

Eat plenty of foods that help your unborn baby grow. Foods rich in omega 3 fatty acids will help your baby's brain development. We've highlighted in **blue** foods that are rich in **omega 3 fatty acids**.

Calcium and vitamin D help to grow strong bones and teeth. We've highlighted in **yellow** foods that are rich in **calcium** and in **brown** foods that are rich in **vitamin D**.

Betacarotene is a safe form of vitamin A for you in pregnancy. We've highlighted in **orange** foods that are rich in **betacarotene**.

Tip: keep a pack of almonds in your desk drawer at work for an easy way to ward off hunger pains. They are also high in calcium.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • Porridge made with milk and a tbsp of sultanas and flaked almonds • Apple 	<ul style="list-style-type: none"> • Low-fat yoghurt • Orange 	<ul style="list-style-type: none"> • Baked sweet potato, baked beans in tomato sauce and a bit of cheese • Pear 	<ul style="list-style-type: none"> • Small fruit or cheese scone 	<ul style="list-style-type: none"> • Chicken korma with steamed rice and raita
Tuesday	<ul style="list-style-type: none"> • Wholemeal or grainy toast with mashed banana • Papaya smoothie 	<ul style="list-style-type: none"> • Crumpet, ricotta and cinnamon 	<ul style="list-style-type: none"> • Lean chicken and salad sandwich on wholegrain roll • Orange 	<ul style="list-style-type: none"> • Breadsticks with soft cheese dip 	<ul style="list-style-type: none"> • Salmon with pine nuts (also high in Omega 3) with mashed sweet potato and spinach
Wednesday	<ul style="list-style-type: none"> • Weet-bix with Greek yoghurt and fresh seasonal berries • Small fresh-squeezed orange juice 	<ul style="list-style-type: none"> • Oaty cranberry and orange cookie 	<ul style="list-style-type: none"> • Ciabatta with halloumi, basil and sundried tomatoes • Small bunch of grapes 	<ul style="list-style-type: none"> • Hommus with pitta bread 	<ul style="list-style-type: none"> • Sweet apple lamb with mashed potato and broccoli and butternut pumpkin
Thursday	<ul style="list-style-type: none"> • Low-fat yoghurt mixed with a tbsp of fresh berries • Toasted crumpet with peanut butter • Herbal tea 	<ul style="list-style-type: none"> • Tub of low-fat yoghurt 	<ul style="list-style-type: none"> • Super salad • Vietnamese rice paper roll • Fresh seasonal fruit 	<ul style="list-style-type: none"> • Slice of banana bread 	<ul style="list-style-type: none"> • Spaghetti marinara or puttanesca
Friday	<ul style="list-style-type: none"> • Porridge made with milk and sliced banana • Tomato or V8 juice 	<ul style="list-style-type: none"> • Cucumber sushi roll and edamame 	<ul style="list-style-type: none"> • Smoked salmon (also high in Vitamin D) and cream cheese bagel • Kiwi fruit 	<ul style="list-style-type: none"> • Dried apricots and almonds 	<ul style="list-style-type: none"> • Chilli con carne made with kidney beans, rice and rocket salad
Saturday	<ul style="list-style-type: none"> • Scrambled eggs, grilled tomato, steamed spinach with toast • Small banana and strawberry smoothie 	<ul style="list-style-type: none"> • Wholemeal roll with peanut butter 	<ul style="list-style-type: none"> • Mushroom and celery pasta bake • Chopped papaya 	<ul style="list-style-type: none"> • Fruit and nut muesli bar 	<ul style="list-style-type: none"> • Homemade burgers with salad and coleslaw
Sunday	<ul style="list-style-type: none"> • Pancakes or pikelets with blueberries • Low-fat fruit yoghurt 	<ul style="list-style-type: none"> • Banana 	<ul style="list-style-type: none"> • Watercress and celeriac soup with a wholegrain roll with spread 	<ul style="list-style-type: none"> • Walnuts and dried fruit 	<ul style="list-style-type: none"> • Roast beef with roast potatoes, steamed carrots and broccolini • Fruit salad