



Thiamine

An essential nutrient during pregnancy, breastfeeding and infancy

Thiamine is important for your health

This vitamin is needed for energy production and is essential to many body functions.

Varied diet during pregnancy and lactation

A diverse diet that includes a variety of good sources of thiamine (such as meat, liver, wholegrains, beans, lentils, peas, peanuts and seeds) is very important during pregnancy, after birth and while breastfeeding.

Restrictive diets are unsafe

Following restrictive diets (for example, eating only white rice during weeks after birth) does not help your body to recover from birth and is unsafe.

Consequences of thiamine deficiency for your baby

If you are breastfeeding and don't eat enough thiamine, your milk will have very low levels of thiamine and your baby may develop serious health problems.

Thiamine rich foods for your baby

When babies reach 6 months of age and transition from breastmilk to solid food, they need to consume good sources of thiamine (such as mashed beans or lentils and small pieces of meat).

Foods rich in thiamine



Pork (and liver of pork, chicken, beef)



Peanuts, pistachios and other nuts



Seeds: sunflower, sesame and others



Lentils, beans, peas, chickpeas



Wholegrain cereals (brown or parboiled rice, wheat, oatmeal)

Thiamine deficiency in infants

Breast milk with low levels of thiamine can lead to health problems of the baby, such as:

Hoarse cry (no voice) and swelling of extremities



Rapid breathing



Rapid heartbeat



Lack of appetite

