

the pregnancy

Welcome.

Here you can find information and practical advice about pregnancy.

You can read, download and print these materials for yourself or for the service you work with



Sistema Socio Sanitario



Regione
Lombardia

ATS Brianza

nutrition






Not for two, but twice as good!




Balance matters more than perfection

During pregnancy, there is no need to eat twice as much: it's about choosing a bit more carefully. An unbalanced meal or an occasional treat do not compromise the journey: it's **consistency over time** that makes the difference.



Daily basics

-  Fresh, seasonal foods
-  Simple preparations
-  A variety of proteins (animal and plant-based)
-  Healthy fats: extra virgin olive oil, nuts, seeds
-  Whole grains, also beneficial for the intestine

-  Meat, fish, and eggs well cooked
-  Pasteurized milk and cheeses
-  Carefully washed fruits and vegetables

Treat yourself to healthy snacks!
From the second trimester onwards, have at least one per day. And if you happen to skip a snack, add more protein to your meals!



moving in pregnancy

If there are no contraindications, physical activity is a valuable ally. It is beneficial for both you and your baby. There's no need to do more: what matters is moving **regularly** and **gently** towards your body.



Moving

- Improves circulation
- Helps maintain healthy weight gain
- Supports the baby's well-being
- Improves mood, reduces stress and fatigue
- Boosts energy and a sense of vitality

Choose simple, regular activities

- Daily walks
- Outdoor walks
- Gentle exercises

Follow your body's rhythm, especially in the last months.



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