



# Build a Balanced Meal Pregnancy

**Fats** 1 tablespoon



**Dairy**

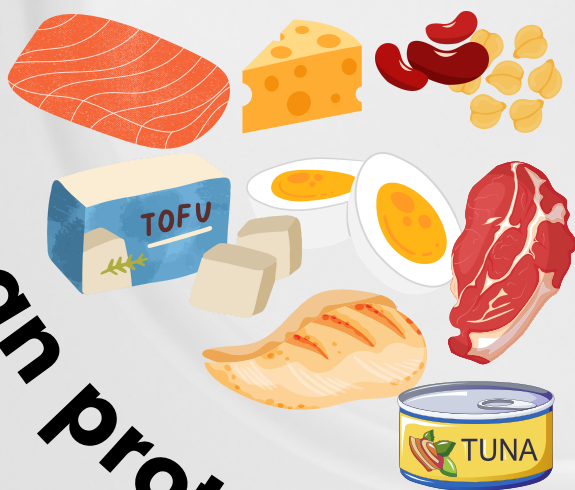


1 portion

**Vegetables**



**Lean protein**



**Wholegrains**



## Snacks

- Fruit
- Nuts or nut butter
- Yogurt
- Cheese + crackers
- Popcorn
- Veg + hummus



## Fluids

- Water (still/ sparkling)
- Dairy/ Non-dairy
- Juice
- Dilute
- Herbal tea
- Tea/ Coffee



# Examples

## Vegetables & Fruit

- Fresh or stewed fruit
- Boiled or steamed veg
- Roasted veg
- Salad
- Soup

## Lean Protein

- Poultry
- Fish
- Cheese
- Eggs
- Beans
- Lentils
- Falafel
- Hummus
- Tofu / tempeh

## Fats

- Nuts & seeds
- Oily fish
- Cheese
- Eggs
- Avocado
- Hummus
- Olives & olive oil
- Butter
- Peanut or almond butter
- Tahini

## Wholegrains

- Wholegrain bread
- Wholegrain wrap
- Wholegrain pita
- High fibre cereal e.g. porridge, weetabix
- Boiled or baked potatoes
- Sweet potatoes
- Whole-wheat pasta
- Rice
- Egg noodles
- Cous Cous
- Quinoa
- Buckwheat
- Chapatti
- Roti
- Wholegrain crackers

## Dairy

- Cheese: cheddar, edam, mozzarella, parmesan, feta, cream & cottage cheese, ricotta, halloumi, paneer (avoid soft or mould-ripened cheese e.g. gorgonzola, brie)
- Natural or Greek yoghurt
- Milk
- Kefir
- Fortified milk alternatives