

txt**4**two

Helping you to eat well and
be active to benefit you
and your baby's health





The benefits of eating well, being active and gaining a healthy weight in pregnancy are well known. However, it can be still hard to find the right information for you, and remain empowered to make these changes.

The **txt4two** program provides a holistic approach to healthy food, exercise and weight information in pregnancy. We will guide you through the program over the coming months.

If you have any questions, please feel free to contact your dietitian:



The txt4two program was developed by Dr Jane Willcox and colleagues at La Trobe and Deakin Universities, in association with Mater Mothers' Hospitals. Dr Willcox seeks to help women eat well, be active and gain healthy amounts of weight in pregnancy. 96% of women rate the program highly for pregnancy, food and physical activity support.

Planning your txt4two program

We will talk to you about:

- the txt4two program
- healthy eating
- being active
- healthy weight gain for pregnancy
- making changes for better health
- planning your texts.

What does the txt4two program involve?

- An initial 30 minute goal planning appointment with a specialist maternity dietitian.
- Receiving a series of supportive and informative text messages sent to you throughout your pregnancy. These will encourage you and check in on your progress towards your goals. They will also connect you with relevant Mater Mothers resources, recipes and videos (you'll be able to text us back, to let us know how you are tracking, if you choose).
- Complete two 10–15 minute surveys (one around 10–18 weeks of pregnancy and another at around 36 weeks). In these surveys you will answer questions about what you eat, what exercise you are doing, your weight gain, and how this changes over your pregnancy. Participation in this survey is voluntary. Women who complete each survey will go into the draw to win one of three \$50 Coles vouchers per survey (opt out at any time).



Read, Text, Watch, Ask...



The website

You can find many resources and information on nutrition, exercise, weight and making changes. Why not try the recipes and seven day meal plan too, available online at maternalmothers.org.au



Text messages

We will text you about your baby's milestones, lifestyle tips and see how you're going. Please save the phone number you get texts from as "txt4two" in your phone for easy reference.



txt4two booklet

This booklet will be your go-to for planning healthy habits during your pregnancy: your goals, your program.

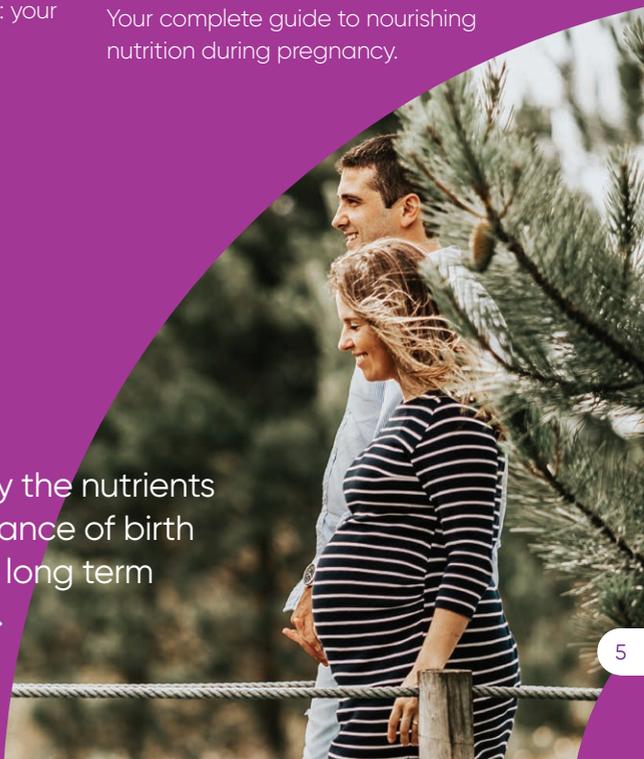


Healthy eating in pregnancy booklet

Your complete guide to nourishing nutrition during pregnancy.



Eating well gives your baby the nutrients for growth, reduces the chance of birth defects and helps prevent long term obesity and heart disease.



Eating well in pregnancy

Growing a healthy baby relies on getting the extra nutrients that your baby needs for growth and development. The food and drink you eat is the main source of nutrients for your growing baby.

Tips for eating well:

- eat twice as well, but not for two
- eat a wide variety of foods
- avoid soft drinks and alcohol, tap into water
- colour your meals with fruit and vegetables
- snack on fruit and vegetables
- choose minimally processed foods, especially ones low in sugar and saturated fat
- take a folic acid supplement of 400 micrograms (mcg; µg) to at least 12 weeks of pregnancy or beyond and a 150 mcg iodine supplement every day of pregnancy
- care for your food; prepare and store it safely.

You can find out more about the benefits of eating well at matermothers.org.au



Take the txt4two quiz:

How do you measure up?

Food

1 How many serves of fruit do you eat on a usual day?

Including fresh, dried and tinned: one serve = one piece (e.g. apple), two small pieces (e.g. two plums), don't count juice.

2 How many serves of vegetables do you eat on a usual day?

Including fresh, frozen or tinned: one serve equals half a cup of cooked, one cup salad vegetables, don't count chips.

3 How many glasses of soft drink (containing sugar) do you have on a usual day?

4 How many 'extra' foods do you have in a day?

Including biscuits, lollies, chocolates, fast food, etc.

5 How many dairy foods or calcium-fortified foods do you have each day?

i.e. one glass of milk, one tub of yoghurt, two slices of cheese.

Healthy weight

6 How much weight is good for you to gain during this pregnancy?

Being active

7 How often do you complete at least 30 minutes of exercise or physical activity?

Answers: 1) 2 serves. 2) 5 serves. 3) None. 4) Up to 2.5 serves, less if you are gaining too much weight. 5) Up to 2.5 serves. 6) It is individual for each woman depending on her weight before pregnancy. Check out the txt4two website to work yours out. 7) The aim is for 50 minutes per day of moderate-intensity physical activity per day or on most, if not all, days. More detail and practical ideas to help you meet your goals can be found at maternothers.org.au

Food and drinks recommended for pregnant women

Food ideas

There are so many books and websites featuring 'healthy food' options, that it can get quite overwhelming knowing which option to choose.

We have put together some suggested menus at matermothers.org.au (with a taster below). You can also check out our ideas for good recipe websites too, to help you plan great meals and snacks at home.

DAY 1

Breakfast **1 cup cereal OR 3 breakfast biscuits OR 1/2 cup (uncooked measure) rolled oats or muesli**
AND 1 cup low fat milk
PLUS 1 piece of fruit OR ½ glass 100% fruit juice

Morning Tea Small handful of unsalted nuts and 1 glass of milk

Lunch **Tuna and salad sandwich on multigrain/whole meal bread/roll**
100g tuna, lettuce, tomato, cucumber, mushrooms, avocado, capsicum
PLUS 1 piece fresh fruit

Afternoon Tea Small tub low fat yoghurt

Dinner **Spaghetti bolognaise with red lentils and vegetable sauce**
Serve 1½ cups spaghetti per person
PLUS green salad – 2 cups

**Supper/
Evening Snack** 1 slice fruit toast and margarine AND banana and honey topping



DAY 2

Breakfast

Poached eggs on multigrain toast

2 poached eggs and 2 slices of toast
Mushrooms and tomato

Morning Tea

Fresh or tinned fruit & low fat yoghurt/custard

Lunch

Asian style chicken rolls on wholegrain roll

OR **Left over spaghetti bolognese/vegetarian sauce** from Day 1
(heated on high for 2 minutes)
PLUS a side salad
1 glass low fat milk

Afternoon Tea

Beetroot and chive dip

with 4 wholegrain crackers, carrot and celery sticks

Dinner

Parmesan crumbed baked fish

PLUS plenty of steamed vegetables (e.g. broccoli, carrots, beans, peas, snow peas) and boiled chat potatoes

Supper/ Evening Snack

1-2 slices of raisin toast with cream cheese and crumbled walnuts

Food and drinks recommended for pregnant women

Tap into water

Water is the best drink for you. Keeping hydrated in pregnancy is important, particularly in hot weather and when exercising. You will need to increase your hydration during pregnancy to support the extra water needed for amniotic fluid, a larger volume of blood in your body and your baby's needs. The current recommendation for water intake is drinking 8–10 glasses of water each day.

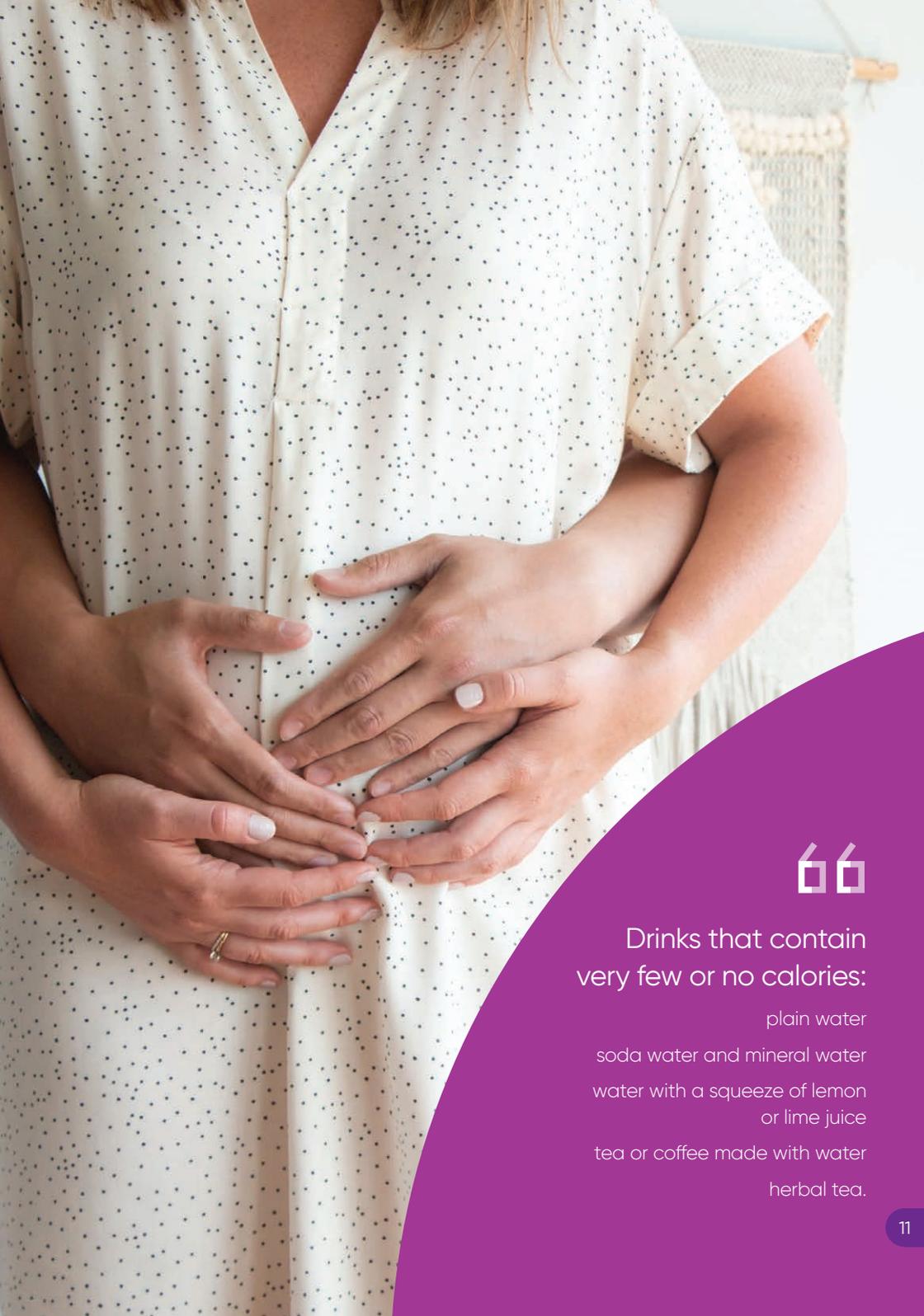
What about soft drinks?

Sugary drinks have been shown to have very strong links with gaining too much weight; this is very likely within pregnancy too. With increased weight gain comes a higher risk of babies being born bigger and a higher risk of these babies being overweight as they grow up. Women who gain weight above their goals will often find it hard to breastfeed.

One can of ordinary soft drink (375ml) contains 525kJ and 32 grams of sugar (more than 8 teaspoons). As a comparison, this would seem very strange in a cup of tea or coffee. Ordinary cordial, sports drinks and alcoholic drinks are also loaded with calories and sugar, and should be avoided during pregnancy.

Switching to low calorie drinks can make a difference if you regularly drink sugary drinks or alcohol. See the drinks over the page for some suggestions. Drinks that contain artificial sweeteners are considered safe in pregnancy if consumed in small amounts.





Drinks that contain
very few or no calories:

plain water

soda water and mineral water

water with a squeeze of lemon
or lime juice

tea or coffee made with water

herbal tea.

Being active in pregnancy

Becoming pregnant doesn't mean you have to give up your exercise habits. You can keep being active or you can start being active. If you have any concerns, talk to your doctor, midwife or physio first to seek advice.

To get the most out of your exercise habits and feel the health benefits, a good goal to set yourself is at least half an hour of moderate-intensity physical activity, preferably every day (or most days).

Limit your sitting time and screen time by regularly interrupting periods of sedentary behaviour. For example, standing and moving for a few minutes after every hour of sitting is a great way to keep active at home or at work. The most important thing is to do something you enjoy, because you'll be more likely to keep doing it. There are so many different activities you could do. Research also suggests you'll be more likely to be physically active if you exercise with your friends.

Regular, moderate intensity exercise helps to maintain a healthy weight during pregnancy and has many additional health benefits including:

- faster return to normal weight after child birth
- less lower back pain
- less nausea
- less heartburn
- lower stress levels
- more energy
- better bowel habits
- better sleep
- better mood
- less anxiety
- a lower risk of diabetes and heart disease.



Remember:

something is better
than nothing and more
is better than less.

**Visit maternal.org.au
to find out more about:**

safe exercise in pregnancy
exercising your abdominal muscles
caring for your back.

Healthy weight in pregnancy

Pregnancy is an amazing time, when your body puts on weight to support the healthy growth of your baby. The female body is incredible!

Why is weight important in pregnancy?

Research shows us that it is important to put on enough weight to support baby's growth, but not too much as that can increase the risk of health problems for you and your baby. Calculating the right weight gain for you is really important.

Pregnancy weight gain recommendations depend on what your weight was before you became pregnant. Your dietitian will calculate this for you and record the weight range on your weight tracker. See the guide at matermothers.org.au





What is a healthy way to put on weight?

The way women gain weight varies and is very individual. It is best to gain weight gradually. This is why you are given a weight range rather than a single number. Most of the weight should be gained in the second and third trimesters when your baby is growing and gaining weight too.

Every woman reacts differently to body changes in pregnancy; your body is changing to grow a healthy baby. Women come into pregnancy thinking and feeling differently about their body and body image. If you are uncertain about the changes in your body and how you are coping with them, speak with your doctor, midwife or dietitian for help.



Making changes for better health

To make changes to your eating or exercise you need to set goals to help you achieve them. People who set goals and plan the change are much more likely to accomplish what they set out to achieve.

Tips for setting a good goal

- It is something you want to do and will keep you and your baby healthy in pregnancy.
- It is reasonable and achievable e.g. you could do it this week.
- It is about behaviour e.g. I will walk with my partner after dinner.

Setting goals with txt4two

- Set your first goal with your dietitian at your first visit.
- We will text you every two weeks to ask how you went with your goal. Text us back with how you are going and reward yourself for achieving your goal.
- Every six weeks we will ask if you want to set a new goal or stick with the old one.





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Setting a good goal can be tricky. Deciding what you want to do without planning how to do it is not helpful. You will first need to decide what you want to change and how to do it.

Changes you could make for a healthy pregnancy

Stuck for ideas? Try some of these goals?

Food ideas

- swap soft drink for soda water or still water
- swap fruit juice for fresh fruit and a glass of water
- take fresh fruit and yoghurt to work for snacks
- add an extra serve of vegetables at dinner
- reduce meal sizes by swapping to a smaller plate
- give away chocolate and lollies in the house and snack on fruit and nuts
- try three days of the txt4two menu at maternalmothers.org.au.

Exercise ideas

- plan to do 30 minutes of walking five days each week
- buy a pedometer or activity monitor and aim for 10,000 steps per day
- join a pregnancy exercise class and commit to attending once per week
- do a 10-minute walk at lunch time
- organise a friend to meet you once per week for a long walk
- Have you considered swimming or aqua-aerobics? Try a local pool or the **Mater Mothers' physiotherapy classes**. Speak to your doctor, midwife, dietitian or physio for more information.



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Research shows that pregnant women who set goals for healthy change are more likely to achieve a healthy lifestyle.

Making a plan to change

To make a change in your life you need to make a specific plan. Follow these steps to make your own:

1 What are you going to do?

Decide on specifics, not something general like “exercise more” or “eat better”. Will you walk, do an exercise class, eat more vegetables, cut out sugar sweetened drinks, or eat fewer processed foods, like chips, biscuits, muesli bars?

2 How much will you do?

Will you walk around the block, do a water aerobics class for one hour, eat one extra vegetable at dinner, replace soft drink with water or choose more nourishing snacks?

3 When will you do it?

Connect the timing of your new activity with an old habit. For example, walk around the block after dinner or add extra vegetables to your dinner plate.

4 How often will you do it?

Trying to do things every day is not always possible. It is best to decide to do something three to five times per week. It's great if you can do more, but don't put too much pressure on yourself.

5 Write down what you want to do

For example: “Over the next week I will (what), (how much), (when), (how many times)”

6 Rate your confidence

Rate your confidence in completing your goal out of 10, with one being not at all confident and 10 being totally confident. Any rating above seven is a realistic plan. If you rated less than seven then you need to reconsider your plan.

7 Choose a reward

This is for when you achieve your goal. Feeling better within yourself is its own reward, but it is good to reward your achievements. Rewards don't have to be unhealthy or expensive.



Ideas for rewards:

- a bubble bath
- buying fresh flowers
- buying a magazine
- a foot massage
- plan a manicure or pedicure
- stream your favourite show
- coffee with a friend
- a night off from cooking
- at home facial.

Your txt4two planner

Use this planner to work out your goal and track your progress

For example: Over the next week I will walk around the block (*what*) four times (*how much*) after dinner (*when*) four times per week (*how many times*).

OVER THE NEXT WEEK I WILL:

(*what*)

(*how much*)

(*when*)

(*how many times*)

Confidence rating: /10

My reward will be:



Planning your texts: SMS from txt4two

Day	Achieved	Comments
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Regular texts will come through to you from txt4two from 16 weeks to 36 weeks in your pregnancy.

These will give you information about:

- your baby's development
- tips for eating and exercising well
- reminders to record your weight
- enquiries as to how you are going with your txt4two goal.

You will receive a text message in the next day or so confirming your mobile telephone number. Please respond to that message to confirm we've got the right number.

If you don't receive a text from us in the next week please phone your txt4two dietitian (listed on the inside cover of this booklet).



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