

A healthy lifestyle during pregnancy

Menu 1: Standard menu

Meal/snack	Food and drinks	Food groups	Caffeine content (mg)
Early morning	Mug of tea with milk		75
Breakfast	Porridge or wholegrain breakfast cereal and milk with fresh fruit slices or dried fruit Water to drink	1, 2, 3	
Mid-morning	Skinny latte, decaffeinated Banana	3 2	10
Midday meal	Chicken and salad sandwich Bunch of grapes Water to drink	1, 2, 4, 5 2	
Afternoon snack	Mug of tea with milk Muffin/cake containing dried fruit	5 Sugary food	75
Evening meal	Oily fish and potato pie with green beans Fruit salad Yogurt Water to drink	1, 2, 4 2 3	
Supplements	Folic acid and vitamin D		

This menu has:

Food group 1 - three servings: breakfast cereal, bread, potato

Food group 2 - six servings: fresh fruit slices/dried fruit, banana, salad, grapes, green beans, fruit salad

Food group 3 - three servings: milk on cereal and in tea, skimmed milk in latte, yogurt

Food group 4 - two servings: chicken, fish

Food group 5 - one servings: butter on bread

Sugary food - one serving: muffin/cake

Caffeine content: 160mg