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"Welcome to the August Newsletter.

With so many of Mums-to-Be coming the centre, I thought an article on nutrition was long overdue.

If you're a beetroot fan (like me) make sure to try the recipe on the back page. A great detox recipe as spring approaches".

Keep an eye out for the next newsletter highlighting Heart Health!"

- Krista Macklin
B.Sc Comp Med ND



Tips for A Healthy Pregnancy

A great misconception is that during pregnancy women should be eating for two. Think of food in terms of its nutritional value for you and your baby rather than calories. While some nutrients should be at least double, food consumption only needs to increase minimally.

Protein is vital for growth and development of the baby. 3 serves of protein a day from lean red meats, poultry, fish, beans, tofu and eggs will meet both your requirements.

Iron is essential due to the increase in blood volume. While red meat is a reliable sources of iron, other sources include chick peas, hummus, bran flakes (yes, sultana bran) and dried fruit (figs & apricots). Never take an iron supplement, unless you have had a low blood test result, as it can interfere with absorption of other essential nutrients.

Fat is important because you need to have your fat soluble vitamins A, D, and E. Use organically grown, cold pressed olive, flaxseed, walnut or macadamia oil on salads.

Don't overdo the dairy! **Calcium** can also be sourced from dark leafy vegetables (spinach), beetroot, tofu, nuts, sesame seeds, tahini and the bones of small fish such as sardines.

Eat 4-6 servings of **fresh fruit and vegetables daily** and include 2 servings of **Vitamin C** rich foods such as oranges, beetroot, broccoli, berries, grapefruit and tomatoes.

Eat small meals regularly. This helps to control blood sugar levels and avoid fatigue, nausea and reflux.

Drink filtered water - Having 6-8 glasses of water per day will prevent constipation. Be mindful that tap



water can influence hormones.

Avoid overly refined products such as white bread and pasta. Try and have whole grain breads, whole meal pastas and brown rice. This will help maintain normal digestion, blood sugar and weight gain.

Avoid caffeine containing drinks that leach calcium from bones. Replace coffee and tea with herbal teas. If you need a fizzy fix – try mineral water with fruit juice.

Avoid aspartame and sugar free products. As well as the current warning on the danger of giving these products to children, they may cause neurological damage to the fetus.

Exercising regularly will increase circulation to the uterus and placenta, providing the baby with essential nutrients and oxygen.

Finally, **Taking Supplements** under the guidance of a qualified naturopath or nutritionist is an insurance policy to ensure you have all the necessary nutrients for you and your baby.

Contact the centre for a list of Nutrients in Food as a guide for healthy food choices.

Better choices begin with Natal Complete

4 evidence based essential supplements providing an economical 30 day supply of **Nutrients for Preconception, Pregnancy and Breastfeeding:**

1. **Natal Complete Multi: Vitamins & Minerals**
2. **Cal/Mag Complete: Calcium & Magnesium**
3. **Flavanoid C Biocomplex: Vitamin C Powder with Bioflavonoids**
4. **DHA Biocell: Marine Lipids**



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Nutrient Highlights - Probiotics

The term "Probiotics" is used to describe the so called "**friendly bacteria**" in the human gut. To prevent overgrowth of disease causing microorganisms such as *E.Coli* and *Salmonella* the gut should contain 85% of these friendly bacteria.

Friendly gut flora is intimately involved in the body's nutritional status because it improves digestion and absorption of the nutrients from foods. Probiotics are also involved in the production of some vitamins and the stimulation of immune system. By promoting proper digestion probiotics aid in the prevention of food allergies.

When the balance of bacteria in the gut is disrupted and harmful bacteria outnumber good bacteria, a condition known as **Dysbiosis** may occur. This can be caused by stress (both physiological and physical), exposure to radiation, drinking fluorinated water, poor diet, alcohol, antibiotics, the oral contraceptive pill and other drugs such as corticosteroids.

Dysbiosis (also termed "**Leaky Gut**") is associated with poor digestion and manifests in intestinal symptoms such as flatulence, bloating, diarrhea and constipation, vomiting,

reflux and colic (in infants). Dysbiosis is also related to increased susceptibility to infections, allergies and inflammatory disorders.

Probiotics are also important for treatment of Antibiotic induced conditions such as Candida or thrush and antibiotic induced diarrhea and urinary tract infections.

Antibiotics destroy friendly gut bacteria along with harmful bacteria, which is why probiotics are recommended after every antibiotic treatment to restore healthy gut flora. This is particularly important in children when the immune system is developing and in the elderly when the immune system can be compromised by Dysbiosis.



Yoghurt is a great source of Probiotic Cultures.

Recipe: Borscht—Beetroot Soup

Beetroot contains phosphorus, sodium, magnesium, calcium, iron and potassium as well as fibre, vitamin A and C, niacin, folic acid and biotin. It is thought to help calcify the blood, strengthen the liver and bile duct, have tumor inhibiting powers and to contain betaine, which helps prevent coronary artery disease.

- 1 onion chopped
- 2 garlic cloves
- 500g beetroot chopped and peeled
- 1 large cooking apple
- 2 celery sticks
- 1 red pepper
- 125g mushrooms chopped
- 1 tablespoon olive oil
- 1.8 litres of beef or vegetable stock
- 1 teaspoon of cumin seed
- Pinch of dried thyme
- 1 large bay leaf
- 2 tablespoons balsamic vinegar

Directions:

1. Put the onion, garlic, beetroot, apple, celery, red pepper and mushroom into a large saucepan with the oil and 3 tablespoons of the stock. Bring to the boil then reduce the heat and simmer for 30 minutes.
2. Add the cumin seeds and cook for 1 minute, then add the remaining stock, thyme, bay leaf, balsamic vinegar and salt and pepper to taste. Bring to the boil then reduce the heat and simmer for 30 minutes.
3. Let the soup cool then blend in a food processor until smooth and creamy. Return to the pot and reheat.
4. To serve garnish the soup with swirls of sour cream and dill sprigs.

Nutrition information:

154 kcals 14 carbs 10g fat 2.5 iron 145mcg Folate 40mg Vitamin C



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