

Top Tips for Pregnancy Nutrition

DAIRY



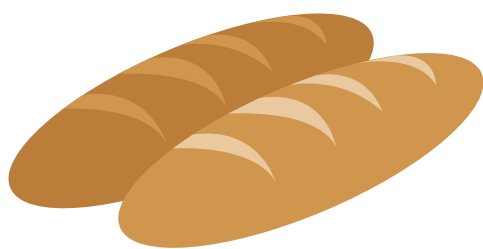
Dairy foods such as milk, cheese, fromage frais and yoghurt are important in pregnancy. They contain calcium and other nutrients that you and your baby need.

5 A DAY



Eat at least five portions of a variety of fruit and vegetables every day. Always wash fresh fruit and vegetables carefully. These provide vitamins and minerals, as well as fibre, which helps digestion and can help prevent constipation.

CARBS



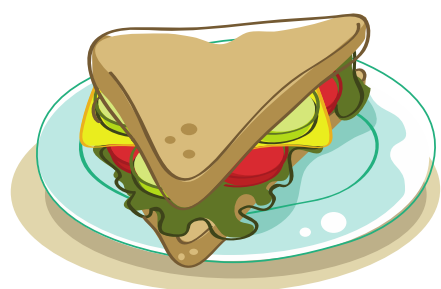
Carbohydrates are an important source of energy. They contain some vitamins and fibre and should make up a third of what you eat: bread, potatoes, yams, sweet potatoes, fortified breakfast cereals, rice, pasta, noodles, maize, millet, oats, and cornmeal.

FISH



Try to eat two portions of fish a week (no more), one of which should be oily fish such as salmon, sardines or mackerel. Make sure to include a variety of fish lower in mercury, such as salmon, tilapia, shrimp and cod. You shouldn't eat shark, swordfish or marlin because of toxins.

SNACK IDEAS



- *Small sandwiches or pitta bread with grated cheese, lean ham, mashed tuna, salmon, or sardines, with salad.
- *Salad vegetables such as carrot, celery or cucumber dipped in cream cheese.
- *Plain yoghurt or fromage frais with fresh fruit and sprinkled seeds such as pumpkin, sesame and sunflower.
- *Hummus with wholemeal pitta bread or vegetable sticks.

For more info please visit: <https://www.nhs.uk/conditions/pregnancy-and-baby/healthy-pregnancy-diet/>