

Your guide to a healthy diet in pregnancy

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

- ✓ 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'

WHAT IS 200 CALORIES?



$\frac{3}{4}$

ham sandwich



$4\frac{1}{2}$

courgettes



$\frac{1}{2}$

avocado



$1\frac{1}{2}$

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

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

FOLIC ACID
helps support spine development

CALCIUM
healthy bones and teeth

PROTEIN
tissue for bones, muscles and organs



**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 6-8 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.