

For more information on staying healthy in pregnancy, please visit our **Healthier Together website**.

www.abbhealthiertogether.cymru.nhs.uk



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.



HEALTHY PREGNANCY

Meal Planning



Eat regular meals and don't skip breakfast.

Planning ahead can help you eat well and save money



Meal planning

Planning meals is the best way to ensure you eat a balanced healthy diet.



Eating regular meals can help us to:

- Maintain better energy levels
- Make healthier food choices
- Avoid getting too hungry
- Manage our weight

Getting into the habit of planning meals can help once your baby comes along and makes this part of your family routine.

Plan ahead as far as practical before your baby is here:

- Batch cook and freeze some healthy meals that can be defrosted and re-heated
- Plan quick and easy healthy snacks at home that you can easily grab
- Use online food shopping or 'click and collect'
- Ask for support from your partner, family and friends, if possible.



For more tips on meal planning visit the ABUHB eating well webpage:

Eating Well - Aneurin Bevan University Health Board

Healthy Meal and Snack Ideas

Here are some ideas you may find useful when planning your meals and snacks

Breakfast

- Wholegrain breakfast cereal or porridge with semi skimmed milk and fresh, tinned or dried fruit
- Wholegrain/ seeded toast with boiled egg and tomatoes
- Overnight oats with low fat yoghurt and fruit



Lunch

- Vegetable soup with a small bread roll
- Wholegrain toast, baked beans and low fat grated cheese
- Chicken or salmon pasta salad with low fat mayo
- Sandwich (wholegrain, seeded or rye bread) with salad and tinned fish, lean meat or eggs
- Jacket potato or sweet potato with tuna and salad
- Omelette with new potatoes and salad



Dinner

- Fish pie with sliced potato topping and green beans
- Chicken or beef curry with vegetables and rice
- Lasagne topped with low-fat cheddar and side salad
- Oven baked chicken breast, sweet potato wedges and peas
- Salmon, baby potatoes with broccoli and carrots
- Chicken, beef or bean fajitas with peppers, onions and wholemeal wraps



Snacks

- 2 tangerines
- Toasted crumpet with low fat spread
- Rice cakes with cottage cheese or nut butter
- Banana & a glass of milk
- Soreen, fruit loaf or toasted teacake with low fat spread
- Pepper slices and cucumber sticks with houmous
- Low fat chocolate mousse or yogurt
- Handful of nuts & dried fruits
- A small piece of low-fat cheese and handful of grapes
- Decaffeinated skinny latte
- Low calorie hot chocolate
- Small bowl of cereal (low sugar) with milk