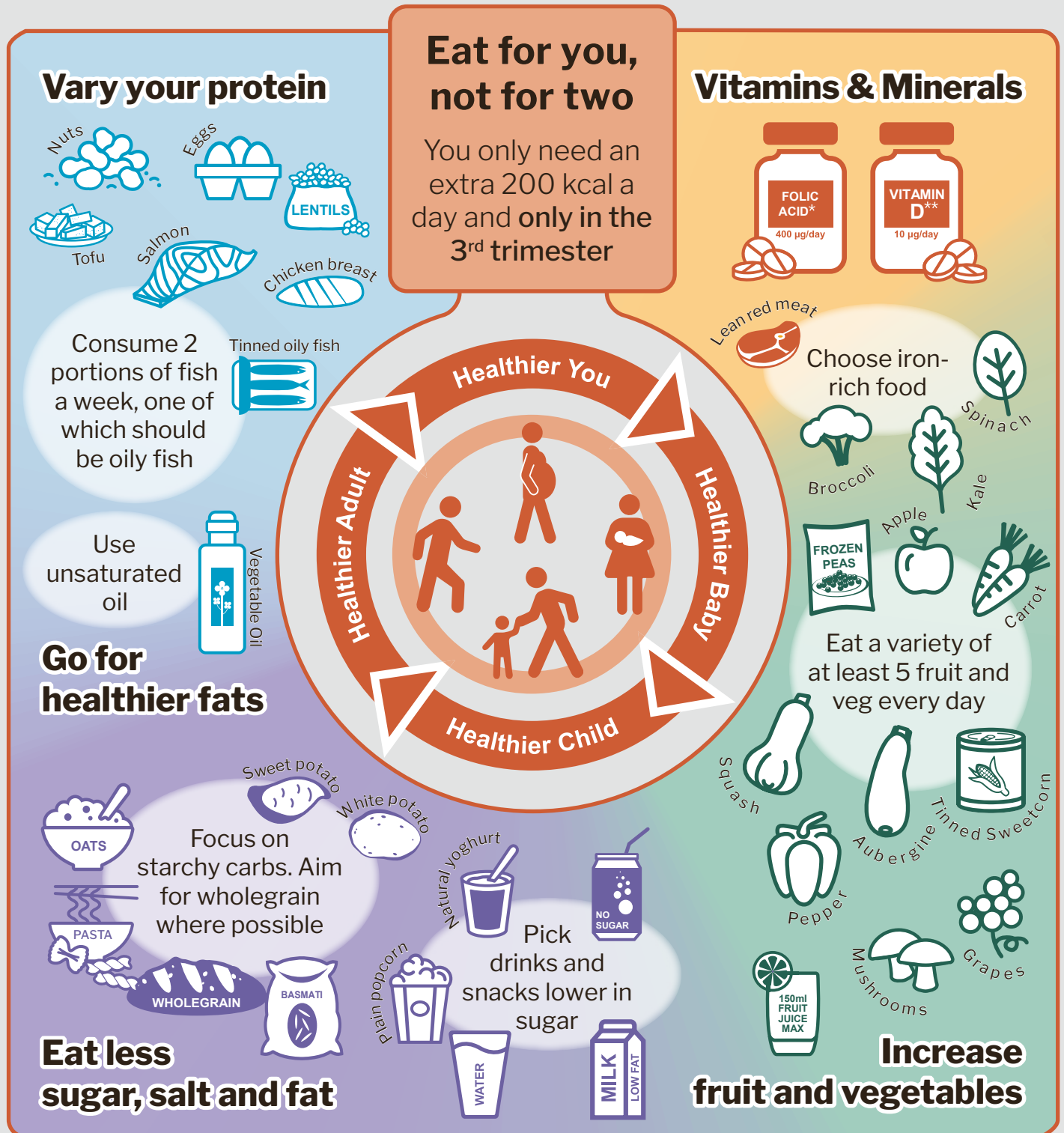


# Healthier Eating in Pregnancy



## Benefits for You

- Helps prevent diabetes of pregnancy
- Prevents too much weight gain
- Easier weight loss after pregnancy
- Healthier future pregnancies

## Benefits for Baby

- Supports optimal growth
- Strong bone formation
- Supports brain development
- Healthier birthweight

\* Recommended for pregnant women before and during the first 12 weeks of pregnancy. Some women may have higher requirements, please check with your midwife or GP.

\*\* Recommended between October and March when we don't get enough vitamin D from sunlight.