There’s a lot of information about what you can’t do during pregnancy and breastfeeding, but there are many things you can do in order to maintain a healthy, balanced diet and get the nutrients you and your baby need during this special time.

Eating well and incorporating specific nutrients during pregnancy and breastfeeding can positively influence the future health of your baby.1,2

3 golden rules for food and drink in pregnancy

1 Add vitamins
   Supplement your diet every day with the vitamins recommended by the Department of Health3

2 Add variety
   Eat lots of different types of food every day, including at least five portions of fruit and veg4

3 Avoid alcohol and limit caffeine
   The Department of Health recommends that if you’re pregnant, or planning to become pregnant, you should avoid alcohol completely5
   - If you’re pregnant, you should limit the amount of caffeine you have to 200mg a day – the equivalent of two mugs of instant coffee. Caffeine is also found in fizzy drinks and chocolate6

Did you know?
- Taking folic acid and vitamin D during pregnancy is recommended by the Department of Health

The power of nutrition

- Folic acid
  Taking a folic acid supplement reduces the risk of having a baby with neural tube defects (NTDs), like spina bifida7

- Vitamin D
  Vitamin D is important to help support strong teeth and bones in mum and baby8

- Iodine
  Iodine contributes to normal cognitive function and babies’ brain development during the first 12 weeks of pregnancy9

- Omega 3 (DHA)
  Omega 3 (DHA) is important for babies’ brain development and vision10,11

- Iron
  Iron supports normal blood formation and normal function of the immune system12,13

Remember, every day counts in pregnancy.
Take your supplement (in tablet or fortified food form) every day14
Eat a healthy, balanced diet

It’s important to get the right balance of key nutrients in your diet during pregnancy and breastfeeding to keep you and your baby healthy.

**Protein**
Lean meat, chicken, fish, eggs, pulses (such as beans, peas and lentils)

**Snacks**
You should limit the amounts of foods and drinks high in fat and sugar

**Supplements**
Remember to take your supplements, in the form of tablets or specially fortified foods, every day

**Carbohydrates**
Bread, rice, cereals, potatoes, pasta, opt for wholegrain varieties

**Fruit & Veg**
Fresh, frozen, tinned, dried, a glass of juice

**Milk & Dairy Products**
Dairy products like milk, cheese & yoghurt have the added benefit of calcium: good for bones and teeth for you and baby

Many fruit and vegetables, such as citrus fruits, tomatoes, peppers and broccoli, also have the added benefit of containing vitamin C, which will help you absorb iron. Iron can be found in lean meat, leafy vegetables, dried fruit and nuts. Lack of iron in pregnancy can cause tiredness.

There are some foods that it is recommended you avoid in pregnancy
These include: pâté; raw or partially cooked eggs; raw or undercooked meat; liver products; supplements containing vitamin A; raw shellfish; some types of fish (avoid shark, marlin and swordfish completely and limit tuna to no more than four cans per week) and some types of cheese (mould-ripened soft cheese, like Brie and Camembert, and soft blue-veined cheese). Ask your healthcare professional if you are unsure of the foods to avoid while pregnant.

What you can do to keep yourself and your baby healthy while you are breastfeeding

1. **Add vitamins**
The Department of Health recommends that all pregnant and breastfeeding mums take a vitamin D supplement. Vitamin D is important to help build strong teeth and bones.

2. **Add variety**
Eat lots of different types of food every day, including at least five portions of fruit and veg.

3. **Limit alcohol and caffeine**
Anything you eat and drink while you’re pregnant or breastfeeding can have an effect on your baby.

4. **Drink plenty of fluids**

Golden rules for food and drink in breastfeeding

References