

Vitamins & Minerals



If you don't get Healthy Start vitamins then speak to your midwife or GP about the extra vitamins and minerals you might need.

As we don't get enough sunshine in Scotland, make sure you take a vitamin D supplement during your pregnancy and when breastfeeding!

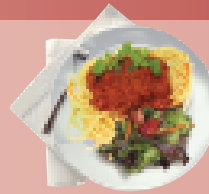
Folic Acid

Will help your baby develop properly. You need to take a folic acid supplement for the first 12 weeks of pregnancy but it is still important to eat foods high in folate (the natural form of folic acid). Good sources include green vegetables, oranges, bananas and breakfast cereals.



Iron

It is not unusual to feel tired nearer the end of your pregnancy, but it could be due to a lack of iron. Red meat, green vegetables and breakfast cereals are all rich sources of iron. Ask your midwife or GP for advice.



Constipation

Constipation can be a problem in pregnancy. The best way to prevent it is to eat plenty of fibre rich food eg fruit, vegetables, baked beans, wholegrain breakfast cereals and bread. Remember to drink plenty!



Useful Contacts & Support

www.readysteadybaby.org.uk/
www.nhsforthvalley.com/healthpromotion
www.eatingforpregnancy.org.uk
www.healthystart.nhs.uk



Breastfeeding:

www.feedgoodfactor.org.uk
www.bestbeginnings.info/
National Breastfeeding
Helpline: 0300 100 0212
www.breastfeedingnetwork.org.uk

When you are having a baby

Shop
Cook
Eat

Eating Well in Pregnancy

Pregnancy is an ideal time to think about what food your body needs. By eating well every day not only will you benefit but you will also be giving your baby the best start in life.

Eating well will give you and your baby the vitamins and minerals you both need.

Eating well means trying to have:

- breakfast, lunch, dinner & a small snack in between- see Shop, Cook, Eat for ideas!!
- bread, potatoes, pasta, rice or other starchy food at each meal
- meat, fish, eggs or beans at least twice a day to get enough iron
- milk, cheese & yogurts at least 3 times a day for calcium
- fruit & vegetables every day particularly green ones

• Plenty of fluids- water, milk and fruit juice are good choices.

Alcohol is best avoided during your pregnancy



Food Safety in Pregnancy

Some foods are best avoided when you are pregnant.

These include:

- Raw, soft or runny eggs
- Raw or undercooked meat or shellfish
- Cheeses like brie and stilton
- Liver or pate.

Go easy on:

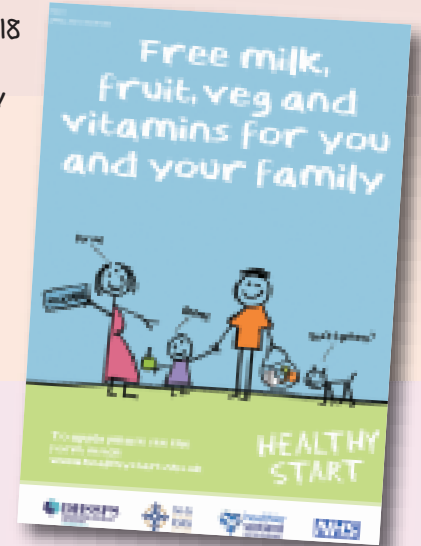
- Canned tuna which should be limited to 4 cans a week
- Oily fish such as salmon, mackerel & sardines which should be limited to twice a week
- Caffeine- drinks like cola, iron brew, tea and coffee.

Take advantage of FREE dental treatments



The Healthy Start Scheme

If you are under 18 or on certain benefits you may qualify for the Healthy Start Scheme. Your midwife will provide you with information and an application form.



If you qualify, from the 10th week of pregnancy you will receive vouchers to swap for fresh milk, fruit, and vegetables during your pregnancy. You will also get free Healthy Start vitamins.

Once your baby is born you can still swap the vouchers for these items or put them towards the cost of formula milk if you choose not to breastfeed.

When your baby is born you can get Healthy Start vitamins for them too.

Healthy Start vitamins give you the correct amount of folic acid and Vitamin D for pregnancy.