

Taking Care

Of Your Diet

During Pregnancy



Foods To Eat

Fruits and vegetables

These provide vitamins, minerals, antioxidants, and fiber. Five portions of fruits and vegetables will help you resolve pregnancy complications.



Starchy foods

Choosing starchy foods such as potatoes, rice, and oats will provide energy, nutrition, and fiber.



Protein-rich foods

Foods rich in protein, such as eggs, beans, and meat, provide energy and help in the baby's proper development.



Dairy products

Yogurt, milk, and cheese are good sources of calcium and proteins. These are an integral part of the pregnancy diet.



Foods To Avoid

Foods high in sugar

Foods such as chocolates, biscuits, and cakes may lead to weight gain and tooth decay.



Prepackaged fruits and salads

These foods should be avoided because they may be listeria contaminated.



Alcohol

Alcohol may cause several adverse effects on the developing baby, so it must be avoided completely.



Cold-cured meats or smoked fish

These meats and fish may increase the risk of listeriosis and toxoplasmosis, which may interfere with the baby's development.



References:

1. An Essential Guide on What to Eat During Pregnancy; FHCS
2. Have a healthy diet in pregnancy; NHS

