

Your guide to A healthy diet in pregnancy

If you've been affected by disordered eating, an eating disorder, or are concerned about your health, don't make any changes to your diet without talking to your doctor, midwife or health care team first.

Tommy's

The pregnancy and baby charity

In pregnancy, aim to eat an extra

200

calories a day in the
third trimester

Healthy snack ideas



Wholemeal
toast and a
boiled egg



Pitta bread,
hummus and
cucumber
sticks



Plain soya
yogurt with
mango pieces



Banana and
peanut butter

What does what?

Everything you eat and drink while pregnant reaches your baby and influences their health

Folic acid

supports brain and
spine development

Iron

(in lean meat, leafy veg and nuts)
gives energy

Vitamin D and calcium

for healthy
bones and teeth

Vitamin C

(found in oranges and potatoes)
keeps cells healthy



**Healthy drinks include water, fruit teas, milk, and fresh fruit juice. Stick to 1 glass of fruit juice a day, which also counts as 1 of your 5 a day.*

Top Tips

- ✓ Start the day with a nutritious breakfast such as wholegrain toast or cereal, eggs or fruit and yogurt.
- ✓ Make sure you have healthy snacks at home, work and in your handbag, such as fresh or dried fruit, nuts or oatcakes.
- ✓ At mealtimes, choose foods that release energy slowly, such as wholemeal pasta, basmati rice, granary bread, quinoa or couscous.
- ✓ If you eat fish, aim to get two portions a week, including at least 1 serving of oily fish such as salmon, fresh tuna or mackerel.
- ✓ Aim to eat at least 5 portions of fruits and vegetables each day to get a variety of vitamins and minerals to your baby, and fibre to you.
- ✓ Fresh, frozen, tinned, or dried fruit and vegetables all count.
- ✓ Stay hydrated. Drink around 6-8 medium (200ml) glasses of fluid* a day.

Vitamins

- 💊 Take a daily vitamin D supplement to support your baby's bone development.
- 💊 Take a daily folic acid supplement for the first 3 months to support your baby's neural tube development.

Find out more at
tommys.org

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