

The Little Book of Big Cravings

Nutrition during Pregnancy and Breastfeeding



Pregnancy

Hmmm, my Mummy likes things deliciously sweet; she really has very good taste.

Today, right after breakfast, she bought vanilla ice cream at the underground station. Three scoops, I heard her say it. And she hardly was at work before she hurried so fast to the cafeteria that my umbilical cord got all tangled up and got herself a sausage salad, with plenty of onions and pickles. No wonder that I am growing so fast. Then in the afternoon Mummy ate a bag of gummy bears- my favourite. If only she wouldn't drink a whole barrel of water afterwards. The gummy bears swell up in her stomach and dance around on my head.

Hello!

You are probably asking yourself who I am and what I have to do with this brochure. It all started with my Mummy and my Daddy being very much in love – and soon after that I moved into my tummy house. There is so much to experience in Mummy's tummy and as a baby there is always lots to do! I will tell you about some of it on the following pages...but enough about me.

This brochure is intended to show you – the mothers-to-be – how easy it can be to eat properly during pregnancy and breastfeeding and to dispel any fears and doubts.

1. What Mummy already knows but still can't hear often enough

Cravings are normal and you should let them happen! Our bodies know very well what to reject and what they need. This trust in cravings means having faith in yourself.

Pregnant women do need to eat for two but this doesn't mean they need to eat twice as much; just twice as well. Healthy food is a bit like sales: at the end of season sales you want to buy as many clothes as possible at a low price. Healthy eating means obtaining as many vitamins as possible with a small number of calories.

A bit of everything – not too much of anything

Wholemeal products, potatoes and legumes form the basis. They are at the heart of a healthy diet and should be part of every meal. Fresh vegetables have hardly any calories but are full of vitamins and minerals.

From dawn to dusk – fruit is always a tasty snack. Make sure that your fruit bowl is always full. Milk, as the most important source of calcium, also supplies us with easily digestible protein. Take particular advantage of the broad range of low-fat products. When it comes to meat, limit yourself to white chick-



en meat and lean beef. Saltwater fish is also a good way to get a lot of protein with little fat. A good snack between meals is trail mix- an energy-filled mixture of unsweetened dried fruit with nuts. For oils remember: use the best quality in small quantities. Try using cold-pressed thistle, nut or pumpkin seed oil as an alternative for salad dressings. Olive oil or rapeseed oil are great for cooking.

The larger the belly, the smaller the stomach

Towards the end of the pregnancy most women will get pretty hungry but the stomach is squeezed together and can hold only about one third of its usual volume. This means that stomach acid can



sometimes rise up and cause heartburn. Heartburn usually occurs when the woman is lying down. For this reason it is a good idea to eat a lot of small meals throughout the day.

Grandma called into the telephone so loudly that even I could hear it: “You have to eat for two now!” What rubbish; where am I supposed to put all the pizza, pasta and chilli con carne that Mummy is stuffing in? She is eating so many spicy foods these days that the walls of my tummy house are burning and the amniotic fluid is glowing. I certainly won't want to eat any of that stuff when I'm bigger.

2. How much of what?

Foods are divided into seven groups. The importance of the individual groups is expressed by the size of the individual segments.

Group 1: Cereals, cereal products and potatoes

Noodles, bread, flour and rice – all these cereal products build the foundation of the nutritional circle. Unfortunately these foods are often accused of causing weight gain. But this is not true because the high level of fibre and the many vitamins and minerals they contain mean that they make you feel full more quickly and for longer. This lowers the risk of superfluous weight gain.

Fibre also promotes digestion and thus regular bowel movements, which is particularly important in pregnancy. In order for the fibre to fulfil its function, it needs to swell in the intestines – so you have to drink a lot! Try to introduce more wholemeal (wheat, spelt, rye, barley, oats, corn, rice, millet) and whole-meal products (noodles, flour, rice, bread...) into your diet. If you are not used to wholemeal products, then make these changes carefully and increase the proportion of wholemeal products slowly in stages. Potatoes also belong in this group. They are filling, inexpensive, can be prepared in many ways and supply important vitamins, minerals and trace elements.

Groups 2 and 3: Vegetables, legumes, fruit

A sufficient quantity of fresh vegetables, salads and fruit is just as important as sufficient cereals and potatoes. In general, vegetables and salads contain a lot of water and are thus low in calories. They fill the stomach and avert the first pangs of urgent hunger. Anyone who eats vegetables and salads on a regular basis automatically eats less meat and fat. The best choices are always local, seasonal vegetables that are low in pollutants, inexpensive and a wonderful basis for light meals! If no fresh vegetables are available, frozen products provide a good replacement. Besides potatoes, legumes, such as beans, peas and



lentils, also offer a good alternative to meat dishes as they provide high levels of energy because of their high starch content.

The same is true for fruit as for vegetables: eat a lot of raw fruit and it always tastes best when in season! This group also includes nuts. They are rich in fats (take care with quantities!) and are known as ‘nerve food’ because of their high vitamin content.

Toxoplasmosis

Unfortunately we also have to inform you of the risk posed by toxoplasmosis. Toxoplasmosis is an infectious disease that is transferred by the parasite ‘*Toxoplasma gondii*’. Most infections go unnoticed.



However an infection during pregnancy is dangerous because it can lead to miscarriage or to malformations in the unborn child.

These pathogens can occur in the intestines of cats. They are then excreted by the animal. The parasites are mainly transferred to humans via food.

Particular attention should be paid not to eat insufficiently cooked or raw meat (tartar) or foods that are contaminated with cat faeces (vegetables, fruit). A smear infection can also occur, i.e. direct transfer of the pathogen following contact with cats or their faeces (cat litter) from a soiled hand into the mouth.

Group 4: Drinks

Pregnant and breastfeeding women should drink 2 to 3 litres of water or unsweetened/lightly sweetened tea daily, even if they do not feel thirsty. High calorie drinks such as sugary soda drinks, fruit syrup and alcoholic drinks are not suitable. 1 litre of soda contains 36 cubes of sugar! Diet drinks (= soda containing artificial sweeteners) are not an alternative either. They can boost cravings for sweet food and the intake of large amounts of artificial sweeteners (saccharine, cyclamate, aspartame) is still disputed. Alcoholic drinks, coffee and black tea are stimulants and their use will be discussed separately.

Group 5: Milk and milk products

Milk and milk products should be eaten on a daily basis because they provide good levels of protein and calcium, which is particularly important for pregnant women.

But take care: milk, yogurt, quark and cheese can contain high levels of animal fat and you should, therefore, choose low-fat milk products where possible.

Low-fat choices are: reduced fat milk (skim milk, non-fat milk), low-fat yogurt, buttermilk, low-fat quark, cheeses with under 35 % dry weight fat content.

Tip: Use skim milk and buttermilk as a food! For example have a glass of reduced fat milk as a snack, not just to quench thirst!

Listeriosis

The infectious disease called 'listeriosis' is the reason why pregnant women should avoid milk that has not been heat-treated and products made out of this milk. Only choose pasteurized products – an infection could endanger the life of your child!

Group 6: Meat, Poultry, Fish and Eggs

Together with milk products these foods cover the increased protein requirement during pregnancy. The optimal solution would be to eat lean meat two but not more than three times a week. Low-fat meat products are: lean beef, veal, turkey, lamb, chicken, and pork. The meat portions should be on the small side (100-120g) and should be accompanied by plenty of side dishes like wholemeal noodles, vegetables and salads.

Salmonella

Caution: raw meat (including raw fermented sausage and salami) can contain salmonella or listeriosis in the same way as raw eggs and an infection can cause serious damage to the unborn child. During pregnancy avoid any products that contain raw eggs, such as



mayonnaise or soft-scoop ice cream, tiramisu, sabayon or soft-boiled eggs. Also steer clear of dishes with raw meat such as tartar, carpaccio or medium/rare steaks. Sushi that is made of raw fish and seafood should be avoided in the same way as insufficiently cooked fish products.

Consumption of offal (brain, liver, kidneys, spleen) is also not recommended, both because of the high vitamin A and cholesterol content, and because of possible contamination with pollutants.

Use as little fat as possible in the preparation of meat and fish. Use herbs, garlic, onion and spices instead. Low-fat preparation methods are: boiling,



steaming, grilling and baking in a clay pot, in a roasting pan or in aluminium foil.

Group 7: Fats

Blood fat levels rise during pregnancy and this is quite normal. But you still should not increase them any further by eating fatty food. Instead you should use as little fat and oil as possible. Besides the visible fats (butter, margarine, oil, lard) don't forget about the invisible fats that are hidden in meat, sausage, cheese, milk, chocolate, cakes, ice cream, nuts, etc., where quantities are often underestimated.

Constant consumption of visible and invisible fats is

a strain on your whole organism, not only during pregnancy. It makes body weight difficult to control because fat provides a tremendous amount of energy (calories), even in small quantities. Before you even feel you have eaten a lot, and long before you feel full, you have, in fact, already reached your daily calorie limit. When buying cooking and spreading fats, pay attention to the proportion of polyunsaturates. These can be replaced with high quality oils (thistle oil, sunflower oil, corn oil) and good margarines (60 % polyunsaturates), which supplies the unborn child with these important substances.

Tips for Reducing Fat Consumption

When making a sandwich, make sure that the bread is at least twice as thick as the topping. Use less sausage but add plenty of peppers, pickles, tomatoes, cucumbers, etc. You should also choose lower-fat sausage and cheese products (e.g. ham, krakauer sausage). The cheese board can be expanded with a tasty quark spread.

Eat Well

This means eating only limited amounts of sugar and sweet foods. Sweet things usually contain a lot of fat as well as sugar. Both provide a lot of energy (calories), even in small quantities. Also the role of sugar as a quick provider of energy is misleading. The feeling of satisfaction and the increased performance

effect are short-lived. However, there is no need to only satisfy your cravings for sweet things with a carrot. Feel free to eat the odd piece of chocolate, e.g. as a dessert, and really enjoy that piece! Fruit is preferable as a snack between meals.

Summary Daily Checklist

This foods should be eaten daily in order to ensure that you and your baby have everything you need:

- 2 × large portion of vegetables and/or salad
- 2 × ¼ l milk, ¼ l butter milk or 250 g yogurt
- 1 × 1 portion (approx. 30 g) of cheese or quark
- 1 × 1 portion (approx. 100 g) of meat, fish or poultry or a meat-free main course dish with 1 egg or 1 portion of legumes
- 2 × fresh fruit
- 1 × 1 tablespoon of thistle, sunflower or corn oil and sufficient liquid (approx. 2 litres)

How much energy do you need during pregnancy?

At the beginning of her pregnancy a woman does not need to eat more calories than normal. Her calorie requirements only start to rise a little at the beginning of the 4th month. This increased requirement is needed for the growth of the child and the placenta. A pregnant woman needs approx. 2,500 kcal/day from the 16th week onwards. This is an increase of approx. 400 kcal/day.



How many kilos should you gain during pregnancy?

A weight gain of 10-12kg is considered to be normal. The pregnancy is divided into thirds: The first section runs until the 12th week, whereby you should not normally gain more than 1-2kg. In the second section, from the 12th to the 28th week, you will gain 300-400g per week. In the third section, from the 28th to the 40th week, you should gain less than 3kg but more than 1kg per month. If you gain more than 600g per week you should inform your doctor or midwife –you will need to be checked for sudden fluid retention or diabetes. Too much weight gain can also be caused by incor-



This results in a total weight gain of approx. 11,200 g, which is considered to be quite normal. There are, however, only a few pregnant ladies who gain so 'little'. There is no need to be worried if you gain 15 kilos. You should remember though that excessive weight gain is also associated with consequent complications. So it is certainly advisable to adhere to a nutrition plan.

rect nutrition or a sedentary lifestyle. In this case your doctor or midwife can advise you.

Where does the weight come from?

The baby weighs approx. 3,500 g

The uterus weighs approx. 900 g

The placenta and amniotic sack weigh approx. 650 g

The amniotic fluid weighs approx. 800 g

The additional blood weighs approx. 1,250 g

Retained fluids weigh approx. 2,000 g

Fat deposits under the skin weigh approx. 1,700 g

*Don't bend over too much and don't hang curtains.
You need lots of vitamins now (whatever that is!) and
additional iron would be good (what? I'm not having
hard stuff like that in my sensitive tummy house!).*



The ABC of Vitamins

Vitamin and mineral requirements are generally higher during pregnancy and breastfeeding. Make sure your diet is wholesome and varied in order to avoid having to take nutritional supplements. Additional iron and folic acid are recommended but will be prescribed by your doctor.

Where can you find vitamins and trace elements? And which ones do you need more of?

Vitamin / trace element	Additional requirement	Food
Vitamin D	100 %	Fish, egg yolk, cream, cheese, butter and mushrooms
Folic acid	100 %	(Substitution from conception until the 12th week of pregnancy) green leafy vegetables, wheat germ, soy bean sprouts, broccoli, asparagus and peanuts
Protein	70 %	Animal protein in meat, fish, eggs and milk products; plant protein in legumes, cereals, potatoes, nuts and yeast
Vitamin B6	65 %	Cereals, wholemeal bread, meat, saltwater fish, potatoes, cauliflower, milk, pears and bananas
Calcium	50 %	Cheese, all dairy products, broccoli, spinach, celeriac, parsley, cereals
Iron	40 %	Meat, fish, all red vegetables such as beets
Vitamin A	40 %	Milk, cream, cheese, butter, carrots, spinach, green cabbage, peppers, tomatoes and apricots; too much vitamin A is a problem, so don't eat liver or any supplements that contain vitamin A (can cause growth problems, liver damage and eye damage in the child)!
Magnesium	35 %	Milk products, cereals and root vegetables, green vegetables
Vitamin C	35 %	In all fruit and vegetables, especially in tropical fruits, blackcurrants, red pepper

Someone call the fire brigade, my Mummy is burning! I don't know what got into her but she went out with friends, just girls and no men, as she said. She took me along of course, which was a mistake from my point of view because when she is with her friends she forgets everything, even me. On the first evening she went to disco with her friends. That is a place where loud banging in my ears stops me and my Mummy from sleeping.

After a while Mummy must have had enough of apple juice with sparkling water because there was suddenly sweet, sticky stuff coming down my umbilical cord so that I was falling around in spirals and kept colliding with myself. And then there was the fog. Clouds of smoke moved into my life, which had been so happy up to then. Mummy was smoking! I was looking for the alarm button. "Mummy, do something, but stop what you are doing right now!" When I gathered myself my Mummy was back to her normal self. She never wants to celebrate the halfway point of a pregnancy like that – and we don't need to because there won't be another halfway point.



4. Stimulants – really enjoyable?

Unfortunately the effects of nicotine, alcohol and coffee consume are severely underestimated in the every day life of a pregnant or breastfeeding woman.

Smoking

Pregnant women should stop smoking completely. Mothers-to-be who continue to smoke are taking chances with the health of their unborn baby: many babies born to smokers arrive too early and therefore start life too weak and too light, making them more susceptible to respiratory sicknesses in their early years. There are also indications that babies of heavy smokers are more commonly born with heart



damage or malformations of the palate. Children whose mothers smoked heavily during pregnancy display decided 'withdrawal symptoms' after their birth. They are restless and cry more often. Smoking also increases the risk of miscarriage or premature birth. This is why doctors advise pregnant women to give up smoking altogether. It would be even better if women would give up their cigarettes as soon as they are planning to become pregnant.

Alcohol

Alcohol consumption during pregnancy is one of the main reasons for malformations in children. The alcohol reaches the unborn child via the placenta and

damages the child's cells. As the liver is not yet completely developed it cannot break down the alcohol as efficiently as adults. The alcohol collects and this magnifies the negative effects on the child's body. Alcohol is also a cause of miscarriages, low birth weight and delayed development in babies. Alcohol consumption is particularly dangerous in the first three months of pregnancy. As nobody yet knows what quantity of alcohol can damage the baby, mothers-to-be should be safe and do without completely.

Caffeine

Pregnant women are also warned against excessive coffee consumption because a daily intake of more than 600mg increases rates of miscarriage and is thought to cause an increase in premature births. Heavy coffee drinkers take in up to 3 grams of caffeine daily. During pregnancy women should not have more than 400 mg of caffeine, which is equivalent to 2 to 3 cups of coffee.

Attention: it is not only coffee that contains caffeine; it is also found in Coca Cola!

It is certain that caffeine increases the heart rate and metabolism of the baby. The caffeine stays in the baby's blood for a long time, which increases levels of the stress hormone, adrenaline. The baby becomes restless and nervous and starts to move

much more. Caffeine also washes iron and calcium out of the body.
So we have a recommendation for mothers-to-be: replace that habitual cup of coffee at breakfast with decaffeinated coffee for the duration, or even better with freshly squeezed fruit juice – your baby will thank you!



What was that? My Mummy is suffering heartburn. Because of me; because I am lying on her stomach. Mummy, I'm really sorry and I'll do my best to squeeze back. But then she gets a backache because I'm lying on her sacrum. Ok, then I'll move a little bit forwards but then Mummy keeps having to go to the toilet. And if I go downwards there's stuff in the way too and Mummy has to eat yogurt with dusty wheat germ...



5. Unpleasant Side Effects

In the course of the pregnancy you will suffer a whole list of unpleasant, but still within limits, totally normal physical complaints.

Nausea and Vomiting

Many women suffer from nausea and vomiting, especially at the beginning of the pregnancy. These complaints stem from hormonal adjustments in their metabolism. They usually disappear after a few weeks. Unfortunately there is no patent formula that helps alleviate these symptoms. Many women find out for themselves what helps them during this time.

Sufficient liquid – for example drinking something in bed in the morning before getting up, nibbling on crackers between meals, eating small meals, etc. A calm, stress-free environment is certainly an advantage when fighting these problems.

Tip: Chewing sunflower seeds, eating candied ginger or acupuncture treatments are effective against nausea and vomiting!

If things don't improve you should speak to your doctor.

Constipation

Fibre ensures orderly functioning of the intestines. The hormonal adjustment during pregnancy means you will have less frequent bowel movements than before. The intake of iron tablets increases this tendency.

Fibre can be found primarily in wholemeal products, vegetables and fruit. An increase in fluids to at least 2 litres a day is also important. Only then can the fibre swell properly and do its work. Sufficient movement also gets the intestines moving.

On no account should you take laxatives without a doctor's prescription.

Tip: As wheat germ, prunes, soaked linseed, fresh pears, etc. have a slightly laxative effect, they should certainly be included in your daily meals. Avoid constipating foods such as chocolate, black tea and bananas.

Heartburn

Pregnant women often suffer from this. The mother's inner organs are pushed upwards and stomach acid sometimes enters the oesophagus. Mothers-to-be can prevent this by avoiding spicy or deep-fried food, yeast and fatty pastries as well as coffee. This means that less stomach acid is produced.

A glass of milk before bed neutralizes the stomach acid for the night. Don't lie down immediately after eating and it can be useful to sleep at night with the torso slightly raised. Chewing almonds, nuts, rolled oats or medium mustard often helps.

Try marshmallow root tea, soaked cold and then boiled for 10 minutes before leaving to stand, filtering and drinking. Avoid heavy spices, deep-fried food, coffee and sweets.

Oedema

Swelling in the feet, sometimes also in the hands, is not unusual during pregnancy. Eating cucumber, boiled potatoes with their skins, drinking plenty, etc. can relieve water retention. Excess fluid is washed away. If these home remedies don't work, you need to see your doctor.

Cramps

Many women suffer from cramping during pregnancy, especially in the calves and feet. A diet that is rich in magnesium and potassium can prevent this. These



foods include nuts, bananas, dried apricots or spinach. Alternating hot and cold showers and raising the feet can also help.

Caries

The increased incidence of caries is common during pregnancy. The cause is usually a low intake of calcium. The body then takes what it needs from the natural calcium stores of the body. These are the bones and the teeth. This is why it is important to ensure sufficient calcium intake, particularly at this time. The most suitable foods for this purpose are milk and dairy products.

Don't eat a lot of sweets because this can promote



grape juice and taking a teaspoon of sunflower oil every day.

Correct nutrition during pregnancy is not only important for the smooth development of the baby. It should also help you to feel good during pregnancy and to enter into the birth with good reserves of energy.

the formation of caries. It is now particularly important to brush your teeth 3 times a day.

Tiredness

Don't drink coffee or black tea too often because these foods wash out iron. Regular sleep, refreshing drinks, herbal teas, energy drinks (see recipes), lemon balm, rosemary and fresh fruit and vegetables are real pick-me-ups.

Haemorrhoids

Haemorrhoids are another unpleasant side effect of pregnancy. Make sure your bowel movements remain soft. This can be encouraged by drinking

Nursing bras and normal bras – this seems to be an important subject. Well Mummy has certainly been chatting a lot about the size of her breasts. At the beginning Daddy listened with great interest and wanted to measure them himself but then he went very quiet when the subject came around to nursing bras. What do you think they are for? To keep Daddy quiet? Or to keep Mummy's breasts quiet, or me? I didn't know yet that this breastfeeding thing would be a great experience for both of us – Mummy can eat what she wants and I drink it all up. Great diet, huh?



Breastfeeding



6. Eating well while breastfeeding

Breastfeeding is not only the most natural but also the healthiest nutrition for your child. The mother's milk has a unique composition that is adjusted exactly to her own child. Her milk also contains a whole series of antibodies against pathogens and proteins that are essential for the child's health.

Sufficient peace and sleep are the first prerequisites for a happy breastfeeding relationship. But nutrition also plays a decisive role in milk production.

The body already needs more nutrients during pregnancy than it did before. If you breastfeed then you are increasing this requirement even further. The

body forms approximately 800ml to 1,000ml of milk per day. Despite the reserves that you have laid away during pregnancy, your daily requirements still increase by approximately 650kcal above 'normal'. It is very rare to see clear signs of 'deficiencies' in breastfed babies. But the mother's milk does reflect her own nourishment situation. So if you 'starve' while breastfeeding, then you will also no longer be able to supply your baby with everything they need. In the end the body does become toned again more quickly if you breastfeed even if you do not immediately lose weight.

You should eat well and slightly more than usual

Include lots of cereals in your diet (wholemeal is best). The B vitamins they contain are good for the nerves and digestion and have a positive effect on the formation of milk.

Eat plenty of vegetables! Potatoes are particularly good because they are easily digested. Milk products are good for bone density and retaining tooth strength. Sour milk products and cheese are more easily digestible for babies than drinking milk.

Regular, small portions of meat are good, especially for your nutrition, as iron deficiency can quickly lead to exhaustion. A portion of saltwater fish once or twice a week rounds off your needs.

A small increase in fats is also desirable! The best way to fulfil this requirement is with quality plant oils and nuts.

Milk does not only supply calories and nutrients, but of course also fluids. Drink approximately 3 litres of water, tea or diluted fruit juices every day. Be careful with sage or mint tea – they reduce milk production.

Not every bit of indigestion in the child is caused by your nutrition!

All children have different sensitivities. Some even like it when their mother eats cabbage or legumes; others react to every orange.

Things that may cause reactions are carbonated drinks, large quantities of milk, legumes, raw onions, cabbage and citrus fruits.

Meals need to be quick to cook

... so you can spend more time with your baby. Woks are the perfect utensil here. You can adjust the ingredients in accordance with your needs and taste, everything goes in the same pan and is ready in no time.



7. The best way to someone's heart is through his or her stomach...

We have collected some tasty recipes to simplify your daily routine. They are not only nutritious and healthy; they are also ready in no time at all... Enjoy!



Energy Drink

1/8 l beet juice, 1/8 l carrot juice, juice of one orange and 1 teaspoon wheat germ oil.

Drink this 'pick-me-up' for a week spread over the day.

Arctic Cod in foil with boiled Potatoes and Zucchini

Boil the potatoes, pack frozen fish in the foil with herbs, 1 to 2 slices of tomato, 1 teaspoon of olive oil, 1/2 teaspoon of lemon juice and bake at 200°C for approximately 30 minutes. Slice zucchini, steam and season.

Hawaii Toast

Prepare a slice of wholemeal toast with lean ham, a slice of pineapple and a slice of cheese. Grill in the oven or toaster oven. Goes well with a green salad with yogurt dressing.

Brown Rice with Tuna and Fennel

Boil one cup of brown rice. Cut one head of fennel into small pieces and cook in olive oil (not too hot), mix one can of tuna in brine and add the cooked rice to the fennel. Season with curry powder to taste and add some water if necessary.

Spaghetti Bolognese

Maybe you could use this recipe to try wholemeal spaghetti?

Gently fry a finely chopped onion in some olive oil, add tomato paste and minced beef together with 100 g of finely grated carrot. Add approximately 300 g of blended tomatoes. Season with herbal salt, marjoram and parsley and leave to simmer over a low heat for approx. 1 hour. Stir occasionally.

Bon Appetit!

We would like to stress that the body of a healthy woman sends out enough signals and lets you know what is doing it good and what it needs. We do not claim that our information is applicable to all. There are sure to be many different ways to reach the same goal. This brochure is intended as a support to find your own way to treat yourself and your unborn child in the best possible way.

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It has been great for me to be able to live in such a wonderful tummy house. For my parents it has proven to be a wise decision by Mother Nature to limit my stay to nine months. During this time I have not only got to know my grandmas and grandpas but also some other people who took regular interest in the condition of my tummy house. I can hardly believe that this will all come to an end, but this end will then be the beginning of a new, wonderful time discovering the world!

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