

# *I'm Pregnant!*

# CHECKLIST

## Diet

- ☐ 5+ Servings of vegetables or fruit a day
- ☐ Choose wholegrain varieties
- ☐ 2 portions of fish per week (1 oily)
- ☐ Dairy or fortified dairy alternatives
- ☐ Increase plant-based proteins
- ☐ Handful of nuts/seeds most days
- ☐ Cook with olive or seed oils
- ☐ 3-4 British Red Lion Mark eggs / week

## Supplements

- ☐ 400 µg daily folic acid supplement
- ☐ 10 µg daily vitamin D supplement
- ☐ Daily omega-3 supplement (without vitamin A)

### Speak to GP:

- ☐ B12 (especially vegans/vegetarians)
- ☐ Iron
- ☐ Iodine (150mg max per day)



## Avoid

- ☐ Fish high in mercury
- ☐ Foods high in Vitamin A and supplements
- ☐ Unpasteurised milk and milk products
- ☐ Raw, undercooked or rare meat
- ☐ Soft cheeses which are mould-ripened
- ☐ Ready-to-eat perishable foods
- ☐ Eggs without the British Red Lion Mark
- ☐ Reduce saturated fat, salt and sugar

## Other

- ☐ Avoid alcohol consumption
- ☐ Quit smoking
- ☐ Limit caffeine to 200 mg a day
- ☐ Reduce chemical exposure
- ☐ 150 min of moderate aerobic activity
- ☐ At least 2 strengthening activities
- ☐ At least 6 - 8 glasses of fluid a day
- ☐ Blood tests