

Nutrition for You, Your Partner & Your Future Baby: PREGNANCY



An Accredited Practising dietitian can help you optimise your nutrition for conception, pregnancy, and beyond, ensuring you meet nutrient needs and reduce risks of complications.

At Alchemy in Motion Noosa our dietitian holds additional certifications in fertility and prenatal nutrition. Optimising nutrition can improve your chances of conceiving and support your baby's lifelong health.

Nutrition Support Throughout Pregnancy

Seeing a dietitian throughout pregnancy ensures you and your baby get the right nutrients at every stage of pregnancy.

- **Essential nutrients for each trimester:** Nutrition requirements evolve across pregnancy. Adequate intake at the right stages can help prevent neural tube defects, support brain development and so much more.
- **Individualised supplement plans:** Micronutrient supplementation is essential, even if you eat very well. Some women may need more specialised formulations or doses depending on your medical, family and lifestyle history.
- **Food safety advice:** Pregnancy increases the risk of foodborne illness complications. Your dietitian can help you avoid foods that may pose a risk to you and your baby's health, such as those associated with listeria and salmonella.
- **Managing pregnancy side effects:** Get practical strategies for managing nausea, vomiting, reflux, constipation and food cravings, to help make your pregnancy journey more enjoyable and comfortable.

- **Managing specific health conditions:** If you have Type 1 or 2 diabetes, gestational diabetes, thyroid issues, irritable bowel disease, coeliac disease, or other chronic health conditions, a dietitian can help you manage these conditions and optimise pregnancy outcomes for you and your baby.
- **Following specialised diets:** If you follow a vegetarian or vegan eating plan, or if you have food allergies or intolerances, a dietitian can help ensure you're meeting all your nutritional needs and give you advice to help reduce the risk of your baby developing food allergy and intolerance, and atopic conditions.

Next Steps

Nutrition matters at every stage from planning to conceive, through each trimester, and into postpartum recovery. Individualised dietitian support helps optimise fertility, nurture healthy pregnancy outcomes, and empower new parents to thrive. Ready to take the next step in your journey? **Book a consultation today** to receive practical, compassionate support tailored to your stage of life and unique needs.

