
Your physical health in pregnancy

Diet

A healthy varied diet is recommended in pregnancy including plenty of fruit, vegetables, carbohydrates, protein and dairy. You do not need to 'eat for two', but you may need to have regular healthy snacks as your body works to support the growing baby.



There are some foods that you should avoid during pregnancy because they could make you unwell or harm your baby. Guidance around which foods to avoid can change as new evidence or research is found. Ask your midwife, or check on the websites listed below.

Normal weight gain in pregnancy is between 10 -12.5kg (22-28lb). If you start your pregnancy with a high or low body weight your midwife or GP may give you special dietary advice about weight gain or loss.

For more information visit:

- **Start 4 Life**
<https://dct-start4life.service.nhs.uk/pregnancy/healthy-eating-pregnancy/>
- **NHS Choices**
www.nhs.uk/conditions/pregnancy-and-baby/foods-to-avoid-pregnant/
- **Tommy's**
www.tommys.org/pregnancy-information/im-pregnant/nutritionpregnancy

Alcohol

The point at which alcohol consumption becomes dangerous to an unborn baby is unknown. The safest way to protect against the effects of alcohol is to avoid it completely. Babies born to mothers who drink alcohol when pregnant can be affected by a range of disorders known as Fetal Alcohol Spectrum Disorder.

