

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:** Go for brightly coloured fruit and vegetables – they're rich in antioxidants and are good for you.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> <li>• <b>Porridge</b> made with <b>milk</b> flavoured with a pinch of cinnamon and a tbsp apple puree</li> </ul>	<ul style="list-style-type: none"> <li>• Raisin toast with spread</li> </ul>	<ul style="list-style-type: none"> <li>• English muffin pizzas with <b>tinned tuna</b></li> <li>• Chopped apple</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Oaty cranberry and orange cookie</b></li> </ul>	<ul style="list-style-type: none"> <li>• Chicken casserole with <b>wilted spinach</b></li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>• Low-fat <b>yoghurt</b> mixed with chopped fresh fruit and <b>flaked almonds</b> on pancakes or pikelets</li> <li>• <b>Papaya_smoothie</b></li> </ul>	<ul style="list-style-type: none"> <li>• Cucumber sushi roll and edamame</li> </ul>	<ul style="list-style-type: none"> <li>• Baked potato with <b>cottage cheese</b> and pineapple</li> <li>• Seasonal fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Low-fat healthy muffin</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Salmon with pine nuts, sweet potato wedges</b> and steamed corn cobs</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>• Weet-bix with <b>milk</b>, banana and berries</li> <li>• Small freshly-squeezed <b>orange juice</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Low-fat yoghurt</b></li> <li>• Kiwi fruit</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Super salad</u></li> <li>• <b>Orange</b></li> </ul>	<ul style="list-style-type: none"> <li>• Small salad wholemeal roll</li> </ul>	<ul style="list-style-type: none"> <li>• Pork and apple meatballs with mashed potato, snowpeas and asparagus</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>• <b>Porridge</b> made with <b>milk</b>, flavoured with a tbsp of fresh berries</li> <li>• Herbal tea</li> </ul>	<ul style="list-style-type: none"> <li>• Rice cakes with jam or <b>Vegemite</b></li> </ul>	<ul style="list-style-type: none"> <li>• Baked potato with <b>baked beans</b> in tomato sauce</li> <li>• Kiwi fruit</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Walnuts</b> and dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled <b>fish fillet</b> with home-made baked potato wedges and <b>watercress</b> salad</li> </ul>
Friday	<ul style="list-style-type: none"> <li>• Wholegrain toast with smooth <b>peanut butter</b></li> <li>• Small freshly-squeezed <b>orange juice</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Fruche</b> or Lé Rice</li> </ul>	<ul style="list-style-type: none"> <li>• <u>Warm chicken and avocado salad</u></li> <li>• Pear</li> </ul>	<ul style="list-style-type: none"> <li>• Slice of carrot cake</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Goulash or beef and black bean</b> casserole</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>• <b>Greek yoghurt</b>, dried fruit (apricots, figs or dates), <b>flaked almonds</b> and 1 tbsp muesli (soaked in the fridge overnight)</li> <li>• Herbal tea</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Oaty cranberry and orange cookie</b></li> </ul>	<ul style="list-style-type: none"> <li>• Healthier BLT (grilled bacon with <b>lettuce</b> and thick slices of tomato on grainy bread)</li> <li>• Chopped <b>papaya</b></li> </ul>	<ul style="list-style-type: none"> <li>• Veggie sticks with salsa</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti with <b>marinara or puttanesca</b></li> <li>• <b>Orange</b></li> </ul>
Sunday	<ul style="list-style-type: none"> <li>• Scrambled <b>eggs</b> on toasted bagel with <b>spread</b></li> <li>• Small tub of low-fat fruit <b>yoghurt</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Papaya smoothie</b></li> </ul>	<ul style="list-style-type: none"> <li>• Prawn tacos with salsa, lettuce, <b>mushrooms</b> and <b>grated cheese</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Hommus with pitta bread</b></li> </ul>	<ul style="list-style-type: none"> <li>• Roast chicken with potatoes, <b>carrots</b> and <b>broccoli</b></li> <li>• Baked apple and <b>custard</b></li> </ul>