

HEALTHY EATING IN PREGNANCY

- Healthy eating is now more important than ever. Pregnancy is not an ideal time to engage in/start a diet.
- There is no need to "eat for two" you only need extra 200 calories a day in the third trimester.

TOP TIPS!

- Carbohydrates are a great source of energy, aim for foods that release energy slowly and are high in fibre, such as wholemeal pasta, basmati rice or granary bread.
- Proteins, healthy sources of protein include beans, peas, eggs, lean meats, seafood, and unsalted nuts and seeds.
- Eat fish twice a week, including at least 1 serving of oily fish.
- Eat dairy products as they contain a good source of vitamin D and calcium.
- 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.
- Additionally, it is important to stay hydrated ideally aim drinking 1.5-2 litres of water.

Vitamin B12

Essential for vegans & vegetarians

Vitamin D & Calcium

Needed for bone development

Iron

Supports baby's growth and its brain development. Reduces maternal anaemia.

Folic acid

Prevents neural tube defects. 400mcg per day.

Omega 3

Improves baby's brain & eye development

