

Kapi-Mana Multiple Birth Club

Nutrition & Pregnancy Tips

A multiple pregnancy is not just a normal pregnancy. Yes, it can be straightforward, yes you can be healthy, and carry healthy near full-term babies and feel great. You can have natural deliveries, breastfeed and take your babies home the day they are born.

This is the experience for many of us.

The truth remains that a multiple pregnancy is not just a normal pregnancy. It can be more intense, poses more risks on the health of the mother and babies.

The best things you can do to keep those babies in there for as long as possible, have healthy babies with healthy birth weights is to look after yourself, manage relaxation and stress in your life and concentrate on your nutrition - simply eat regularly and make good choices. To eat properly for a healthy multiple pregnancy it may take a little forward thought and planning. Here are some hints and tips from mothers who have been there through a twin pregnancy - who know how hard it can be to eat well, or eat at all.

Eating for a pregnancy

There is a little truth in the 'eating for two' rhetoric that our grandmothers used to say. Although a (singleton) pregnant woman who usually eats an adequate diet will get away with meeting both the needs of her own body and her baby, the pressure comes on when there is not only one placenta but two or more also requiring nourishment by the mothers food intake. The general consensus is that a woman carrying twins need to DOUBLE her intake of carbohydrates and proteins during the pregnancy and on through breastfeeding.

Tips for increasing food intake

- Take a diary of what you normally eat and categorizing it to portions and food groups. It is an interesting exercise to see what you already eat and how much, you may be surprised
- Plan your meals - figure out what you need to eat to meet the daily requirements, including morning and afternoon teas, supper etc
- Snack all day - eat something every hour - this may help if you're feeling nauseous also - something in your stomach can prevent the turmoil beginning.
- Try eating something really sweet (good excuse for a Magnum late at night) before you go to bed. Due to plummeting blood sugar levels overnight – this can help prevent morning sickness in some mums.

Improve the meals you already have -

- Add a drink or two a day of Complan - make a healthy shake if possible add yoghurt, egg, banana
- Soups - great for nutritional value and sometimes easier to eat
- Keep well stocked of little edibles that you can snack on all day (and all night) crackers, cheese, carrots, grapes, tofu, sprouts, etc etc etc,
- If you have toast for breakfast, put some protein on it - pate, fish, baked beans, eggs, marmite and cheese even banana will improve the nutritional value of your food.
- Make savoury muffins, scones (or ask mum to do it) and freeze them - take them out one at a time for Morning /afternoon tea
- Carry snack bars, muesli bars, etc in your bag for eating on the move