

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: Reach for your childhood favourites and have Vegemite on toast or a glass of milk before bed for a good boost of vitamin D.

	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 juice 	<ul style="list-style-type: none"> • Sesame snaps 	<ul style="list-style-type: none"> • Ciabatta with halloumi, basil and sundried tomatoes • Orange 	<ul style="list-style-type: none"> • Anzac biscuit with macadamias 	<ul style="list-style-type: none"> • Chicken stir-fry with noodles, shiitake mushrooms and Asian vegetables
Tuesday	<ul style="list-style-type: none"> • Wholegrain toast with mashed banana • Papaya smoothie 	<ul style="list-style-type: none"> • Small fruit or cheese scone 	<ul style="list-style-type: none"> • Broccoli and pea soup crusty wholegrain roll and spread • Pear 	<ul style="list-style-type: none"> • Hommus with pitta bread 	<ul style="list-style-type: none"> • Creamy tuna and salmon pie with fresh steamed seasonal vegetables and broccoli
Wednesday	<ul style="list-style-type: none"> • Weet-bix with Greek yoghurt and mixed fresh berries • Orange juice 	<ul style="list-style-type: none"> • Anzac biscuit with macadamias 	<ul style="list-style-type: none"> • Baked potato with tuna and coleslaw • Chopped papaya 	<ul style="list-style-type: none"> • Bowl of chopped mixed fruit 	<ul style="list-style-type: none"> • Mushroom and celery pasta bake and a fresh garden salad
Thursday	<ul style="list-style-type: none"> • Low-fat vanilla yoghurt mixed with a handful of fresh berries • Toasted crumpet with peanut butter 	<ul style="list-style-type: none"> • Apple and bran muffin 	<ul style="list-style-type: none"> • Smoked chicken and avocado salad • Kiwi fruit 	<ul style="list-style-type: none"> • Rye biscuits, tomato and cream cheese 	<ul style="list-style-type: none"> • Pan-fried tuna steak with sweet potato wedges, sugar snap peas and cooked spinach
Friday	<ul style="list-style-type: none"> • Porridge made with milk with sliced banana • Tub of low-fat yoghurt 	<ul style="list-style-type: none"> • Fruit and nut muesli bar 	<ul style="list-style-type: none"> • Ham, cheese, tomato and lettuce sandwich on wholemeal bread • Apple 	<ul style="list-style-type: none"> • Anzac biscuit with macadamias 	<ul style="list-style-type: none"> • Sweet apple lamb with couscous, wilted spinach and steamed green beans
Saturday	<ul style="list-style-type: none"> • Scrambled eggs with toast and spread • Small freshly-squeezed orange juice 	<ul style="list-style-type: none"> • Low-fat fruit yoghurt 	<ul style="list-style-type: none"> • Toasted bagel with smooth peanut butter and mashed banana 	<ul style="list-style-type: none"> • Walnuts and dried fruit 	<ul style="list-style-type: none"> • Vegetable curry with mushroom rice, dahl and naan bread
Sunday	<ul style="list-style-type: none"> • Pancakes with blueberries • Small tub low-fat yoghurt 	<ul style="list-style-type: none"> • Berry smoothie 	<ul style="list-style-type: none"> • Watercress and celeriac soup with a wholegrain roll 	<ul style="list-style-type: none"> • Breadstick with hommus 	<ul style="list-style-type: none"> • Roast pork with roast pumpkin and steamed veg • Apple and rhubarb crumble