

SPECIAL DIET RECOMMENDATIONS FOR PREGNANCY

Food	Recommendation	Notes
Dietary fats	<p>Use 1 to 2 tablespoons of rapeseed oil daily as a salad dressing or for cooking and 6 to 8 teaspoons of margarine (60–70% fat) as a spread. This ensures your intake of essential fatty acids. Please also see the section on fish below.</p> <p>Essential fatty acids (EFAs) are necessary for the development of the foetus' nervous system, eye sight and immune system.</p>	<p>Consumption of unsaturated fats also has a positive effect on the pregnancy's duration and the child's visual and cognitive development, as well as reducing the risk of premature birth.</p> <p>Sources of saturated fats are, for example, butter, fatty milk and meat products, cheeses, pastries, biscuits and cocoa butter. A maximum of 1/3 of dietary fats should be saturated fats.</p>
Fish	<p>Fish should form part of 2 to 3 meals a week, including a variety of freshwater fish, farmed fish and sea fish, for example vendace, whitefish, pollock, rainbow trout, Arctic char and trout.</p> <p>Large Baltic herring (over 17 cm ungutted) or, alternatively, salmon or trout fished from the Baltic Sea should only be eaten 1 to 2 times a month.</p> <p>If you eat freshwater fish daily, it is recommended that you cut down on consumption of predatory fish such as large perch, pike perch and burbot, due to their possible mercury content.</p> <p>Eating pike should be avoided.</p>	<p>Fish contains omega-3 fatty acids, which are vital to the body, as well as several vitamins and minerals, such as vitamin D and iodine, and also protein.</p> <p>Fish may have a high dioxin and PCB content.</p> <p>Fish may have a high mercury content.</p>
Liver, liver foods and liverwurst	<p>You should eat no more than 200 g of liverwurst and liver pâté in a week, and a maximum of 100 g at a time. If you consume liverwurst daily, consume no more than 30 g (= 2 slices = 2 tablespoons) a day.</p> <p>Liver foods (liver patties and steak, liver sauce, liver casserole) should be avoided throughout the entire pregnancy.</p>	<p>Liver and liver-based foods have high levels of vitamin A and heavy metals.</p> <p>Large doses of vitamin A may increase the risk of deformities and miscarriage.</p>
Raw, vacuum or modified-atmosphere packed, or home-made salt-cured or cold smoked fish products and roe products or food containing them, such as pâtés or sushi	<p>Should only be eaten after cooking them. The product must be heated to over 70 °C throughout.</p> <p>Eating sushi should be avoided.</p>	<p>Such products can contain Listeria bacterium. The bacteria perish when heated to over 70 °C, but not during freezing or if salted.</p> <p>Listeria bacteria can cause food poisoning, which poses a risk of miscarriage.</p>

Food	Recommendation	Notes
<p>Raw milk and unpasteurised milk</p> <p>Cheese made with unpasteurised milk</p> <p>Blue cheese and surface-ripened cheese made with pasteurised milk (e.g. brie, gorgonzola, chèvre, vacherol and taleggio)</p> <p>Cheese made with pasteurised milk</p>	<p>Must be consumed as quickly as possible and only after heating.</p> <p>Should only be consumed after heating to boiling point.</p> <p>Should only be consumed after heating to boiling point, even if made with pasteurised milk.</p> <p>Ensure the suitability of the cheese with the manufacturer. Generally speaking, cream cheeses (e.g. cottage cheese, bread cheese and salad cheese) as well as spreadable cheeses and soft cheeses packaged while hot, and made with pasteurised milk according to the package, can also be consumed without heating. Halloumi, mascarpone, mozzarella and ricotta made with pasteurised milk may be consumed without heating if they are enjoyed fresh, well in advance of the best before date (two thirds of the shelf life remaining).</p>	<p>Risk of Yersinia pseudotuberculosis, Listeria, EHEC, Salmonella and Campylobacter.</p> <p>Risk of Listeria, see above.</p> <p>Listeria bacteria cannot multiply in hard cheeses (for example: Edam, Polar, Oltermanni, etc.)</p>
<p>Raw meat, raw minced meat and raw meat products such as steak tartare, salt cured raw cuts of meat, cured sausages (salami, metworst), air-dried ham (Parma, Serrano) and uncooked jerky.</p>	<p>Any meat products that have not been cooked at some point must be avoided. All foods with cuts of meat, such as steaks and roasts, must be cooked to well-done.</p> <p>Reindeer jerky must be cooked.</p>	<p>Raw meat carries the risk of toxoplasmosis, EHEC bacteria, Salmonella and Yersinia infections.</p>
<p>Sliced meat products, cold cuts</p>	<p>Ready-to-eat products should be consumed well in advance of the use-by date.</p>	<p>See Listeria risk.</p>
<p>Frozen vegetables and ready-made foods (from the shop)</p>	<p>All frozen vegetables must be cooked before use. If they are to be added to a salad, they must be boiled quickly and cooled before adding them in.</p> <p>Ready-made foods that have been cooled down once and reheated, such as casseroles, must be cooked to boiling point before consuming them again.</p> <p>Ready-to-eat products should be consumed well in advance of the use-by date.</p>	<p>See Listeria risk.</p>
<p>Foreign frozen berries</p>	<p>Must be cooked before use, 5 mins at 90 °C or by boiling them for 2 minutes.</p>	<p>Risk of norovirus and hepatitis A.</p>
<p>Alcohol</p>	<p>Consumption should be avoided.</p>	<p>Is detrimental to the foetus' growth and development.</p>
<p>Coffee and other caffeinated beverages such as cola and energy drinks</p>	<p>Caffeine intake from any source should be limited to 200 mg/day. This is equivalent to two 150 ml cups of filter coffee, 100 ml of espresso or 800 ml of black tea. Hot chocolate has 3–5 mg/dl of caffeine.</p>	<p>For pregnant women, even small doses of caffeine may cause palpitation, tremors and trouble sleeping if</p>

Food	Recommendation	Notes
<p>Caffeinated cola beverages</p> <p>Energy drinks</p> <p>Products with added caffeine</p>	<p>Only recommended for occasional consumption. One can (330 ml) of cola has about 25–60 mg of caffeine and one bottle (500 ml) about 35–90 mg.</p> <p>Not recommended.</p> <p>The packages must have a warning label and indicate the product's caffeine content.</p>	<p>consumed before going to bed.</p> <p>See above. When the products have >150 mg/l of caffeine, the package must be marked with the following warning: 'Korkea kofeiinipitoisuus. Ei suositella lapsille eikä raskaana oleville ja imettävälle' (High caffeine content. Not recommended for those who are pregnant or breastfeeding).</p> <p>See above.</p>
<p>Liquorice and salty liquorice sweets</p>	<p>Not recommended.</p> <p>Small doses (such as a portion of liquorice ice cream or a few sweets) are not harmful.</p>	<p>The products contain glycyrrhizin, originating from the liquorice plant, which increases blood pressure and swelling and may cause a risk of miscarriage. It could also be connected to developmental disorders in children.</p>
<p>Seeds of oilseed crops (e.g. linseeds, pine nuts, chia seeds, hemp seeds, sesame seeds, pumpkin seeds, poppy seeds and sunflower seeds)</p>	<p>Oilseeds, oilseed meal or soaked oilseeds should not be used as a treatment for constipation, for example, during pregnancy. Small amounts of oilseeds, in bread for example, are not harmful.</p>	<p>Oilseed crops have a natural tendency to accumulate heavy metals in their seeds, especially nickel and cadmium.</p>
<p>Gyromitra esculenta false morel (mushroom)</p>	<p>Not recommended.</p>	<p>Contains traces of gyromitrin even after having been treated.</p>
<p>Seaweed products</p>	<p>Not to be consumed if the iodine content is not known or is too high.</p>	<p>Excessive intake of iodine may be detrimental to the function of the thyroid gland and the foetus' growth.</p>
<p>Herbal tea beverages (other than beverages made with the tea plant)</p>	<p>Not recommended.</p>	<p>No data on their safety, they may contain natural harmful substances.</p>
<p>Ginger products and tea, food supplements containing ginger</p>	<p>Not recommended.</p> <p>Using small amounts of dried or fresh ginger as a spice is not harmful.</p>	<p>Contain harmful substances, no data on safe use.</p>
<p>Herbal products sold as food supplements</p>	<p>Not recommended.</p>	<p>May contain natural harmful substances.</p>
<p>Omega-3 products and other fish oil products</p>	<p>There is no evidence for use, and consumption is therefore not recommended.</p> <p>If the products have previously been used, their use should be discontinued at least 1 month before the estimated due date or scheduled operation.</p>	<p>Weaken the function of blood platelets and increase the risk of bleeding.</p>

Nutrient	Recommendation	Notes
Vitamin D	Vitamin D supplement 10 µg product daily for all pregnant women all year round. Vitamin D3 is recommended.	Necessary for absorption of calcium and for the foetus' bone development. The upper limit for the safe intake of vitamin D is 100 µg/day.
Calcium	Recommended intake is 900 mg/day. This can be achieved by a daily consumption of 500–600 ml of liquid milk products and 2 to 3 slices of cheese or 100 g of hard, low-fat cheeses, or a calcium supplement.	Calcium supplements should be taken in accordance with individual circumstances: <ul style="list-style-type: none"> • 500 mg, if your diet includes only small amounts of milk products or foods with added calcium • 1,000 mg, if your diet does not contain any milk products or foods with added calcium.
Iron	According to individual needs. 50 mg iron supplements after the 12th pregnancy week, if Hb < 110 g/l during the first trimester of the pregnancy, or Hb < 100 g/l later in the pregnancy	The mother's haemoglobin level decreases during the pregnancy due to the growth in the mother's blood volume, but her red cell mass does not grow equally. Slight anaemia in the mother does not usually cause any problems in the foetus.
Folic acid	Folic acid supplement of 400 µg/day for all women planning to get pregnant about from two months before stopping use of contraception to the end of the 12th week of pregnancy. A doctor may prescribe a larger folic acid supplement dosage in special circumstances.	Lack of folic acid may cause foetal neural tube defects (NTD). Folic acid is a B vitamin. The best dietary sources of folic acid are fresh vegetables, fruits and berries, the recommended consumption of which is 5–6 portions a day, as well as whole grain products.
Iodine	Supplement of 150 µg/day, if intake from food is low. The best dietary sources of iodine are dairy products, fish, eggs and iodised table salt.	Most prenatal and postnatal multivitamin products have 100–175 µg of iodine per pill. The upper limit of safe intake is 600 µg/day.
Multivitamin and mineral products	If necessary, these can be used to supplement an unbalanced or restricted diet, due to severe pregnancy nausea and during multiple pregnancies.	Overlapping products or products containing vitamin A or cod-liver oil should not be used.

Sources:

Syödään yhdessä – ruokasuositukset lapsiperheille. 2019. National Nutrition Council of Finland. National Institute for Health and Welfare (THL). (www.julkari.fi/handle/10024/137459 (in Finnish))

Finnish Food Authority – Nutrition and food recommendations for pregnant and breastfeeding mothers (<https://www.ruokavirasto.fi/en/themes/healthy-diet/nutrition-and-food-recommendations/pregnant-and-breastfeeding-mothers/>)

Finnish Food Authority – Instructions for safe use of foodstuffs (<https://www.ruokavirasto.fi/en/private-persons/information-on-food/instructions-for-safe-use-of-foodstuffs/>)