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

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.

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)

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/healthyeating