



Pregnant women

A good diet is essential during pregnancy as the baby relies on the mother for the nutrients it needs during its development.

Omega-3 fatty acids

Iodine

Protein

Calcium

Selenium

Omega-3 fatty acids

- Development
- Mother's health
- Size of baby

Development

It plays a large role in the development and growth of the baby and helps to build the brain, form the retinas and develop the nervous system.

Mother's health

It is necessary for the mother's health and wellbeing and helps to reduce the risk of preeclampsia, postpartum depression and preterm labour.

Size of baby

Scientists have found a correlation between the intake of Omega-3 while a woman is pregnant and the size of her baby as the Omega-3 helps the flow of nutrients to the foetus.

Iodine

- Mother and child
- Development
- Stillbirth

Mother and child

Pregnant women, breastfeeding mothers and young children should all have an adequate iodine intake.

Development

Iodine is very important for the normal development of the brain and nervous system of unborn babies and in infants. Iodine also affects respiration, the make-up of energy and nutrients, as well as the functioning of the muscles and differentiation of the foetus.

Stillbirth

A lack of iodine during pregnancy is one of the major causes of stillbirth. Enough iodine can reduce the incidence of stillbirth by as much as 98%. So, if a pregnant woman eats Lucky Star canned fish regularly, she reduces risk to her unborn infant.

Protein

- Growth
- Blood

Growth

The need for protein significantly increases during pregnancy as it is required for the physical growth and cellular development of the baby. It is also required for the placenta and amniotic tissues.

Blood

A woman's blood volume increases by half during pregnancy, and protein is needed to produce new blood cells.

Calcium

During pregnancy and while breastfeeding, your body needs extra calcium for your growing foetus and newborn baby.

Selenium

Pregnant women have a slightly higher need for selenium, compared to most adults.