

# Healthy Eating Checklist for Pregnancy

Maternity department



It is important for you and your baby, that you eat a healthy diet in pregnancy. This checklist will help you think about the foods you eat. If your current food intake is affected by feeling sick or vomiting then use your usual food intake from before the sickness started to complete the form. Please complete the following questions and then look in the advice box for each section. You may be prompted to ask your midwife for more information. Show the form to your midwife whilst at your appointment. Your midwife will review your checklist and advise you about your diet.

A.	B. Diet at present	C. Advice and suggestions
<b>1. ABOUT YOU</b>		
1a. How many weeks pregnant are you?	..... weeks	
1b. Are you taking/did you take folic acid tablets?	Please tick: <input type="checkbox"/> Yes <input type="checkbox"/> No	If <b>'No'</b> and you are less than 12 weeks pregnant, ask your GP for a prescription or ask your midwife about "Healthy Start"
1c. Are you taking a Vitamin D supplement?	Please tick: <input type="checkbox"/> Yes <input type="checkbox"/> No	If <b>'No'</b> , ask your midwife about "Healthy Start". It is important that you take a Vitamin D supplement when you are pregnant and whilst you breastfeed your baby.

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<b>2. ABOUT HEALTHY EATING</b>		
2a. How many times a day do you eat?	..... meals      ..... snacks	Try to eat at least 3 times a day and especially do not miss breakfast. If feeling sick, eating small snacks throughout the day can help.
2b. How many portions of fruit do you eat a day? <b>1 portion is:</b> <ul style="list-style-type: none"> <li>▶ a large piece of fruit like an apple, orange or banana</li> <li>▶ two small pieces of fruit like tangerines or plums</li> <li>▶ a glass of fresh fruit juice</li> <li>▶ 3 tablespoons of chopped fruit</li> </ul>	Please tick: <input type="checkbox"/> None <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 or more	Add your fruit score to your vegetable score below to get your total.
2c. How many portions of vegetables do you eat in a day? <b>1 portion is:</b> <ul style="list-style-type: none"> <li>▶ 3 tablespoons of cooked vegetable</li> <li>▶ 1 cereal bowl full of salad</li> <li>▶ 1 bowl of vegetable soup</li> <li>▶ Do not include potatoes</li> </ul>	Please tick: <input type="checkbox"/> None <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	You need to eat at least 5 portions of fruit and vegetables every day (but no more than 9) to get the right amount of vitamins. If your total sum is less than 5 your midwife can give you more ideas on how to increase your intake. You can also get ideas from your “Ready Steady Baby” book.
<b>3. ABOUT CALCIUM</b>		
3a. How many dairy portions a day do you eat? <b>1 portion is:</b> <ul style="list-style-type: none"> <li>▶ a glass of milk or milk in cereal or puddings</li> <li>▶ matchbox size piece of cheese</li> <li>▶ small carton of yoghurt</li> </ul>	Please tick: <input type="checkbox"/> None <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 or more	Calcium is important for your health and the growth of your baby. If your intake is less than three portions, think about increasing your intake. Ask your midwife for more advice. Remember that dairy products can be high in fat and calories so try to choose lower fat options.

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<b>4. ABOUT IRON</b>		
4a. Are you taking iron tablets?	Please tick: <input type="checkbox"/> Yes <input type="checkbox"/> No	You will only be prescribed these if you need them. Try to make sure you have enough iron in your diet ( <i>see below</i> )
4b. How often do you eat any of the following foods? <i>beef, lamb, pork, burgers, sausages, corned beef (or any foods made with these such as, meat pies), nuts, eggs or pulses.</i>	Please tick: <input type="checkbox"/> Every day <input type="checkbox"/> Most days <input type="checkbox"/> Once or twice a week <input type="checkbox"/> Never or rarely	If never or just once or twice a week your diet could be low in iron which can cause you to become anaemic. Remember that some of these foods can be high in fat therefore choose lower fat options where you can. Use lean cuts of meat, grill instead of frying. Eggs should be well cooked. Having fruit and vegetables with meals can help your body take more iron out of your food.
<b>5. ABOUT FLUIDS</b>		
5a. How many drinks do you have in a day? Include water, tea, coffee, milk, milkshakes, juice, still and fizzy juice. <i>1 drink equals:</i> ▶ A cup or tumbler ▶ A can ▶ Half a 500ml bottle	..... drinks per day	You need to drink at least 8 drinks a day (1½ to 2 litres) to keep yourself hydrated and prevent constipation. Try to choose sugar free versions of soft drinks to avoid having too much sugar and prevent dental caries. You should also have no more than 200mg caffeine per day whilst pregnant. Your “Ready Steady Baby” book has a list of the amount of caffeine in tea, coffee and other drinks on page 15.

A.	B. Diet at present	C. Advice and suggestions
<b>6. ABOUT YOUR DIETARY REQUIREMENTS</b>		
<p>6a. Do you follow a special diet or avoid certain foods for any reason?</p>	<p>Please tick: <input type="checkbox"/> Yes* <input type="checkbox"/> No</p> <p>*If 'Yes', give details: .....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>With any dietary restriction it is important that your diet is adequate in vitamins and minerals. Your midwife will advise you how to maintain a healthy, balanced diet.</p>

**Your midwife will also discuss which foods you should avoid whilst you are pregnant.  
Your Ready Steady Baby book also has more information.**

**If you have any further concerns about your diet, speak to your midwife.**

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