

BENEFITS OF EATING WELL AND BEING ACTIVE DURING PREGNANCY

Eating well during pregnancy can help your baby to develop and grow.

Staying active is important while you are pregnant as it will prepare your body for labour and birth.



HEALTHY PREGNANCY

Our Healthy Pregnancy team is made up of Dietitians and Maternity Assistant Practitioners who can support you to feel good and be healthy in pregnancy.

What the Healthy Pregnancy team offer?

- Advice and help to eat well and get the right balance of nutrients for you and baby
- Tailored one-to-one sessions with a dietitian or assistant practitioner (for those who meet our criteria)
- Groups to support you with healthy eating and cooking
- Information about local opportunities to be active and antenatal exercise classes



What do other pregnant people say about the Healthy Pregnancy service?:

'Having this extra support made healthy eating easy and I've kept motivated during my appointments. Everyone is so friendly and non-judgemental'

'With the support of the midwives and dietitian I have kept my weight gain to only a small amount. I am so pleased and would recommend it to other women.'

'I wish this service had been available in my other pregnancies. I gained over 4 stone in each pregnancy then.'



For more information on staying healthy in pregnancy, please visit our [Healthier Together website](#).



The [Foodwise in Pregnancy App](#) has tips and tools for healthy eating, recipes and step by step exercise videos.



If you get universal credit or child tax credits, you may be able to get help to buy healthy food and milk and free vitamins. Apply for [The Healthy Start Scheme](#) online at www.healthystart.co.uk.



If you have any questions or would like support you can contact The Healthy Pregnancy Team on:
0300 303 4906 (option 3) or
abb.healthypregnancyteam@wales.nhs.uk