

# A healthy lifestyle during pregnancy

## Food groups and recommended servings

Food group	Foods included	Main nutrients supplied	Recommendation during pregnancy	Average serving sizes (cooked weights/ ready to eat)
<b>1. Bread, rice, potatoes, pasta and other starchy foods</b>	Bread, chapatti, breakfast cereals, rice, couscous, pasta, millet, potatoes, yam, and foods made with flour such as pizza bases, scones and pancakes	Carbohydrate B vitamins (excluding B <sub>12</sub> ) Fibre Some protein, iron, zinc and calcium	<b>Base each meal and some snacks on these foods</b> Using wholegrain varieties will increase fibre intake to address constipation in susceptible women	2-3 slices bread (70-100g) 1-2 chapattis/1 large tortilla 150-200g rice/pasta 100-150g potatoes 40g dry breakfast cereal 150g cooked porridge 1 large scone (50g)
<b>2. Fruit and vegetables</b>	Fresh, frozen, tinned and dried fruit and vegetables	Vitamin C Phytochemicals Fibre Carotenes in brightly coloured fruit and veg	<b>Include one or more of these at each meal and aim for at least five servings per day</b>	One serving is about 3oz (80g) of any fruit or vegetable
<b>3. Milk, cheese and yogurt</b>	Whole, semi-skimmed and skimmed milk, flavoured milk drinks such as lattes, yogurts and cheese	Calcium Iodine in milk, cheese and yogurt Riboflavin Vitamin B <sub>12</sub> Protein	<b>Three servings of milk, cheese or yogurt per day</b> Use low fat varieties if overweight or obese prior to or during pregnancy	One serving is: 200-250ml milk/yogurt 40g cheese 200ml custard/milk pudding
<b>4. Meat, fish eggs, nuts and pulses</b>	Meat, white and oily fish, eggs, nuts and pulses including dhal, hummus, falafel, chick pea/gram flour for example in bhajis	Iron Iodine in fish and eggs Omega 3 long chain fatty acids: DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) from oily fish Protein Zinc Magnesium B vitamins including vitamin B <sub>12</sub> in meat, fish and eggs	<b>Two servings per day or three for vegetarians</b> Two servings of fish per week, at least one of which should be oily fish e.g. salmon, mackerel, trout, herring or sardines  Eat a food high in vitamin C at the same time as eggs, nuts and pulses to enhance iron absorption from these foods	One serving is: 3oz (90g) lean meat 3-4oz (90-120g) fish 2 eggs 50g nuts 250g cooked dhal 200g mixed bean salad 1 small pot (200g) hummus
<b>5. Oils, butter and fat spreads</b>	Cream, butter, fat spreads (margarine), cooking and salad oils and mayonnaise	Vitamins A and E in butter, fat spreads and cream Vitamin E in oils The omega 3 fatty acid alpha-linolenic acid in rapeseed, walnut, soya and olive oils	<b>Use small amounts in food and meal preparation</b> <b>Limit these to small quantities and do not eat in place of the other four food groups. For women who are overweight or obese, these foods are best avoided.</b>	2 teaspoons (10g) butter 2 teaspoons (10g) oil for cooking or frying 2 tablespoons (30g) cream 2 tablespoons (30g) mayonnaise
<b>Sugary food and packet snacks</b>	Chocolate, confectionery, jam, honey, syrup, sugar, sugar sweetened drinks, crisps and other high fat savoury snacks			If used: 2 teaspoons jam/honey/syrup 1 teaspoon sugar 2-3 squares chocolate 1 fun sized chocolate bar 10-12 crisps
<b>Fluid</b>	Water, all flavoured drinks, milk, tea, coffee and soup	Water Fluoride in areas with fluoridated tap water	<b>About 6-8 drinks per day</b> (1½-2 litres) will provide adequate fluid to prevent dehydration More drinks may be needed in hot weather and after physical activity. Limit caffeinated drinks and avoid alcohol	200-250ml/drink
<b>Vitamin supplements</b>	<b>1. Folic acid</b> before and up until 12 weeks gestation <b>Either:</b> 400µg (0.4mg)/day for most women <b>Or:</b> 5 milligram (5mg)/day on prescription for those women with: <ul style="list-style-type: none"> <li>• spina bifida</li> <li>• a history of a previous child with a neural tube defect</li> <li>• pre-existing diabetes, epilepsy or obesity</li> </ul> <b>2. Vitamin D:</b> 10µg/day throughout pregnancy		Only buy supplements from a reliable company with good quality control i.e. brands on sale in pharmacies	