Add veg and fruit into your meals whenever you can. Fresh, tinned or frozen are all healthy choices.

Healthy Tips

Choose foods from the 5 food groups every day:
- Breads + Cereals
- Vegetables
- Lean Meats
- Low Fat Dairy
- Fruit

Choose high iron foods like these:
- Meat
- Poultry
- Fish
- Eggs
- Beans
- Nuts
- Fortified Cereals

Limit sugary foods and drinks:
- Drink plenty of water

A healthy weight gain in pregnancy is important for the health of mum and baby.

It is good to take your daily nutrition tablet before and during your pregnancy.

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