

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

Pregnancy symptoms and diet

Anaemia



Anaemia



Iron is important for making red blood cells which carry oxygen around the body.

In pregnancy, you need more iron than usual to meet the extra needs of your baby as it grows and develops. Some people can become short of red blood cells, which is called anaemia.

Low iron status in pregnancy can increase the risk of premature birth and baby having a low birth weight.

Symptoms of iron deficiency anaemia can include fatigue or weakness, pale skin, heart palpitations and dizziness.

It's important to eat some iron rich foods everyday and all pregnant women will have a blood test at the start of pregnancy to see if they need to take an iron supplement.

Good sources of iron include:

- Lean meat (red meat is particularly rich in iron)
- Fish (salmon, sardines, tuna)
- Eggs
- Pulses (lentils, baked beans, kidney beans and chickpeas)
- Soya products, such as tofu
- Wholemeal bread and fortified breakfast cereals
- Green vegetables, like watercress, broccoli, sprouts, spinach, kale and peas
- Nuts and dried fruit



Include some iron rich foods each day



Animal sources of iron are more readily absorbed by the body



Having foods high in vitamin C with meals, such as fruit and vegetables, can help with the absorption of iron.



Avoid tea and coffee (including decaf) at mealtimes as this can reduce the absorption of iron.



If the information in this leaflet does not help or if you have any concerns remember to discuss this with your GP or midwife.