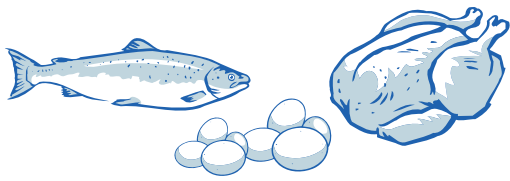



Do eat	Don't eat
<p>✓ Plenty of fruit and vegetables (fresh, frozen, tinned, dried or juice). Aim for at least five portions of a variety each day</p>	
<p>✓ Plenty of bread, pasta, rice, potatoes and other starchy foods – try to choose wholegrain options</p>	
<p>✓ Lean meat and chicken, fish, eggs, nuts, pulses (such as beans and lentils) and other protein-rich foods. These foods are also good sources of iron. Aim for at least two servings of fish a week, including one of oily fish</p> 	<ul style="list-style-type: none"> ✗ Raw, smoked or undercooked meat ✗ Liver products and supplements containing vitamin A ✗ All types of pâté, including vegetable pâté ✗ More than two tuna steaks a week or four medium-size cans of tuna a week ✗ More than two portions of oily fish a week ✗ Shark, swordfish, marlin and raw shellfish ✗ Undercooked ready meals ✗ Raw or partially cooked eggs
<p>✓ Dairy foods such as milk, cheese and yoghurt</p> 	<ul style="list-style-type: none"> ✗ Unpasteurised milk ✗ Soft mould-ripened cheeses, such as Brie and Camembert, blue-veined cheeses, such as Stilton, or unpasteurised cheeses
<p>✓ Plenty of fibre, as found in wholegrain bread, pasta, rice, pulses and fruit and vegetables</p>	

Alcohol and caffeine.

It's best not to drink alcohol while you're pregnant, but if you do, have no more than one to two units of alcohol once or twice a week. Keep caffeine consumption to no more than 200 mg a day.

Eating for two?

Unless advised otherwise, you don't need more calories than your usual diet provides until the third trimester. Then, on average, women need an extra 200 calories per day, the equivalent of one pitta bread filled with cottage cheese, or two pieces of fruit.

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