

My diet during pregnancy

The mother's diet during pregnancy is **essential for baby's development**. It is also during pregnancy that baby experiences flavour for the first time and starts to develop their own food preferences! So it is really important to make sure you have a **healthy, balanced and varied diet**. And even more importantly, limit your intake of foods that are not recommended during pregnancy.



SO-CALLED "OILY" FISH

(sardine, salmon, halibut...) small fish, restrict your intake of large fish such as tuna/salmon to once a week.



FRUIT AND VEGETABLES, as much as you like!



WHOLEGRAIN CEREALS AND CARBOHYDRATES

(bread, pasta, rice, couscous, lentils...)



DAIRY PRODUCTS

(milk, yoghurt, pasteurised hard cheeses)



WHITE OR RED MEAT

Well-cooked



FATS

(Oil, butter, crème fraîche...)



Avoid fermented products, sprouted seeds and uncooked processed products (such as patés, cured meats...).

SOFT OR UNPASTEURISED CHEESES



RAW, SMOKED, MARINATED, DRIED, RARE MEAT



PREDATORY FISH, EVEN IF COOKED!

Such as shark, swordfish or marlin.



SEAFOOD, RAW, MARINATED OR SMOKED FISH

and so no sushi!



RAW EGGS

so no mayonnaise and other uncooked desserts (like chocolate mousse)



SOYA

and soya-based products



LIVER

and liver-based products



EXCESSIVE COFFEE AND TEA

which are stimulants



ALCOHOL

