

Pre-conception to postpartum, dietitian-grade.

*Trimester-staged MNT, GDM, hyperemesis & lactation.
Built on RCOG · NICE · ACOG · WHO · ESHRE.*

Inside this preview: the Clinical Guide cover, contents page and a chapter sample, the Patient Handout Pack cover and a handout sample, the Hyperemesis Toolkit cover, and a complete contents map of the full bundle.



SWIPE TO EXPLORE

The Dietitian's Vault

Volume

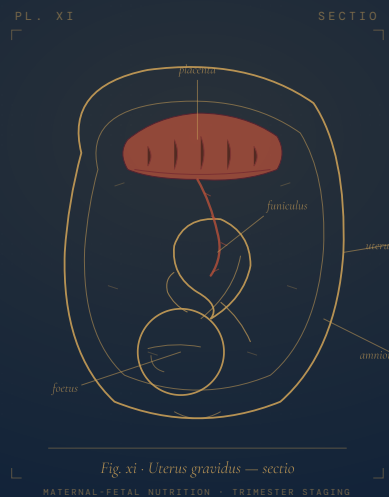
Nº 11

VOL. Nº 11

SPECIALTY CATALOG
EDITION · 2026.06

A CLINICAL GUIDE ·
ADIME-ALIGNED

The *Prenatal & Fertility* Nutrition Handbook



Contents

01 Preconception Nutrition

Folate · Iron stores · Vitamin D · Iodine · Omega-3 · BMI optimisation · Male fertility · Timing · Alcohol & caffeine

02 Pregnancy Nutrition Fundamentals

Trimester energy needs · Macronutrient distribution · Weight gain targets · Critical micronutrients

03 Supplementation in Pregnancy

Prenatal multivitamin · Iron · Vitamin D · DHA · Probiotics · Vitamin A risk · Herbal supplements to avoid

04 Common Pregnancy Conditions

NVP · Hyperemesis · GDM · Pre-eclampsia · Anaemia · Constipation · GORD · Pica

05 High-Risk Pregnancies

Multiples · Adolescent · Post-bariatric · Pre-existing diabetes · CKD · IBD · Vegetarian/vegan

06 Food Safety in Pregnancy

Listeria · Toxoplasma · Mercury · Raw eggs · Alcohol · Caffeine

07 Postpartum & Lactation Nutrition

Breastfeeding energy needs · Key nutrients · Milk supply · Weight management · Postpartum depression · Vegan lactation

08 Fertility Nutrition

PCOS · Endometriosis · Mediterranean diet evidence · Antioxidants · IVF nutrition · Weight & fertility

09 Case Studies

Preconception PCOS · T2 GDM · Post-bariatric pregnancy

10 ADIME Documentation & Monitoring

Trimester-aware ADIME template · PES examples · Monitoring schedule · Four-domain evaluation

11 Quick-Reference Cards

References & Abbreviations

- **Insulin** is the gold standard (does not cross the placenta)⁶
- **Metformin**: Used in some guidelines (NICE allows, ACOG cautious) — crosses placenta, long-term offspring data emerging
- **Dietitian role with insulin**: Coordinate meal timing with insulin onset, adjust carbohydrate distribution to match insulin action, educate on hypoglycaemia recognition and treatment, ensure snacks available especially at bedtime (to prevent nocturnal hypoglycaemia)

Pre-eclampsia & Calcium

EVIDENCE NOTE

A Cochrane review (Hofmeyr et al., 2018) found that **calcium supplementation (≥ 1 g/day) roughly halves pre-eclampsia risk overall (RR 0.45, ~55%)**, with an even larger effect in women with low calcium intake (RR 0.36, ~64%). **WHO recommends 1.5–2.0 g/day** supplemental calcium, in divided doses from 20 weeks, for pregnant women in populations with low dietary calcium intake (separated from iron by 2+ hours). Emerging evidence may lower the effective dose: large 2024 trials (India and Tanzania, ~22,000 women) found 500 mg/day non-inferior to 1500 mg/day for pre-eclampsia. In populations with adequate calcium intake, supplementation above the RDA (1000 mg) is not needed for pre-eclampsia prevention.⁷

- **Low-dose aspirin** (75–150 mg at bedtime from 12 weeks) is the primary pharmacological prevention for high-risk women — not nutritional, but dietitians should be aware
- **Other nutrients investigated**: Vitamin D (promising but insufficient evidence for recommendation specifically for pre-eclampsia prevention), omega-3 (weak evidence), antioxidants (vitamins C and E supplementation showed no benefit in large RCTs)

Anaemia in Pregnancy

TYPE	HB THRESHOLD	DISTINGUISHING FEATURE	MANAGEMENT
Physiological haemodilution	Hb 100–110 g/L in T2	Normal — plasma volume expands faster than red cell mass. Ferritin usually normal (≥ 30 mcg/L). MCV normal.	Reassurance. No iron supplementation needed. Monitor at 28 weeks.
Iron deficiency anaemia	Hb <110 g/L (T1/T3) or <105 g/L (T2)	Low ferritin (<30 mcg/L), low MCV (microcytic), high TIBC	Oral iron 60–200 mg elemental iron daily. If intolerant or T3 — IV iron. Dietary iron counselling. ⁸
Folate deficiency anaemia	Hb <110 g/L	High MCV (macrocytic), low serum/red cell folate, normal ferritin	Folic acid 5 mg/day. Dietary folate-rich foods. Usually co-exists with iron deficiency.
B12 deficiency anaemia	Hb <110 g/L	High MCV, low serum B12, elevated homocysteine/MMA	B12 supplementation (oral 1000 mcg/day or IM injections). Common in vegan pregnancies.

Constipation

- **Cause**: Progesterone slows gut motility + iron supplements + uterine pressure on bowel + reduced physical activity

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PATIENT HANDOUT PACK

The *Prenatal & Fertility* Handout Pack

PL. XI-P

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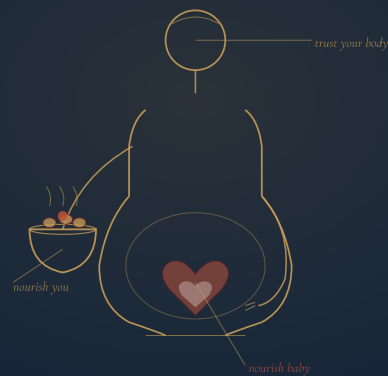


Fig. xi-p · Nourishing two

MOTHER · BABY · TOGETHER

Patient Handouts

01 Eating Well Before Pregnancy

02 Your Pregnancy Nutrition Guide

03 Foods to Avoid in Pregnancy

04 Your Pregnancy Supplements

05 Managing Morning Sickness

06 Iron-Rich Foods Guide

07 Gestational Diabetes Meal Planning

08 Eating for Breastfeeding

09 Calcium & Bone Health in Pregnancy

10 Safe Fish Guide

11 Vegetarian & Vegan Pregnancy

12 Healthy Weight in Pregnancy

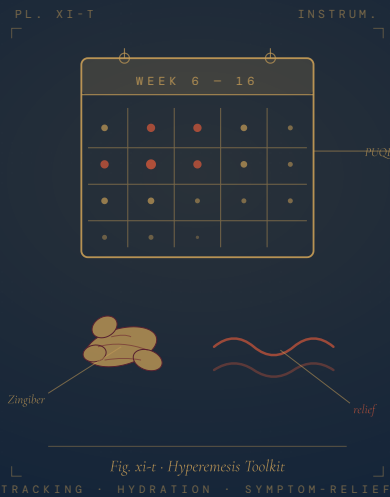
13 7-Day Meal Plan & Shopping List

14 Daily Food & Symptom Diary

15 Pregnancy Weight Gain Tracker

A BONUS TOOLKIT

Hyperemesis & Morning Sickness Toolkit



The *Prenatal* Nutrition Handbook

You have just previewed 6 pages. Below is what's in the full bundle.

PART ONE

Clinical Guide

11 CHAPTERS · 60 PP

- Pre-conception nutrition
- Pregnancy nutrition fundamentals
- Supplementation in pregnancy
- Common pregnancy conditions
- High-risk pregnancies (GDM, pre-eclampsia)
- Food safety in pregnancy
- Postpartum & lactation nutrition
- Fertility nutrition · case studies

PART TWO

Patient Handout Pack

15 PRINT-READY
HANDOUTS

- Eating well before pregnancy
- Pregnancy nutrition guide
- Foods to avoid in pregnancy
- Pregnancy supplements
- Managing morning sickness
- Iron-rich foods guide
- GDM meal planning
- Eating for breastfeeding
- Calcium · safe fish · vegetarian/vegan pregnancy · healthy weight
- 7-day meal plan · food & symptom diary · weight-gain tracker

PART THREE

Recipe Collection

47 PREGNANCY-SAFE
RECIPES

- Pre-conception & first trimester
- Second trimester · third trimester
- Postpartum & lactation
- Snacks & nausea-friendly
- Trimester & breastfeeding tags

Bonus included: *the Hyperemesis Toolkit — HG management protocols built on RCOG Green-top 69 (2024) and ACOG Practice Bulletin 189 (2018).*

\$89

Four files · including the Hyperemesis Toolkit

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