



Food and Nutrition Guidelines for Healthy Pregnant and Breastfeeding Women: A background paper

Published online: 02 November 2008

First edition published online April 2006; reprint and revisions November 2008, update to recommendations March 2009, weight gain guidance superseded June 2014.

Summary

This background paper provides evidence-based population health advice for pregnant and breastfeeding women on healthy eating and being physically active. It is written for health practitioners and others who provide advice on nutrition and physical activity.

- [Food and Nutrition Guidelines for Healthy Pregnant and Breastfeeding Women: A background paper \(PDF, 825 KB\) \(/system/files/documents/publications/food-and-nutrition-guidelines-preg-and-bfeed.pdf\)](#)

The paper is supported by two health education resources for the general public:

- [Eating for Healthy Pregnant Women \(https://www.healthed.govt.nz/resource/eating-healthy-pregnant-womenng%C4%81-kai-totika-m%C4%81-te-wahine-hap%C5%AB\)](#)
- [Eating for Healthy Breastfeeding Women \(https://www.healthed.govt.nz/resource/eating-healthy-breastfeeding-womenng%C4%81-kai-totika-m%C4%81-te-%C5%ABkaip%C5%8D\).](#)

For the latest recommendations on healthy weight gain, see [Guidance for Healthy Weight Gain in Pregnancy \(/publication/guidance-healthy-weight-gain-pregnancy\)](#), which updates and replaces the weight gain advice in this background paper.

For the latest food safety advice, go to [Food and pregnancy \(https://mpi.govt.nz/food-safety/pregnant-and-at-risk-people/food-and-pregnancy/\)](#) on the Ministry for Primary Industries website.

Downloads

- **Food and Nutrition Guidelines for Healthy Pregnant and Breastfeeding Women: A background paper** (pdf, 825 KB) (<http://www.health.govt.nz/system/files/documents/publications/food-and-nutrition-guidelines-pregnant-and-bfeed.pdf>)
- **Questions and answers** (pdf, 76 KB) (<http://www.health.govt.nz/system/files/documents/publications/qa-food-nutrition-guidelines-pregnant-bf.pdf>)

Publishing information

Date of publication:	<i>02 November 2008</i>
Hardcopy date of publication:	<i>02 November 2008</i>
ISBN:	978-0-478-31778-7 (Print), 978-0-478-31779-4 (Online)
Citation:	Ministry of Health. 2006 (revised 2008). Food and Nutrition Guidelines for Healthy Pregnant and Breastfeeding Women: A background paper. Wellington: Ministry of Health.
Ordering information:	Hard copy available to be ordered, also soft copy available to download
Copyright status:	Owned by the Ministry of Health and licensed for reuse under a Creative Commons Attribution 4.0 International Licence (/about-site/copyright).

© Ministry of Health – Manatū Hauora