



*Azienda Sanitaria Universitaria Friuli Centrale  
Dipartimento Assistenza Ospedaliera  
Direzione Medica Ospedaliera  
Latisana e Palmanova  
Servizio dietetico  
Dipartimento materno – infantile  
S.O.C. Ostetricia e Ginecologia*

中央弗留利大学卫生机构

医院援助部

医院医疗指导

拉蒂萨娜-帕尔马诺娃医院

饮食服务

母婴部门

S.O.C. 妇产科



**PROPER NUTRITION RECOMMENDATIONS FOR  
ASIAN PREGNANT WOMEN**

## PRACTICAL RECOMMENDATIONS

## 对亚洲孕妇合理营养的推荐

### 特别介绍

This information leaflet is designed to provide guidelines for a proper nutrition during pregnancy and aims at supporting the nutrition education of mothers-to-be.

The first part of this leaflet provides a general meal plan, accompanied by quantities, indicating the proper consumption of the most commonly eaten products (cereals i.e. rice and couscous; vegetables, meat, fish, pulses, fruit).

The second part includes specific information about pregnancy.

The following recommendations take into account typical food habits and provide additional advice in relation to pregnancy, a particular moment of life that requires attention and precaution.

A good nutritional status and a proper nutrition during pregnancy are in fact important to secure the well-being of both the mother and the baby.

本宣传册所提供的合理的孕期营养指导意在帮助准妈妈们的营养教育。

本册的第一部分提供了一个总体饮食计划，并附有用量，表明正确食用最常食物用量（谷物，即大米和古斯米；蔬菜，肉，鱼，豆类，水果）。

第二部分包括了孕期特定信息。

以下的建议考虑到了典型的饮食习惯并提供额外的建议针对怀孕，一个人生中需要谨小慎微的特殊时刻。

孕期合适的营养和良好的营养状况对于确保母子平安至关重要。

## INDEX

## 目录

### **1) Nutrition plan**

\*On the left side: examples of products, with corresponding quantities, to be eaten during meals.

\*On the right side: examples of alternative options to diversify the choice of products throughout the week.

### **1) 营养计划**

\*在左边：用餐时要食用的有相应数量的产品示例。

\*在右边：一周内多样选择的替代选项的产品示例。

### **2) Weekly consumption of protein food: recommended frequency**

### **2) 每周所需蛋白质食品：推荐的频率**

### **3) Recommendations for a healthy and proper nutrition during pregnancy**

### **3) 孕期健康和适当的营养推荐**

### **4) Food to avoid**

### **4) 避免的食物**

### **5) Overview of food hygiene**

### **5) 食品卫生概述**

### **6) Recommendations for a healthy and balanced nutrition during breastfeeding.**

### **6) 母乳喂养期间健康均衡营养的建议**

## 1900 KCAL MEAL PLAN

Total energy: 1961 kcal / Proteins: 84g (17%)/ Fats: 60 g (28%)/ Carbohydrates: 263 (54%)

Food	Quantity	Alternative options	Quantity
<b>BREAKFAST</b>			
Oat porridge with milk or yogurt	30 g oat + 125 ml	Alternatives to oat: - spelt, rice - toasted bread	30 g 40 g
1 fruit	150 g	Jam or honey	35 g
<i>If desired, it is possible to consume any kind of tea without added sugar, with or without spices: milk may be added during drinks preparation i.e. chai tea.</i>			
<b>SNACK</b>			
yogurt	125 ml	- milk - biscuits - fruit - tropical fruit (mango, papaya) - dry fruit (walnuts, almonds, peanuts)	125 ml 3 – 4 biscuits 150 g 100g 15 – 20 g
<b>LUNCH</b>			
Rice	80 g	- millet, sorghum, spelt, barley - pasta - potatoes	80 g 80 g 180 g
Mixed pulse soup (such as <i>Daal</i> )	50 g dry pulses or 150 g fresh pulses	- vegetables and pulses soup, vegetables and cereals pureed soup	30 g cereals
Vegetables of your choice	200 – 250 g		
Bread (roti, chapati, naan)	50 g	- cereals (millet, rice, spelt, bulgur, sorghum) - crackers - piadina	60 g 30 g 50 g
Oil dressing	15 g (1 ½ tablespoon)	- seed oil, peanut oil, coconut oil, corn oil	15 g (1 ½ tablespoon)
<b>SNACK</b>			
Fruit	150 g	-tropical fruit (mango, papaya,) - dry fruit (walnuts, almonds, peanuts)	100 g 15 – 20 g
Yogurt	125 ml	- Milk (i.e. for chai tea preparation) - fresh squeezed juice	125 ml 200 ml (1 glass)
<b>DINNER</b>			
Mixed pulse soup (such as <i>Daal</i> )	50 g dry pulses or 150 g fresh pulses	Vegetables and cereal soup	30 g cereals
Lean meat (chicken, lamb, goat)	120 g	- Fish - Cheese  - Pulses (chickpeas,	150g 40 – 50 g seasoned cheese (Grana, Parmesan cheese, Pecorino) 60 – 70 g fresh cheese (Paneer, Stracchino, Asiago)  50 g dry pulses or 150

		beans, broad beans, lentils, peas) - eggs	fresh pulses 2 eggs
Bread (roti, chapati, naan)	50 g	- cereals (millet, rice, spelt, bulgur, sorghum) - crackers - piadina	60 g 30 g 50 g
Vegetables of your choice	200 – 250 g		
Oil dressing	20 g		
<b><i>EVENING SNACK</i></b>			
Toasted bread	30 g	- Fruit - yogurt - milk	150 g 125 g 125 ml

**ATTENTION:**

- Avoid frequent consumption of butter, peanut butter. Prefer plant oils as dressings.
- Avoid frying food. Prefer simple preparation methods without using cooking fats.
- It is possible to use different types of animal milk or plant milk as alternative to cow's milk.
- It is recommended to use whole rice/ black rice / red rice instead of white rice.
- Reduce the use of yogurt as side or dressing sauce for food.
- Depending on the individual's tolerances, it is allowed to use spices and aromas to flavour food.

## 1900 大卡餐食计划

总能量：1961 大卡 / 蛋白质：84 克（17%） / 脂肪：60 克（28%） / 碳水化合物：263 克（54%）

食物	量	替代项	量
<b>早餐</b>			
牛奶或酸奶燕麦粥	30 克燕麦+125 毫升	燕麦的替代品： - 斯佩耳特小麦，大米 - 烤面包	30 克 40 克
一个水果	150 克	果酱或面包	35 克
如果需要，可以在不加糖，加或不加料的情况下饮用任何种类的茶：在饮料制备过程中可以添加牛奶，即奶茶。			
<b>零食</b>			
酸奶	125 毫升	-牛奶 -饼干 -水果 -热带水果（芒果，木瓜） -干果（核桃，杏仁，花生）	125 毫升 3-4 块 150 克 100 克 15-20 克
<b>午餐</b>			
大米	80 克	- 小米，高粱，斯佩尔特小麦，大麦 - 意大利面条 - 土豆	80 克 80 克 180 克
杂豆汤（如达尔）	50 克干豆类或 150 克鲜豆类	-蔬菜和豆类汤，蔬菜和谷物浓汤	30 克谷类
任选蔬菜	200-250 克		
面包（如罗迪，扁长包，扁圆包）	50 克	-谷物（小米，大米，斯佩尔特小麦，碾碎的干小麦，高粱） -克力架 -薄饼	60 克 30 克 50 克
调用油	15 克（1.5 汤匙）	- 种子油，花生油，椰子油，玉米油	15 克（1.5 汤匙）
<b>零食</b>			
水果	150 克	-热带水果（芒果，木瓜，） -干果（核桃，杏仁，花生）	100 克 15-20 克
酸奶	125 毫升	-牛奶（奶茶制作） -鲜榨果汁	125 毫升 200 毫升（1 杯）
<b>晚餐</b>			
杂豆汤（如达尔）	50 克干豆类或 150 克鲜豆类	蔬菜和谷物浓汤	30 克谷类

瘦肉 ( 鸡肉 · 羊肉 · 山羊肉 )	120 克	-鱼 -奶酪  -豆类 ( 鹰嘴豆 · 豆子 · 蚕豆 · 小扁豆 · 豌豆 ) -鸡蛋	150 克 40-50 克 ( 干奶酪 ( Grana · 帕玛森奶酪 · Pecorino ) 60-70 克 新鲜奶 ( Paneer · Stracchino · Asiago ) ) 50 克干豆类或 150 克鲜豆类 2 个鸡蛋
面包 ( 如罗迪 · 扁长包 · 扁圆包 )	50 克	-谷物 ( 小米 · 大米 · 斯佩尔特小麦 · 碾碎的干小麦 · 高粱 ) -克力架 -薄饼	60 克  30 克 50 克
任选蔬菜	200-250 克		
调用油	20 克		
<b>晚餐零食</b>			
烤面包	30 克	-水果 -酸奶 -牛奶	150 克 125 克 125 毫升

### 注意:

- 避免经常食用黄油 · 花生酱。
- 避免油炸食品。
- 可以使用其它动物奶或植物奶替代牛奶。
- 建议食用全谷大米/黑米/红米替代白米 ( 脱谷大米 ) 。
- 减少使用酸奶作为食物的佐料或调味酱。
- 根据个人的接受度 · 允许使用香料和增香调味食物。

**Weekly consumption of protein food:  
recommended frequency**

**每周所需蛋白质食品：推荐的频率**

**ANIMAL PROTEIN SOURCES:**

**动物蛋白质来源**



Lean meat (cut off visible fat): 3 – 4 times/week



瘦肉（切掉可见脂肪）：3 – 4次/周



Fish (Oily fish of small size i.e. sardines is preferable): 2 – 3 times/week



鱼（小尺寸油性鱼例如沙丁鱼优选）：2 – 3次/周



Eggs (2 eggs): 1 – 2 times/week



鸡蛋（2个鸡蛋）：1 – 2次/周



Fresh or seasoned cheese: 1 – 2 times/week



新鲜或干奶酪：1 – 2次/周

**PLANT-BASED PROTEIN SOURCES**

**基于植物的蛋白质来源：**



Pulses: 3 – 4 times/week



豆类：3 – 4次/周





### 3) Recommendations for a healthy and proper nutrition during pregnancy

- Recommended portion sizes refer to **uncooked food** weighed **without discards**.
- **Diversify your nutrition** and divide it into **3 main meals + 3 snacks**;
- Eat preferably **complex carbohydrates** (bread, cereals) without exaggerating with portion sizes. Limit the consumption of potatoes/tubers.
- **Choose simple cooking methods** (steamed/grilled/baked food); prefer fresh food and avoid preserved, convenience or highly processed food.
- **Carry out light physical activity** multiple times per week, depending on the individual's ability (i.e. walking), in order to control weight-gain and to support the glucose metabolism.
- The maximum preferable weight-gain at the end of pregnancy depends on the woman's weight before pregnancy.

Pregravidic BMI (kg/sqm)	Expected weight gain (kg)
>30	5 - 9
25 - 30	7 - 12
18,5 - 24,9	12 - 16
<18,5	12,5 - 18



**Limit** consumption of food with high content of simple carbohydrates: sugar, brown sugar, jam, honey, sugary drinks and juices, canned fruit, dried fruit, pastries, ice cream, snack cakes, etc.



**Limit** consumption of coffee (max 2 cups per day) or green tea or black tea. If possible, avoid consumption of drinks containing quinine (bitter- lemon, tonic water)



**Limit** fat dressings of animal origin like butter, bacon fat, lard. Prefer plant-based oils like extra-virgin olive oil, seed oil, peanut oil, corn oil.



### 3) 孕期健康和适当的营养推荐

- 推荐份量是指食物未经烹饪的不含废弃物的净重。
- 多元化您的营养将其分为三顿主餐+ 3种零食。
- 优选复合碳水化合物（面包，谷物）不超量食用。 限食马铃薯/块茎。
- 选择简单的烹饪方法（蒸/炙烤/烘烤食物）； 偏选新鲜食品，避免使用腌制，方便或高度加工的食品。
- 根据个人的能力（进行步行），每周要进行多次轻度运动以控制体重增加和支持葡萄糖代谢。
- 在孕期结束时最大的优选体重增加取决于女性怀孕前的体重。

孕前体重指数 (公斤/平方米)	预期体重增加 (公斤)
>30	5 - 9
25 - 30	7 - 12
18,5 - 24,9	12 - 16
<18,5	12,5 - 18



限制食用高含量单一碳水化合物的食品：糖、红糖、果酱、蜂蜜、含糖饮料和果汁，水果罐头/糖浆水果、干果、糖果，冰淇淋，蛋糕，甜点，零食等。



限制饮用咖啡（每天最多 2 杯）或绿茶或红茶。 尽可能避免饮用含奎宁的饮料比如苦柠檬，汤力水（以奎宁为主的香料带苦味的气泡水）



限制动物来源的脂肪调味，例如黄油，培根脂肪，猪油。 尽量使用植物油，例如特级初榨橄榄油，种子油，花生油，玉米油。



#### 4) Food to avoid

- Bouillon cubes/bouillon soup/ready-made sauces;
- Soft drinks (Coca-cola and similar), powdered milk, convenience food or products containing additives.
- **Avoid using cooking salt**; prefer spices, vinegar, lemon juice, aromatic herbs to flavour different dishes.
- **Avoid** soft and semi-hard cheese made out of raw or non-pasteurized milked
- Consume exclusively pasteurized or UHT milk and dairy products.
- **Avoid raw products** of animal origin like:
  - raw milk
  - raw eggs, recipes made with raw eggs (mayonnaise, home-made ice cream, sauces), undercooked eggs (i.e. boiled eggs with raw yolk);
  - raw meat (tartare), undercooked meat, salted or smoked meat;
  - fish not subjected to a complete cooking (i.e. raw seafood, fish preserved in oil or in salt);
  - canned vegetables, mushrooms.
- Avoid any kind of alcoholic beverage (wine, beer, spirits, schnapps, liquors)
- Processed and rich in fats meat (sausages, cured meat, skewers)



#### 4)避免的食物

- 各类浓缩汤块，盒装原汤以及现成的调味酱料；
- 软饮料（可口可乐和类似饮料），奶粉，方便食品或含添加剂的食品。
- 使用食用盐每天不超过 **6** 克；尽量使用香料，醋，柠檬汁，香草来调味不同的菜肴。
- 避免食用生的或未经巴氏消毒的牛奶制成的软的和半硬奶酪。
- 仅食用巴氏杀菌或超高温灭菌的牛奶和乳制品。
- 免食用生的动物来源的产品，例如：
  - 生牛奶
  - 生鸡蛋，生鸡蛋制品（蛋黄酱，自制冰淇淋，酱汁），未煮熟的鸡蛋（比如溏心蛋）；
  - 生肉，半熟肉，盐腌或熏制的肉；
  - 未完全烹饪的鱼（生海鲜，用油或盐腌制的鱼）；
  - 罐头蔬菜，蘑菇。
- 避免任何含酒精的饮料（葡萄酒、啤酒、混合酒、烈酒、烧酒）。
- 并富含脂肪的肉类（香肠，腌制肉，烤串）



## 5) Overview of food hygiene

### REMEMBER TO:

- Clean carefully all the cooking tools used for raw products. Avoid food contamination at all costs, keep separated raw and cooked products.
- Prepare meat and vegetables separately using different cooking tools and cutting boards.
- Wash your hands before and after food preparation as well as before eating.
- Cook meat all the way through (use a probe thermometer to check the cooking level).

## 5) 食品卫生概述

### 切记

- 仔细清洁用于加工生的食品的所有工具。务必避免食物污染，生熟食分开。
- 各种肉类与蔬菜使用不同的切割工具和砧板，分开使用烹饪工具。
- 在料理食物前后与进餐前要洗手。
- 彻底煮熟肉类（使用探针温度计检查熟成）。

### Listeriosis: what is it?

Bacterium: *Listeria monocytogenes*.

Source of infection: contaminated raw or cooked products.

Transmission: occurs as a result of food contaminated after cooking.

It is recommended to:

- drink exclusively pasteurized or UHT milk.
- Before consumption, always heat up to high temperature pre-cooked meat or prepared processed products.
- Do not contaminate food under preparation with raw food or products coming from gastronomy and deli counters.
- Do not eat soft cheese if there is no certainty that it is made out of pasteurized milk.
- Do not eat fresh or non-canned meat pâté.
- Do not eat smoked fish.

### 李斯特菌病：是什么？

细菌类：单核细胞增生李斯特菌。

感染源：受污染的生或熟产品。

传播：由于烹饪后的食物被污染而发生。

建议：

- 只喝巴氏杀菌或超高温灭菌牛奶。
- 避免食用未经加工烹煮的肉类或其它食品，除非将它们重新加热至高温。
- 避免用生食或从超市、熟食店和外卖店的食物污染正在准备的食物。
- 如果不能确定由巴氏消毒的牛奶制成的软奶酪，请不要食用。
- 请勿食用鲜生肉酱或者未罐装的肉酱制品。
- 请勿食用生烟熏鱼。

### Salmonellosis: what is it?

Bacterium: Salmonellae (as *S. typhimurium* e *S. enteritidis*)

Source: conveyed by contaminated food, water, little pets.

It is recommended to:

- wash fruit and vegetables before handling and consumption
- Wash your hands before, during and after food preparation
- Freeze prepared food in small containers to guarantee a rapid chilling of temperature.
- Cook all products of animal origin, in particular poultry, pork and eggs.
- Avoid (or at least reduce) consumption of raw or undercooked eggs (i.e. fried eggs), home-made ice cream and zabaglione, any other food prepared with dirty or broken eggs.
- Consume exclusively pasteurized or UHT milk.
- Protect prepared food from contamination caused by insects and rodents.
- Avoid contamination between different food, keep raw and cooked products separated.
- Individuals experiencing diarrhoea should not prepare food.

### Toxoplasmosis: what is it?

Bacterium: *Toxoplasma gondii*.

It is recommended to:

- wash fruit and vegetables (pre-packed salads included) before handling and consumption.
- Wash your hands before, during and after food preparation.
- Cook accurately meat and frozen prepared food.
- Avoid raw meat as ham and cured meat.
- Avoid contact with mucous membranes after handling raw meat.
- Avoid contact with potentially contaminated potting soil (by cat's excrements for example). Wear gloves and subsequently wash your hands accurately.
- Avoid contact with cat's excrements (wear gloves while cleaning cat litter and accurately wash your hands thereafter).

### 沙门氏菌病：是什么？

细菌类：沙门氏菌（如鼠伤寒沙门氏菌和肠炎沙门氏菌）

来源：由污染的食物，水，小宠物传播。

建议：

- 在料理和食用前洗净水果和蔬菜
- 在准备食物之前、过程中和之后要洗手
- 将准备好的食物冷冻在小容器中，以确保快速冷却。
- 煮熟所有动物源类食物，尤其是家禽，猪肉和鸡蛋。
- 避免（或至少减少）食用生的或未煮熟的鸡蛋（比如煎炒蛋），自制的冰淇淋和含生蛋黄的奶油，及任何其它用受污染的或破损鸡蛋制成的食物。
- 只食用经过巴氏消毒的牛奶或超高温灭菌牛奶。
- 保持做好的食物免受昆虫和啮齿动物的污染。
- 避免不同食物之间的污染，将生熟食物分开。
- 正患有腹泻的人不应该处理食物。

### 弓形虫病：是什么？

细菌类：细胞内寄生的弓形虫。

建议：

- 在处理和食用前清洗水果和蔬菜（包括包装的沙拉蔬菜）。
- 在准备食物之前，过程中和之后要洗手。
- 煮熟透肉类，冷藏料理好的食品。
- 避免食用腌制生肉，例如生火腿和生腊肠。
- 处理生肉后，避免接触皮肤黏膜。
- 避免接触可能被猫粪污染的土壤。戴上手套，然后洗净双手。
- 避免与猫粪接触（更换猫厕所时应戴手套，然后洗净双手）。

## 6) Recommendations for a healthy and balanced nutrition during breastfeeding

**Lifestyle** and **nutrition** are fundamental factors to consider for mother's and baby's health, starting from the preconception period, during pregnancy and breastfeeding, through the baby's growth.

The “first 1000 days of life”, from conception until the first two years of life, represent a key period for disease prevention in adulthood.

Over the first months of life, breast milk has an essential role and is referred to as “the ideal food for a healthy growth of infants” by the World Health Organization.

Breastfeeding is also beneficial for women:

- it reduces risk of cardiovascular diseases and femoral fractures during menopause.
- it represents a protection against some types of breast and ovarian cancer (the World Cancer Research Fund mentions breastfeeding as one of the 10 specific recommendations aimed at reducing the oncologic risk).

The **energy cost of breastfeeding** is proportional to the quantity of produced milk, which differ from case to case.

Getting back to the pre-pregnancy weight or to a normal weight range represents an important objective that needs to be evaluated properly, the energy intake may in fact vary depending on the woman's nutritional status and on the weight gained during pregnancy.

**The protein intake needed during breastfeeding depends on the proteins synthesis for breast milk production and, as a result, it is proportional to the quantity of milk produced by the mother; the need for protein is therefore greater during exclusive breastfeeding (generally in the first 6 months).**

## 6) 母乳喂养期间健康均衡营养的建议

生活方式和营养是从母体受孕期开始，在怀孕和哺乳期间一直到婴儿成长，都是母婴健康要考虑的基本因素。“生命的前**1000天**”，即从怀孕到两岁，到这段时期对预防成人疾病起着关键作用。在生命的最初几个月中，母乳发挥着至关重要的作用，被世界卫生组织称为“促进婴儿健康成长的理想食品”。

母乳喂养对妇女也有好处：

- 它降低了更年期发生心血管疾病和股骨骨折的风险。
- 它呈现了针对某些类型的乳腺癌和卵巢癌的保护作用（世界癌症研究基金会将母乳喂养作为旨在降低肿瘤风险的**10**项具体建议之一）。

**母乳喂养的能量所需**与产奶量成正比，又因情况而异。

恢复到孕前或正常体重范围是需要适当评估的重要目标。实际上，能量摄入可能会因女性的营养状况和怀孕期间增加的体重而有所不同。

母乳喂养期间所需的**蛋白质摄入量**取决于产生母乳的蛋白质合成，因此，它与母亲的产奶量成正比。而纯母乳喂养期间（通常在头**6**个月内）对蛋白质的需求更大。

*A few recommendations:*

- Plan meals in function of breastfeeding.
- Have a snack after breastfeeding.
- Avoid tea or coffee consumption close to breastfeeding.
- *The flavour of breast milk may change depending on the food eaten by the mother. Choosing a varied diet during breastfeeding, which means exposing the baby to different flavours, prepares the baby to like a wider range of flavours.*

For any personalized recommendations, please contact the dieticians of the dietary service in Latisana-Palmanova.

一些建议:

- 根据母乳喂养计划膳食
- 母乳喂养后来点零食
- 避免饮用茶或咖啡与母乳喂养时接近。
- 母乳的味道可能会因母亲所吃的食物而异。在母乳喂养期间选择多样化的饮食，这意味着让婴儿尝试不同的味道，给婴儿准备尽可能更广泛的口味爱好。

如需任何个性化建议，请联系拉蒂萨娜-帕尔马诺娃/Latisana-Palmanova 膳食服务处的营养医师。

Edited by:

**SERVIZIO DIETETICO**  
**OSPEDALE LATISANA - PALMANOVA**  
Dietary service  
Latisana-Palmanova Hospital

LATISANA OFFICE: DIETICIAN: Rosaria Amabile 医生 罗萨里亚 • 阿玛比勒 电话 0431 529909	PALMANOVA OFFICE DIETICIAN Germana Guida 医生 日耳曼娜 • 圭达 电话 0432 921425
---	--

Translated from Italian into English: Maddalena Ariis  
英语翻译: Maddalena Ariis  
Traduzione dall'inglese al cinese a cura di: Giovanna Jiang  
中文翻译: 江岙

*Disclaimer: The Chinese version is a translation of the English translation (of the original in Italian), for information purposes only. In case of a discrepancy, the Italian original will prevail.*

*While reasonable efforts are made to provide accurate translations, portions may be imprecise. The translator shall not be liable for any losses caused by reliance on the accuracy or reliability of translated information.*

免责声明：中文版是英文翻译的译文（译自意大利语原版），仅供参考。如有差异，以意大利原文为准。尽管已尽力提供准确的翻译，但部分内容尚可能不精准。对于因依赖翻译信息的准确性或可靠性而造成的任何损失，翻译人员概不负责。