

# 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

## What is 200 calories?



3/4 ham sandwich



4 1/2 courgettes



1/2 avocado



1 1/2 banana

## Did you know?

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

## 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)*

## 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.

Find out more at  
[tommys.org/healthyating](https://tommys.org/healthyating)