

# PREGNANCY SMOOTHIE

A CONVENIENT AND EASY SNACK FOR PREGNANT WOMEN

## • FACT SHEET •



- ALL NATURAL
- NO CAFFEINE
- NO ARTIFICIAL SWEETENERS
- NO ARTIFICIAL COLOURS
- NO FILLERS
- NO PRESERVATIVES
- CONTAINS 15G PROTEIN IN EVERY SERVE

www.healthymummy.com

## WHAT IS THE HEALTHY MUMMY PREGNANCY SMOOTHIE?

The Healthy Mummy Pregnancy Smoothie is a convenient and easy snack for pregnant women.

THE SMOOTHIE IS DESIGNED TO COMPLEMENT A WOMAN'S EXISTING PREGNANCY VITAMINS OR SUPPLEMENTS, TO HELP THEM MEET THE EXTRA PROTEIN, VITAMIN AND MINERAL REQUIREMENTS OF PREGNANCY.

While the smoothie is full of nutrients essential for a healthy pregnancy, our nutritionists have ensured the quantities of vitamins and minerals are at low levels, so there is no risk of exceeding the recommended daily intake during pregnancy.

The pregnancy smoothie is also free of all chemicals, fillers and artificial ingredients, has no fructose, no added sugar and uses high-quality dairy protein, sourced from grass-fed cows in New Zealand.



**ALI PICKLES**  
REGISTERED NURSE & MIDWIFE

"Having a Healthy Mummy Pregnancy Smoothie is an easy way to give you energy and help you glow. The smoothie is not a meal replacement but an ideal snack to complement pregnancy supplements. Having easy accessible snacks on hand when you are pregnant can assist with acid build-up or reflux by allowing your digestive system to process smaller meals rather than larger meals, which are harder to digest."



**CHERE SHELDON**  
NUTRITIONIST

"I would not hesitate to recommend The Healthy Mummy Pregnancy Smoothie – in fact, I'd probably prescribe it! Normally, I don't encourage pre-made smoothies, but this product has no artificial colours or preservatives and is not genetically modified. It is sweetened with thaumatin, a natural sweetener from fruit, so it has no sugar or fructose, and will not have a negative impact on your blood sugar."



**NIKKI BOSWELL**  
NUTRITIONIST

"Eating a well-balanced diet can be a challenge at the best of times. During pregnancy, you have additional nutrient requirements to meet, often while battling morning sickness, fatigue, constipation, bloating, heartburn and indigestion. The Healthy Mummy Pregnancy Smoothie is a convenient source of nutrients that is quick to prepare and has been formulated with the demands of pregnancy in mind."



**KATHLEEN ALLEAUME**  
EXERCISE PHYSIOLOGIST AND NUTRITIONIST

"The Healthy Mummy Pregnancy Smoothie is a convenient snack you can integrate as part of a well-balanced diet to ensure you are getting the right balance of nutrients. When combined with wholefoods, such as fruit and milk, the smoothie is a great way to ramp up your protein intake. It is also rich in fibre to prevent hunger pains and help with constipation and bloating."

### IS THIS A NATURAL PRODUCT?

Yes. The Healthy Mummy Pregnancy Smoothie is formulated with high-quality ingredients, and is free of fructose, sucrose, artificial colours and flavours. The smoothies contain protein sourced from milks; plant fibres such as psyllium husk; and naturally occurring probiotics. Vitamins and minerals are in low concentrations, which reflect the natural levels found in foods.

### WHY DO I NEED EXTRA NUTRIENTS IN PREGNANCY?

Growing a baby is a huge job, requiring large amounts of protein, extra energy (particularly in the second and third trimesters) and drawing deeply on your body's stocks of minerals such as folate, iodine, calcium, iron and zinc. Your diet also needs to support the dramatic changes happening to your own body.

### DO I STILL NEED TO TAKE PREGNANCY VITAMINS?

Yes. The Healthy Mummy Pregnancy Smoothie is specifically formulated to complement your diet and pregnancy supplements. It is designed to be used as a nutritious snack in pregnancy, to help you achieve your increased nutrient demands. We recommend taking a pregnancy supplement in conjunction with the smoothie, however always listen to the advice of your healthcare practitioner.

### IS THE SMOOTHIE SAFE IN PREGNANCY?

Yes. All the ingredients in the Healthy Mummy Pregnancy Smoothie are suitable for consumption during pregnancy, and have a long history of safe use during pregnancy. The vitamins and minerals added are essential nutrients that are present in foods, however are needed in higher amounts during pregnancy.

### CAN I USE THIS PRODUCT IF I HAVE GESTATIONAL DIABETES?

The Healthy Mummy Pregnancy Smoothies are a suitable complement to the daily diet of pregnant mothers, including those with gestational diabetes. Diabetes Australia recommends women with gestational diabetes:

- eat small amounts often and maintain a healthy weight
- include some carbohydrate in every meal and snack
- avoid foods and drinks containing large amounts of sugar
- choose foods that are varied and enjoyable, and which provide the nutrients needed during pregnancy. This means foods that include calcium, iron, folic acid and fibre, and are low in fat, particularly saturated fat.

## FREQUENTLY ASKED QUESTIONS

The Healthy Mummy Pregnancy Smoothies contain protein, carbohydrates, fibre, the vitamins and minerals needed in pregnancy, and have less than 1g of saturated fat per serve. They are free from fructose and sucrose and only contain 2.6g of sugar per serve (the same quantity of apple provides approximately 3g of sugar). If you are concerned about the management of your gestational diabetes you should get in touch with your healthcare practitioner or a diabetes educator who can provide expert advice.

### CAN I GET TOO MANY NUTRIENTS IF I'M HAVING SMOOTHIES AS WELL AS PREGNANCY SUPPLEMENTS?

No. The vitamins and minerals provided are far less than the maximum level of intake stated by the National Health and Medical Research Council. As such, you will not go over the maximum level of intake by drinking the smoothie while taking a prenatal supplement.

The Healthy Pregnancy Eating & Exercise Plan provides an easy how-to guide for your healthiest pregnancy, with a nutritionist-designed meal plan, recipes and an easy-to-follow, at-home exercise plan, plus tips on what and how much to eat, and how to deal with some of the potential challenges of pregnancy.

\$39.95

available from

www.healthymummy.com







**\$49.95**  
available from  
**www.healthymummy.com**

# HOW CAN THE SMOOTHIE HELP PREGNANT WOMEN?

• **HEALTHY CALORIES** Additional nutrients and calories are needed in pregnancy to support both mum and baby. The smoothie is a convenient and tasty way to increase calorie consumption, while nourishing the body.

• **MORNING SICKNESS** For those women suffering morning sickness, eating solid food can be difficult. The smoothie is easy to drink and nourishing, and also contains ginger, which may help reduce nausea.

• **TIREDDNESS** Exhaustion is very common in pregnancy; the smoothie is a nutrient-dense snack, high in protein, B vitamins and low-constipation iron to help keep energy levels up.

• **CONVENIENCE** Women who are struggling to find the time or energy to eat nutrient-dense and healthy foods may find the smoothie to be a great help. A smoothie could be made into a quick and healthy breakfast by adding fruit, oats and vegetables to further increase calories.

• **PROTEIN & CALCIUM** The smoothie is a high-protein, high-calcium snack, designed to help meet a woman's increased requirements in pregnancy, with each smoothie supplying 30 per cent of daily protein needs.

**Special offer: 10% discount use code FACT at checkout**

**CONTACT US** 1300 301 172  
or email us at [info@thehealthymummy.com](mailto:info@thehealthymummy.com)  
**www.healthymummy.com**

# WHAT IS IN THE SMOOTHIE?

ALL NATURAL • NO CAFFEINE • NO ARTIFICIAL SWEETENERS • NO ARTIFICIAL COLOURS • NO FILLERS • NO PRESERVATIVES  
**CONTAINS 15G PROTEIN**

INGREDIENT	DEFINITION
Milk protein isolate	Milk Protein Isolate (MPI) is the substance obtained by the partial removal of sufficient non-protein constituents (lactose and minerals) from milk so that the finished dry product contains 90% or more protein by weight.
Skim milk powder	Powdered milk is a manufactured dairy product made by evaporating milk to dryness.
Rice bran powder	A product obtained by milling rice, consisting of the seed coat, a fraction of the grain removed in milling, the germ and broken grains. It is used medicinally as a source of thiamine and fibre.
Apple pectin	Water-soluble colloidal carbohydrates of high molecular weight, found in ripe fruits, such as apples.
Microcrystalline cellulose	This is a refined plant fibre. It has been selected as an ingredient and added to the formulation to provide dietary fibre to aid healthy bowel elimination, as may be desired during pregnancy.
Flaxseed meal	Flaxseeds contain high levels of dietary fibre as well as an abundance of micronutrients and healthy omega-3 fatty acids. Flaxseed meal is crushed flaxseeds.
Soy lecithin (non GM)	Soy lecithin consists of three types of phospholipids; phosphatidylcholine (PC), phosphatidylethanolamine (PE) and phosphatidylinositol (PI). It is extracted from soybean oil and is generally used as a natural emulsifier or stabiliser in various food applications.
Psyllium husk powder	Psyllium seed husks, also known as psyllium, are indigestible and are a source of soluble dietary fibre to aid healthy bowel elimination.
Aquamin	Aquamin is a marine multi-mineral complex sourced from the algae Lithothamnium calcareum. It provides bioactive calcium, magnesium and 72 other trace marine minerals.
Thaumatococcus	The intensely sweet protein that is isolated from the African fruit <i>Thaumatococcus daniellii</i> . It is used as a sweetener in food.

INGREDIENT	DEFINITION
Pumpkin seed meal	Pumpkin seed meal, or ground pumpkin seeds, contains protein, vitamins, minerals and fibre.
Inulin	Inulins are a group of naturally occurring polysaccharides produced by many types of plants, most often extracted from chicory. The inulins belong to a class of dietary fibres known as fructans and do not contain fructose.
Probiotics	Live bacteria – specifically, Lactobacillus acidophilus and Bifidobacterium longum – that may add to the beneficial bacteria normally present in the gastrointestinal tract. These bacteria are important for the health of the gastrointestinal and urogenital tract.
Betacarotene	Natural betacarotene from algae. This nutrient can be converted into vitamin A. As it is only converted as the body needs it, it is a suitable source of vitamin A during pregnancy and will not result in vitamin A levels being exceeded.
Zingiber officinale (Ginger)	Ginger is a flowering plant in the family Zingiberaceae whose rhizome (root) is widely used as a spice or a medicine.
Magnesium Phosphate	A source of the essential mineral magnesium
Calcium Hydrogen Phosphate	A source of the essential mineral calcium
Ferrous Fumarate	A source of the essential mineral iron
Ascorbic Acid	Vitamin C
Zinc Citrate	A source of the essential mineral zinc
Nicotinamide	Vitamin B3
d-alpha Tocopheryl Acid Succinate	Vitamin E
Pyridoxine Hydrochloride	Vitamin B6
Riboflavin	Vitamin B2
Thiamine Hydrochloride	Vitamin B1
Folic acid	Vitamin B9
Potassium iodide	A source of the essential mineral iodine
Cholecalciferol	Vitamin D
Cyanocobalamin	Vitamin B12

# WHAT ARE THE RDIs FOR VITAMINS & MINERALS IN PREGNANCY?

Nutritional Information					
Average servings per pack:16		Serving size: 30g		*when made with skim(1%fat)milk	
	Avg Qty per serve	% DI	Avg Qty per 100g	*Avg Qty per serve	% DI
Energy	441kJ	5.1%	1469kJ	970kJ	11.1%
Protein	15g	30%	49.4g	24.3g	48.6%
Fat - total	1.8g	2.6%	6.0g	4.8g	6.9%
- saturated	less than 1g	1.7%	1.3g	2.5g	10.4%
Carbohydrate	5.0g	1.6%	16.6g	20.2g	6.5%
- sugars	2.6g	2.9%	8.6g	17.8g	19.8%
Sodium	40.3mg	1.8%	134.2mg	135.3mg	5.9%
Fibre	4.3g	14.3%	14.3g	4.3g	14.3%

Vitamin or mineral	Amount per serve in Healthy Mummy Smoothie formula	RDI for pregnancy	RDI for lactation	Upper level as per Nutrient Reference Values for Australia and New Zealand
Thiamin	0.55mg	1.4mg	1.4mg	N/A
Riboflavin	0.85mg	1.4mg	1.6mg	N/A
Niacin	5mg	18mg	17mg	N/A
Pyridoxine	0.8mg	1.9mg	2mg	50mg/day
Cyanocobalamin	1µg	2.6µg	2.8µg	N/A
Folate	100µg	600µg	500µg	1000µg/day as folic acid
Vitamin A	N/A	700-800µg	1100µg	3000µg/day
Betacarotene	265µg	N/A	N/A	N/A
Vitamin C	20mg	55-60mg	80-85mg	N/A
Vitamin E	5mg	7-8mg	11-12mg	300mg/day
Calcium	400mg	1000-1300mg	1000-1300mg	2500mg/day
Iron	6mg	27mg	9-10mg	45mg/day
Magnesium	130mg	350-400mg	310-360mg	350mg/day
Phosphorous	500mg	1000-1250mg	1000-1250mg	Pregnancy 3500mg/day, lactation 4000mg/day
Zinc	3mg	10-11mg	11-12mg	40mg/day
Iodine	24.1µg	220µg	270µg	1100µg/day