Your guide to a healthy diet in pregnancy

☑ Eating healthily in pregnancy is good for you and your baby

☑ This is not the time to diet. Don't go hungry or skip meals

☑ You do not need to 'eat for two'

In pregnancy you **only** need to eat an extra

200

calories a day in the **third trimester only**

DID YOU KNOW?

Eating well in pregnancy reduces the risk of your child having **diabetes** or **heart disease** in later life

WHAT IS 200 CALORIES?

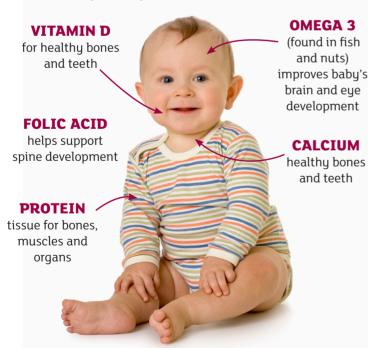**¾**
ham sandwich

4½
courgettes

½
avocado

1½
banana

Choose healthy options to benefit your baby

What does what?

Everything you eat and drink while pregnant reaches your baby and influences their health

VITAMIN D
for healthy bones and teeth

FOLIC ACID
helps support spine development

PROTEIN
tissue for bones, muscles and organs

OMEGA 3
(found in fish and nuts) improves baby's brain and eye development

CALCIUM
healthy bones and teeth

Healthy drinks include water, fruit teas, skimmed milk, fresh fruit juice (stick to 1 glass a day, which also counts as one of your 5 a day)

Find out more at www.tommys.org/diet

TOP TIPS

☑ Start the day with a nutritious breakfast such as wholegrain toast or cereal, eggs or fruit and yogurt.

☑ Be prepared for snack attacks! Make sure you have healthy snacks at home, work and in your handbag, such as fresh or dried fruit, nuts or oatcakes.

☑ At mealtimes, choose foods that release energy slowly, such as wholemeal pasta, basmati rice, granary bread, quinoa or couscous.

☑ Eat fish twice a week, including at least 1 serving of oily fish such as salmon, fresh tuna or mackerel.

☑ Aim to eat at least 5 portions of fruits and vegetables each day to get a variety of vitamins and minerals to your baby, and fibre to you. Fresh, frozen, tinned, or dried all count.

☑ Stay hydrated. Drink around 3 medium (200ml) glasses of fluid* a day.

VITAMINS

Take a daily vitamin D supplement to support your baby's bone development.

Take a daily folic acid supplement for the first 3 months to support your baby's spinal development.

Tommy's