn flakes, wheat biscuits, puffed rice, oats and muesli)	

Spreads	<p>Commercially manufactured brands of jam, nut butters and pastes, yeast spreads, marmalade, chocolate hazelnut spread and mayonnaise</p> <p>Spreads in portion control packs or bulk containers which have been handled in a way to prevent contamination</p> <p>Commercially manufactured spreads including tahini, hummus, cottage cheese, cream cheese and cheese spread may be used within 48 hours of opening package</p> <p>Canned pâté and meat spreads may be used within 48 hours of opening package</p> <p>Canned, peeled prawns may be used within 48 hours of opening package</p> <p>Canned, smoked meat and fish (e.g. pilchards) may be used within 48 hours of opening package</p> <p>Pasteurised honey (including portion control packs) and honey as an ingredient in a cooked meal</p>	Other spreads including refrigerated pâté or meat spreads
Hot breakfast choices	All cooked breakfast items	
Fruit	<p>Sanitised whole fresh fruit (e.g. apples, oranges, mandarins, pears, kiwi fruit, stone fruit, grapes, etc.)</p> <p>Bananas served whole (unpeeled and uncut)</p> <p>All canned or stewed fruit</p> <p>Fruit from bulk packs must be used within 48 hours of decanting</p> <p>Dried fruit</p>	<p>Fruit that is cut from whole fruit that cannot be sanitised (e.g. rockmelon)</p> <p>Fruits that cannot be sanitised (e.g. rockmelon)</p> <p>Fresh fruit with a rough texture (e.g. raspberries, strawberries and rockmelon)</p>
Yoghurt	<p>Commercially manufactured yoghurts, including those with fruit and probiotic</p> <p>Yoghurt from bulk packs must be used within 48 hours after decanting</p>	All other yoghurts, including home made
Desserts	<p>Desserts and puddings served hot (e.g. sticky date pudding and apple crumble)</p> <p>Heat-treated portion-control cold desserts (e.g. custard and creamy rice)</p> <p>Shelf-stable commercially manufactured cakes, pastries and puddings</p> <p>Pastries with cooked fillings (e.g. apple Danish)</p> <p>Commercially manufactured ice creams using allowed ingredients</p>	<p>Desserts containing uncooked eggs (e.g. mousse)</p> <p>Pastries filled with cream or custard after cooking (e.g. profiterole)</p> <p>Soft-serve ice cream</p>
Milk and cheese	<p>All pasteurised milk and milk products including cream and sour cream</p> <p>Commercially manufactured and packaged hard cheese (e.g. cheddar) including cheese slices</p> <p>Processed cheeses, cottage cheese, cream cheese and cheese spread may be used within 48 hours of opening package</p>	<p>Soft and semi-soft cheese unless used as an ingredient in a cooked dish</p> <p>Unpasteurised dairy products</p>

Beverages	Tea, coffee, water, fruit juice, vegetable juice, cordial, low-joule soft drinks, carbonated drinks, low-joule cordial, hot chocolate drinks	Commercially manufactured fermented drinks (e.g. kombucha) Alcohol (e.g. wine, beer and sprits) Commercially manufactured energy drink
Biscuits	All	
Miscellaneous	Nutritional supplements Salt, pepper, herbs and spices Sugar and artificial sweeteners* Baked, shelf-stable muesli bars Raw nuts and coconut	Raw oysters Sushi

As per [NSW Food Authority Guidelines for Food Service to Vulnerable Persons](#)

* Artificial sweeteners should be consumed in moderation

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