

HEALTHY EATING FOR PREGNANT MUMS

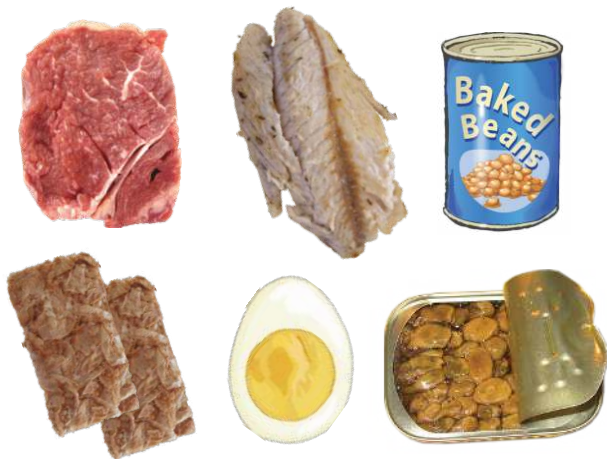


✓ HEALTHY TIPS

Add veg and fruit into your meals whenever you can. Fresh, tinned or frozen are all healthy choices.



CHOOSE **HIGH IRON** FOODS LIKE THESE:



✓ CHOOSE FOODS FROM THE 5 FOOD GROUPS EVERY DAY



Drink plenty of water

✗ LIMIT SUGARY FOODS AND DRINKS



A healthy weight gain in pregnancy is important for the health of mum and baby



It is good to take your daily nutrition tablet before and during your pregnancy

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BREAKFAST ▶



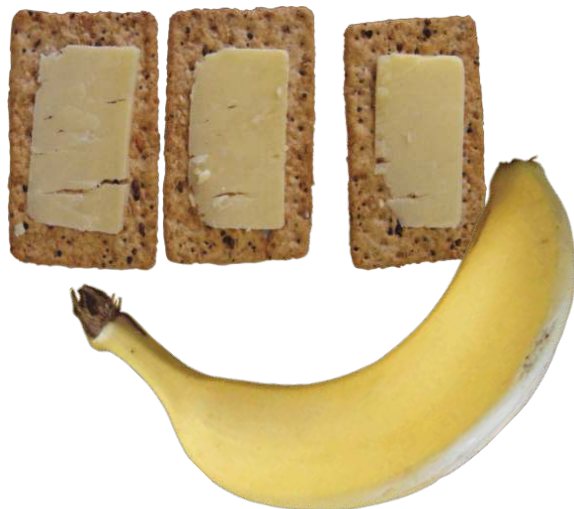
SNACK ▶



LUNCH ▶



SNACK ▶



SUPPER ▶



BEFORE BED

