# 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

### DID YOU KNOW?

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

# WHAT IS 200 CALORIES?





74
ham sandwich

4½ courgettes



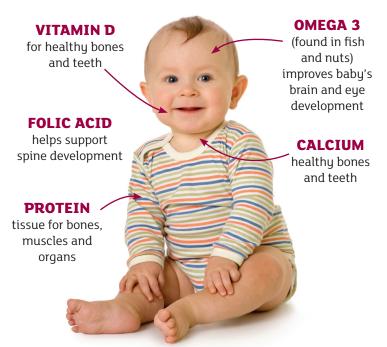


1/2 avocado 1½ banana

Choose healthy options to benefit your baby

# What does what?

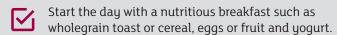
Everything you eat and drink while pregnant reaches your baby and influences their health



\*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**



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.