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Healthy Eating During Your Pregnancy



A guide to help you make the best choices for you and your growing baby.

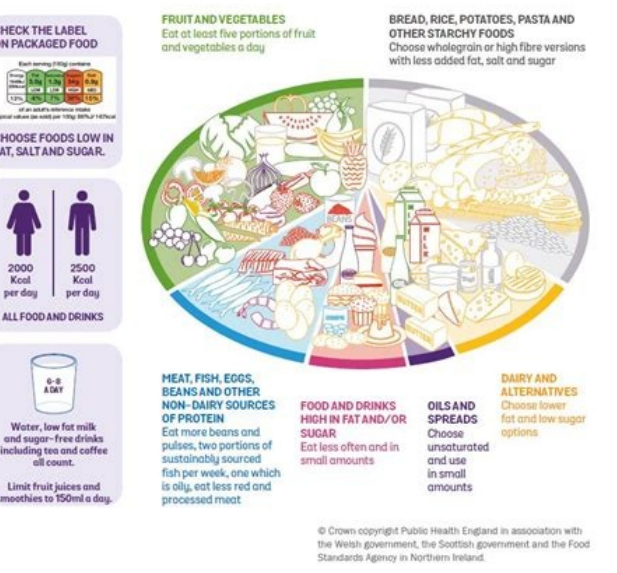
The Eatwell Guide

Helping you eat a healthy, balanced diet



Get started now
Eating well and having a healthy lifestyle can help us feel our best – and make a big difference to our long-term health. So why not make a change today?
The Eatwell Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.

Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland



Healthy eating guides. Nhs guidelines to healthy eating.

Eating a healthy balanced diet can help to prevent diet-related illness and will give you all of the energy and nutrients you need keep active and maintain a healthy weight. Find out how much of the different food groups you should eat and how they can benefit your health A healthy diet is essential in maintaining a healthy weight and avoiding malnourishment, fatigue and micronutrient deficiencies. It has also been linked to mood. Guidelines Aim to eat a balanced diet: 1/3 of food should be starchy 5 portions of fruit & veg a day 2 portions of fish a week (1 oily)

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