

Lifestyle and wellbeing

5. It is recommended that you avoid some foods whilst pregnant, as they can cause harm to you and your unborn baby...

- ☐ I am aware of what foods to avoid in pregnancy
- ☐ I am not sure/I would like to find out more

Advice changes about which foods to avoid, please use the links provided in the app to get the latest information.

Notes:

6. It is recommended that you try to maintain a healthy and balanced diet in pregnancy...

- ☐ I am aware of my nutritional needs in pregnancy
- ☐ I have specific circumstances that affect my dietary requirements and I would like guidance from my maternity team
- ☐ I am not sure/I would like to find out more

My thoughts, feelings and questions:

7. For the majority of women, regular light to moderate exercise is recommended in pregnancy...

- ☐ I am aware of the recommendations about exercise
- ☐ I have a condition that affects my ability to exercise and I would like guidance from my maternity team
- ☐ I am not sure/I would like to find out more

My thoughts, feelings and questions:
