

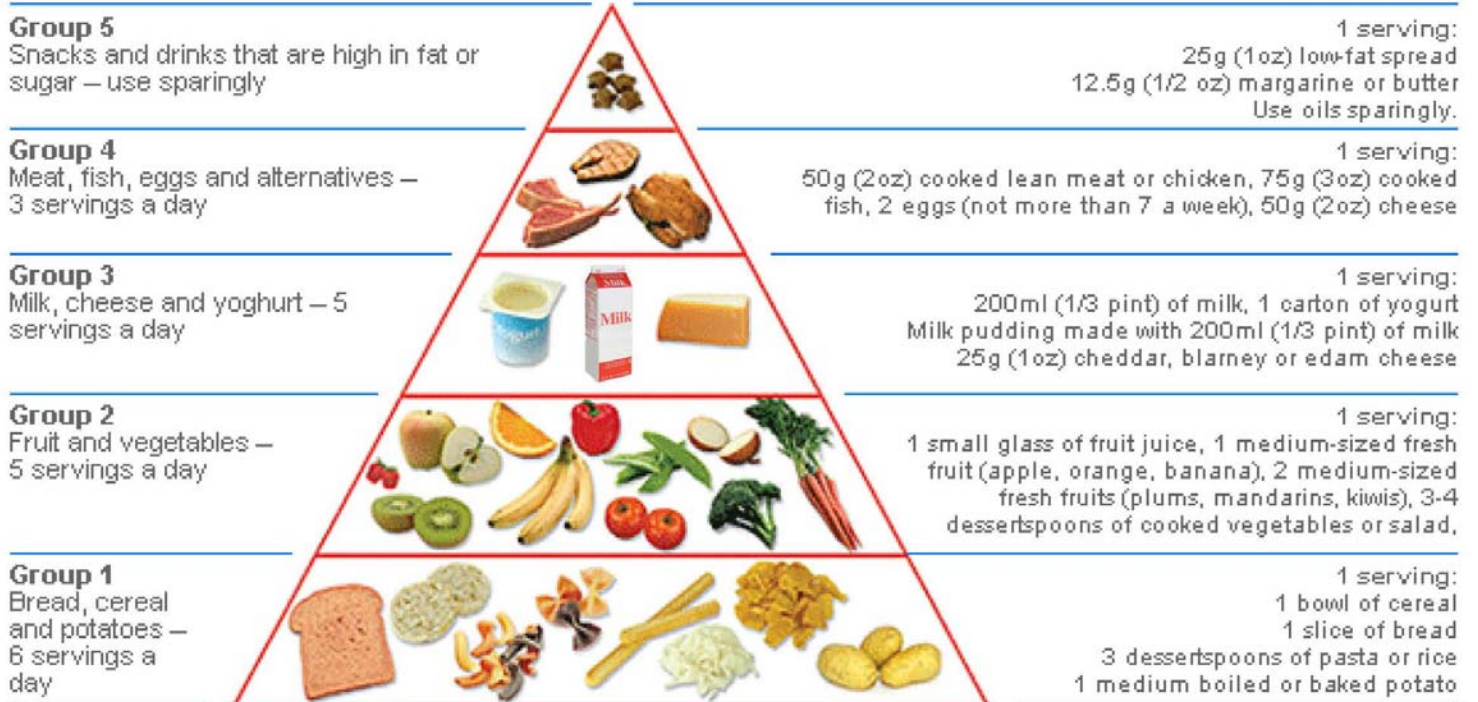
Healthy eating during pregnancy

Healthy eating before and during pregnancy ensures that a pregnant mother has a good store of nutrients to meet the demands of her developing baby, giving the baby the best possible start in life. Making healthy choices will also help a pregnant mother to stay healthy and well too. Healthy eating merely means eating foods from all the main food groups of the food pyramid in the quantities recommended during pregnancy for a healthy balanced diet.

Food pyramid recommendations for pregnancy¹:

Food pyramid

1 serving examples



Note¹: Foods high in fat/sugar = sparingly
 Meat, fish, eggs and alternatives = 3 portions per day (2 when not pregnant)
 Milk, cheese and yoghurt = 5 portions per day (3 when not pregnant or not breastfeeding)
 Fruit and vegetables = 5 portions per day
 Bread, cereal and potatoes = 6 or more portions per day

Contrary to popular belief, being pregnant does not mean having to eat for two, but a pregnant mother will need to eat regular meals with a variety of foods, the quality of what they are eating and not always the quantity, is

important. Variety is the key. Pregnancy is a very important period and it is never too late to make the right choices. A healthy balanced diet and regular gentle exercise will help maintain a healthy weight during pregnancy. When pregnant a woman should consult her health care professional about her exercise plans early.

Reference

1. Health Promotion Unit of the Department of Health and Children. Healthy Eating for Pregnancy. Health Services Executive 2006.