

Are there any foods

I can't eat?

Foods to avoid in pregnancy include raw eggs, unpasteurised milk, blue cheeses, soft cheese with white rind, goat's cheese, some fish, such as swordfish, and any food that already causes you problems.

Cold, raw or under-cooked foods can contain harmful bacteria (heating food to a high temperature kills these nasties). Normally, a grown-up's body can cope with this but it could put your tiny baby at risk.

Raw meat, under-cooked meat, cured cold meats

Meat that's not properly cooked will contain bacteria which may be dangerous for you and your growing baby. This includes sausages, burgers, mince and cured meats like pepperoni and salami. Avoid uncooked meat (or anything which is served pink or bloody such as 'rare' steak). Always wash your hands after handling and preparing raw meat.

Vitamin A

It's best to avoid vitamin A when you're pregnant. Some foods such as pâté, liver, cod liver oil and some supplements contain high amounts of vitamin A which could harm your baby.

For more information about foods to avoid in pregnancy, search online for '[NHS Choices healthy pregnancy](#)'.

How about a cuppa?

As a mum-to-be you need to be careful with caffeine. It increases the risk of your baby growing more slowly in the womb. It's a good idea to stick to one cup of tea or coffee a day. There are also lots of caffeine-free drinks to try.

High in caffeine:

- Coffee
- Tea
- Green tea
- Almost all colas
- 'Energy drinks'
- Some headache and cold remedies
- Chocolate (particularly dark chocolate)

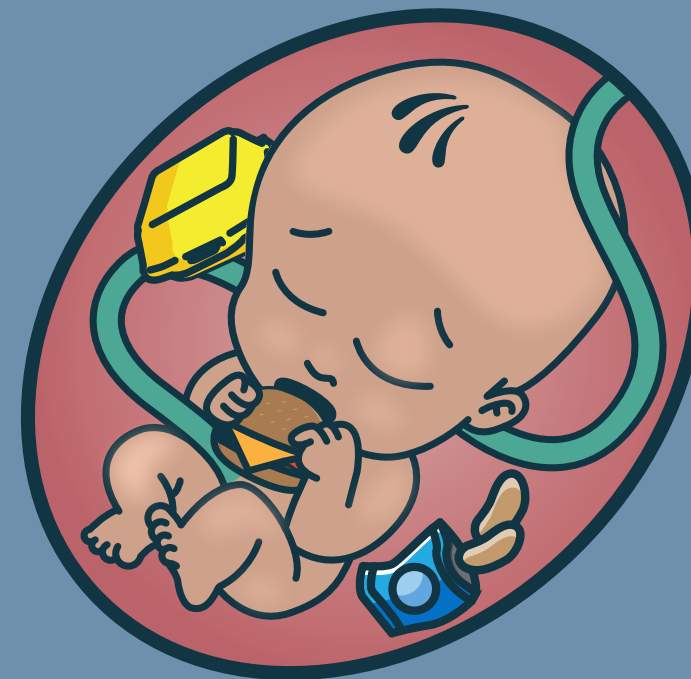
Caffeine-free options:

- Herbal teas such as mint, chamomile and ginger
- Hot water and lemon



Liverpool
City Council

When mums-to-be eat unhealthy food so do their babies



Baby Steps
Little changes make
a big difference

Help your baby be born healthy

For more information and support about eating well during pregnancy, contact your midwife, GP or search online for '[NHS Choices healthy pregnancy](#)'.

Make healthy choices

for you and your baby

People often say to 'eat for two' when you're pregnant. But this doesn't mean eating twice as much as you normally would. It means considering two people when you are choosing what to eat – you and your growing baby.

As a mum-to-be, you may already have a lot of knowledge about what's best for your baby. Eating healthy food, drinking water and sleeping well does wonders for the baby growing in your womb. It's great for you too – helping to keep your energy levels up and managing your weight gain.



Simple tips to help you feel better

- Avoid fry-ups, high-calorie ready meals and 'junk food', as fatty foods are harder for your tummy to handle
- Eat small amounts often
- Plain porridge with fresh fruit makes a filling and healthy breakfast
- Try to include foods like wholemeal bread, pasta, rice or potatoes with the skins on each day

Iced lemon tea

Lemon is great if you're feeling sick. Even the smell of cut lemon, or a slice in a glass of water can help. Try this refreshing recipe.

What you need

- 2-3 slices of lemon
- Honey
- Water
- Ice cubes
- Tea bags (decaffeinated)

How to make it at home

- 1 Bring a small pan of water to the boil
- 2 Turn off the heat, add two tea bags and leave to stew for 2-3 minutes
- 3 Add the lemon to the pan
- 4 Add honey to taste, and heat through in the pan
- 5 Leave to cool and then serve in a glass filled with ice



What would you like to know?

Q What are the best foods for mums-to-be?

A Mums-to-be don't need to eat special food. A wide variety of healthy foods in the recommended amounts, including fruit and vegetables, will give you the nutrients you need. It's a good idea to choose snacks that are quick and easy to make, such as beans on toast with a sprinkling of cheddar, a baked potato with tuna and sweetcorn, vegetable soup, or a fruit smoothie.

Q Why all the fuss about fruit and veg and high-fibre foods?

A Fruit and veg are full of goodness. Fresh, tinned or frozen fruit and veg are packed with vitamins and minerals. They contain fibre that helps to keep your digestive system working well and reduces constipation. High-fibre foods include porridge, beans, wholemeal bread, pasta and rice.

Q Will I get food cravings?

A Some mums-to-be find they crave unusual things to eat – this is called Pica. It could be ice or ice lollies, a curry or even banana sandwiches. Having small amounts of these foods is fine and you can often find healthier options to satisfy your cravings.

Q How do I know how much to eat?

A Mums-to-be need an extra 200 calories per day during the last three months of pregnancy. That's about the same amount of calories in a 50g cube of cheese. Many women find eating a little and often can help in early pregnancy. If you've got a taste for sweet, sugary treats or salty, fatty snacks, look for healthier options.

For example, swap ice-cream for low fat frozen yoghurt or switch crisps for plain popcorn. This will help manage your weight gain and prepare your body for birth.

Healthy Start

It's recommended that all pregnant and breastfeeding women as well as children over six months to five-year-olds need vitamin supplements.

Find out if you are eligible for free Healthy Start vitamins at www.healthystart.nhs.uk

Healthy Start tablets contain vitamins C, D and folic acid.

Vitamin C protects cells and helps to keep them healthy.

Folic acid is important in the first four months of pregnancy to help your baby's spine development.

Vitamin D helps you and your baby absorb calcium which leads to healthy teeth, bones and muscles. It's important that you get enough vitamin D while you're pregnant and breastfeeding.

