

Top Diet in Pregnancy Tips

- 1** Choose higher fibre wholegrain/ wholemeal varieties of breads, cereals, pasta and rice. This will improve your fibre intake, important for preventing constipation which can be common during pregnancy.
- 2** Eat plenty of fruit & vegetables, they are great sources of many vitamins, minerals and fibre. Avoid overcooking vegetables as this reduces the amount of vitamin C present.
- 3** Omega fatty acids are important for your baby's developing brain and eyes. Oily fish (e.g. salmon, mackerel) are a great source of these essential fatty acids. Aim to eat one portion of oily fish and one portion of white fish (e.g. cod, haddock) each week.
- 4** Improve your iron intake with red meat such as beef, lamb and pork. A good supply of iron is essential during pregnancy for you and your developing baby. Other good sources of iron are chicken, eggs, dark green leafy vegetables, beans and lentils.
- 5** Calcium is important for your baby's developing teeth and bones. In pregnancy you need 5 portions of calcium-rich dairy foods each day. Choose low fat dairy products over full fat, as they contain the same amount of calcium but less of the fat.
- 6** Relieve heartburn or morning sickness by drinking plenty of fluids throughout the day, between meals rather than with meals. Also, make sure you eat smaller, more frequent meals.
- 7** Reduce your caffeine intake. Drinks such as tea, coffee, cola and energy drinks are high in caffeine. Limit these drinks to no more than 4 cups per day. Choose decaffeinated versions of tea and coffee instead.
- 8** Drink water regularly, at least 8 glasses per day. A good fluid intake will also help to prevent or relieve symptoms of constipation.