



## FOOD SAFETY

Here are some tips for safe food handling:

- Wash your hands before preparing food and eating.
- Wash fresh produce thoroughly before eating.
- Cook food thoroughly, especially eggs and foods made with eggs, meat, poultry and seafood.

Avoid the following: 

- Raw fish, especially shellfish and sushi
- Unpasteurized milk, juice and soft cheese. Soft cheeses made from pasteurized milk are fine
- Raw sprouts
- Herbal supplements and herbal teas, until you check with your doctor
- Swordfish, tilefish, king mackerel and shark, due to high mercury content

Issued as a 'Public Awareness Initiative' by

 **NOVELTY**  
HealthShine Pvt. Ltd.

Makers of

 **FULLYTE-MOM™**  
NUTRITIONAL SUPPORT FOR MOMS

 **OSTEOPEAK-MOM®**  
In *Pregnancy & Lactation*

**Novelty HealthShine Pvt. Ltd.,**

506, Mayuresh Square, Plot No. 17, Sector 15, CBD Belapur,  
Navi Mumbai, Maharashtra - 400614. Contact No. : 022-4972 7771

Email : [info@noveltyhealthshine.com](mailto:info@noveltyhealthshine.com)

Website : [www.noveltyhealthshine.com](http://www.noveltyhealthshine.com)

QR Scanner /  
Google Lens



[www.cfizz.com](http://www.cfizz.com)  
[www.noveltyhealthshine.com](http://www.noveltyhealthshine.com)



**MY PREGNANCY**  
**PLATE**



**Fruits:** Choose whole fruits



**Non-starchy Vegetables:** Aim for 2 cups at meals. Include cooked Broccoli, Leafy Greens, Green Beans, Tomato, Cauliflower, Carrots, Bell Peppers /Capsicum, Mushrooms, etc.



**Proteins:** Choose protein sources such as Chicken, Fatty Fishes, Eggs, Soy  
For Vegetarians, include Dairy products, Legumes, such as Chickpeas, Kidney Beans, And Lentils, Nuts, Seeds, etc.



**Whole Grains:** More often choose whole grains (Quinoa, Brown Rice, Barley, Jowar) over those made with white flour.



**Fluids:** Water, Decaffeinated Tea & Coffee, Limit sugary Beverages (Regular Soda, Sweetened Teas, Fruit Juices).



**Fats:** Focus on healthier sources of fat (Nuts/Nut Butter, Avocado, Olive Oil, Seeds, Desi Ghee). Try drizzling olive oil on vegetables or sprinkling chia seeds on your salad.



**DHA:** This is a type of fat called "Omega-3 Fatty Acid" that is very important for your baby's healthy brain and eye development. Omega-3 fat is especially important from 20 weeks of pregnancy until you are done breast feeding. The best sources of DHA are Tuna and Salmon. These types of fish are safe for pregnant women.

**HEALTHY SNACK OPTIONS**



+



+



Soaked almonds (5-6)    1 whole soaked walnuts    150-200g yoghurt



+



Boiled chickpea chaat    300 ml buttermilk



+



1 whole wheat bread    1 tbsp peanut butter



1 medium sized apple/ pear

+



1 fist of roasted dal/chana  
1 bowl of roasted makhana bhel or makhana kheer