

Eating healthily during pregnancy will keep you healthy and help your baby to develop and grow

It's important to eat a variety of different foods every day to get the right balance of nutrients you and your baby needs.

The role red meat can play in pregnancy

Lean red meat like beef, lamb and pork can be a good source of protein, iron, zinc and Vitamin B12 which are important nutrients during pregnancy.

Iron requirements for adult women (19-50 years) is 14.8 mg a day – this requirement is higher during pregnancy.

Iron helps the bloodflow of oxygen between mother and baby.

Animal -based iron sources, such as red meat are particularly rich sources of iron and are referred to as 'haem iron' sources - this means it's easier for the body to absorb the iron from haem sources than from plant based sources (known as non haem iron).

"If pregnant, eating cooked red meat in the recommended portion size (70g a day or 500g over the course of a week) can have numerous health benefits such as strengthening the immune system, supplying long-term energy, building and fixing body tissues and protecting the body from infections".

Sioned Quirke – Specialist Dietitian

Tips

- Choose lean cuts of meat and trim off visible fat.
- Ensure you cook your meat thoroughly (not pink inside).
- Avoid liver and liver products during pregnancy.



Welsh Beef and vegetable chow mein

Ingredients

- 450g PGI Welsh Beef rump steak, cut into very thin slices

For the marinade:

- 1 tbsp cornflour
- 3 tbsp reduced salt soy sauce
- 4 tbsp cold beef stock
- 1 tsp dark brown sugar
- 1 tsp vegetable oil
- ½ tsp black pepper

For the chow mein:

- 1 tbsp vegetable oil
- 3 garlic cloves, crushed or grated

- 4cm piece fresh ginger, grated
- 2 carrots, peeled and thinly sliced
- 150g tenderstem broccoli or broccoli florets
- 1 red pepper, thinly sliced
- 100g beansprouts
- 8 spring onions, peeled and chopped
- 400g pack noodles (cook as instructed) (wholewheat noodles will provide more fibre)

Method

1. To make the marinade, mix the cornflour and soy sauce and whisk until smooth. Add the beef stock, brown sugar and oil. Then add the black pepper to taste and whisk well. Add the meat and leave to marinate for at least 1 hour (longer if possible).
2. Make the chow mein. Heat the oil in a large frying pan or wok, take the beef out of the marinade (keeping the marinade) and brown the beef in the wok, then transfer to a plate.
3. Add the garlic and ginger to the wok and stir-fry for 1 minute. Add the broccoli and stir-fry for 2 minutes over high heat, then add the carrots, red pepper and half the spring onions and stir for 1 minute.
4. Add the beansprouts and stir for 1 minute. Add the cooked noodles and the rest of the marinade and beef. Stir well for a few minutes on a high heat until it's all piping hot. Top with the remaining spring onions.

Nutritional breakdown (Per portion)

Energy (kJ)	Energy (kcal)	Fat	Saturates	Carbohydrates	Total Sugars
1828	433	12g	2.6g	49g	9g
Fibre	Protein	Salt	Iron	Zinc	
8.7g	34g	1.2 g	5.5mg	5.5mg	

Serves 4

Prep time: 20 minutes

Cook time: 10 minutes



Bydd bwyta'n iach yn ystod beichiogrwydd yn helpu cadw chi'n iach ac helpu eich babi i ddatblygu a thyfu

It's important to eat a variety of different foods every day to get the right balance of nutrients you and your baby needs.

Rol cig coch yn ystod beichiogrwydd

Mae cig coch yn cynnwys amrywiaeth o faetholion buddiol fel protein, haearn, sinc a Fitamin B12, oll yn faetholion pwysig yn ystod beichiogrwydd.

Gofynion haearn ar gyfer merched sy'n oedolion (19-50 oed) yw 14.8mg y dydd – mae'r gofyniad hwn yn uwch yn ystod beichiogrwydd.

Mae haearn yn gwneud celloedd gwaed coch sy'n cario ocsigen rhwng yr fam a'r plentyn.

Mae ffynonellau haearn o anifeiliaid fel cig coch yn ffynonellau haearn arbennig o gyfoethog a chyfeirir atynt fel ffynonellau 'haearn haem'.

Mae hyn yn golygu ei bod yn haws i'r corff amsugno'r haearn o ffynonellau haem nag o ffynonellau planhigion (a elwir yn haearn nad yw'n haem).

"Os yn feichiog, gall bwyta cig coch wedi ei goginio ym maint yr dogn a argymhellir (70g y dydd neu 500g dros wythnos) fod â nifer o fanteision iechyd megis cryfhau'r system imiwnedd, cyflenwi ynni hirdymor, adeiladu a thrwsio meinweoedd y corff a diogelu'r corff rhag heintiau."

Sioned Quirke – Deietegydd Arbenigol

Pwyntiau i'w cofio

- Dewisiwch doriadau o gig heb lawer o fraster a trimio gweddill yr braster.
- Coginiwch yr cig yn drwyadl (ddim yn binc yn yr canol).
- Peidiwch a bwyta iau/afi a cynhyrchion iau/afi.



Chow mein Cig Eidion Cymru a llysiau

Cynhwysion

- 450g stecen ffolen Cig Eidion Cymru PGI, wedi'i thorri'n sleisys tenau iawn

Ar gyfer y marinâd:

- 1 llwy fwrdd bławd corn
- 3 llwy fwrdd saws soi â lai o halen
- 4 llwy fwrdd stoc cig eidion oer
- 1 llwy de siwgr brown tywyll
- 1 llwy de o olew llysiau
- ½ llwy de pupur du

Ar gyfer y chow mein:

- 1 llwy fwrdd olew llysiau

- 3 ewin garlleg, wedi'u malu neu eu gratio
- Darn 4cm sinsir ffres, wedi'i ratio
- 2 foronen, wedi'u plicio a'u sleisio'n denau
- 150g brocoli ifanc neu flodigion brocoli
- 1 pupur coch, wedi'i sleisio'n denau
- 100g egin ffa
- 8 shibwnsyn, wedi'u plicio a'u torri
- Pecyn 400g nwdls (coginiwch yn ôl y cyfarwyddiadau) (bydd nwdls cyflawn yn rhoi mwy o ffeibr)

Dull

1. I wneud y marinâd, cymysgwch y bławd corn a'r saws soi a chwisgio nes ei fod yn llyfn. Ychwanegwch y stoc cig eidion, siwgr brown ac olew. Yna ychwanegwch y pupur du at eich dant a chwisgio'n dda. Ychwanegwch y cig a'i adael i farinadu am 10 leiaf awr (yn hirach os yn bosibl).
2. Gwnewch y chow mein. Cynheswch yr olew mewn padell ffrio fawr neu wok, tynnwch y cig eidion allan o'r marinâd (gan gadw'r marinâd) a browniwyd y cig eidion yn y wok, yna'i drosoglwyddo i blât.
3. Ychwanegwch y garlleg a'r sinsir i'r wok a'i dro-ffrio am funud. Ychwanegwch y brocoli a'i dro-ffrio am 2 funud dros wres uchel, yna ychwanegwch y moron, pupur coch a hanner y shibwns a'u troi am funud.
4. Ychwanegwch yr egin ffa a'u troi am funud. Ychwanegwch y nwdls wedi'u coginio a gweddill y marinâd a'r cig eidion. Cymysgwch yn dda dros wres uchel am ychydig o funudau nes bod popeth yn chwilboeth. Rhowch yr chibwns sy'n weddill ar ben y cyfan.

Dadansoddiad Maethol (fesul dogn)

Egni (kj)	Egni (kcal)	Braster	Dirlawn	Carbohydradau	Cyfanswm Siwgr
1828	433	12g	2.6g	49g	9g
Ffibr	Protein	Halenn	Haearn	Sinc	
8.7g	34g	1.2 g	5.5mg	5.5mg	

Digon i 4

Amser paratoi: 20 munud
Amser coginio: 10 munud



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Welsh Lamb and Sweet Potato Curry

A delicious mild curry!

- Can be made in the slow cooker!
- Serve with boiled wholegrain rice – packed with fibre!

Ingredients

- 500g PGI Welsh Lamb – trimmed diced lamb cubes ideal (can use chump or leg steaks)
- 1 tbsp oil
- 1 onion, diced
- 2 sticks celery, sliced
- 1 red pepper, diced
- 2 cloves garlic, crushed
- 1 red chilli, seeds removed and finely sliced (optional)
- ½ inch fresh ginger, finely chopped
- 3 tsp garam masala powder
- 2 tsp turmeric powder
- 400ml can of reduced fat coconut milk
- 1 tbsp tomato purée
- 150ml veg or chicken stock
- 2 large sweet potato, diced
- Seasoning
- 1 lime, rind and juice
- Handful of fresh coriander

Method

1. Heat the oil in a large pan, then add the diced lamb and fry until browned. Add the onion, garlic, ginger, celery and chilli and fry for 2 minutes.
2. Add the spices and stir for a few minutes. Add the coconut milk, stock, tomato purée and seasoning. Once boiled cover with lid and simmer for 90 minutes. Add more stock if required.
3. Add the sweet potato and red pepper and continue cooking for 30 minutes or until the potato is soft.
4. To finish – stir through the lime rind and juice and sprinkle with chopped coriander.

Nutritional breakdown (Per portion)

Energy (kJ)	Energy (kcal)	Fat	Saturates	Carbohydrates	Total Sugars
1787	426	22g	11g	29g	11g
Fibre	Protein	Salt	Iron	Zinc	
5.7g	29g	0.94g	6.2mg	5mg	

Serves 4

Prep time: 20 minutes

Cook time: 2 hours



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Cyri Cig Oen Cymru gyda Thatws Melys Cyri blasus a mwyn!

- Addas ar gyfer yr cwcer araf!
- Gweinwch gyda reis gwenith cyflawn – mae'n ychwanegu ffibr!

Cynhwysion

- 1 llwy fwrdd o olew
- 1 nionyn, wedi'i sleisio
- 2 ffon seleri, wedi'u sleisio
- 1 pupur coch, wedi'i ddeisio
- 2 ewin garlleg, wedi'u gwasgu
- 1 tsili coch, heb yr hadau ac wedi'i sleisio'n denau (ddim yn angenrheidiol)
- ½ modfedd o sinsir ffres, wedi'i dorri'n fan
- 3 llwy de o bowdwr garam masala
- 2 lwy de o bowdwr tyrmerig
- 400ml tun o laeth coconyt isel mewn braster
- 1 lwy fwrdd o biwrî tomato
- 150ml o stoc llysiau neu gyw-iâr
- 2 daten felys, wedi'i deisio
- Halen a phapur
- 1 leim, croen a sudd
- Llund llaw o goriander ffres

Dull

1. Cynheswch yr olew mewn padell fawr yna ychwanegwch y cig oen a'i ffrio nes ei fod wedi brownio. Ychwanegwch y nionyn, y garlleg, y sinsir, y seleri a'r tsili a ffrwch am 2 funud.
2. Ychwanegwch y sbeisys a throwch am ychydig funudau. Ychwanegwch y llaeth coconyt, y stoc, y piwrî tomato a'r halen a'r pupur. Pan fydd wedi berwi, gorchuddiwch gyda chaead a mudferwch am 90 munud. Ychwanegwch fwy o stoc os oes angen.
3. Ychwanegwch y tatws melys a'r pupur coch a pharhewch i goginio am 30 munud neu nes mae'r tatws yn feddal.
4. I orffen – ychwanegwch y croen a' sudd leim ac ysgeintiwch y coriander wedi'i dorri drosto.

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