



## Eating well in pregnancy

During pregnancy, you'll naturally want to ensure you eat well, to keep you and your baby healthy. Some foods are best avoided because of what they contain or how they're prepared. This little guide will help you plan meals safely.

### Food you can eat

- ✓ Hard cheeses like **cheddar**, **parmesan**, **edam**, **feta**, **halloumi**, **paneer** and **havarti**, as long as they're made with pasteurised milk
- ✓ Soft cheeses like **ricotta**, **mascarpone**, **cottage cheese** and **cream cheese**, processed cheeses such as **Philadelphia** and **Boursin**
- ✓ Yoghurt, including **bio yogurts** and **probiotic drinks**
- ✓ **Nuts**, including peanuts, unless you are allergic to them
- ✓ **Fromage frais** and **crème fraîche**
- ✓ **Eggs**, just check the white and yolk are cooked until solid
- ✓ **Mayonnaise**, **salad cream** and **ice cream**, as long as they don't contain raw egg
- ✓ **Shellfish** and **prawns**, just make sure they're properly cooked
- ✓ **Meat**, as long as it's well cooked

### Useful sources of information about healthy eating in pregnancy

NHS choices - [nhs.uk/conditions/pregnancy-and-baby/pages/healthy-pregnancy-diet.aspx](https://www.nhs.uk/conditions/pregnancy-and-baby/pages/healthy-pregnancy-diet.aspx)  
NHS start4life - [nhs.uk/start4life/healthy-eating](https://www.nhs.uk/start4life/healthy-eating)  
NCT - [nct.org.uk/pregnancy/pregnancy-nutrition](https://www.nct.org.uk/pregnancy/pregnancy-nutrition)

### Food you should avoid

- ✗ Soft mould-ripened and blue cheeses like **camembert**, **brie**, **chevre** and **stilton**
- ✗ **Unpasteurised milk**
- ✗ **Pâté**, including vegetable ones
- ✗ Raw meat such as **Parma ham**
- ✗ **Liver**
- ✗ **Raw or undercooked eggs** including undercooked **scrambled eggs** or **cheesecake** and other recipes with raw eggs
- ✗ **Soft whip ice cream**
- ✗ **Raw shellfish**
- ✗ **Shark**, **swordfish** and **marlin**
- ✗ **Alcohol** - The Chief Medical Officers for the UK recommend that if you're pregnant, or planning to become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.

### Food you should limit

- Oily fish such as **sardines**, **mackerel**, **salmon** and **fresh tuna** - eat no more than two portions a week (or four cans of tuna)
- **Caffeine** - limit yourself to two mugs of tea or instant coffee a day