

## Sheet1

	A	B	C
1	<b>Nutrient</b>	<b>Why?</b>	<b>Where from?</b>
2	Calcium	Development of baby's teeth and bones	You need at least 700-800mg per day (a pot of yoghurt or a large glass of milk). As well as dairy products, it is found in dark green leafy vegetable bread, pulses, dried fruit, fish with edible bones (example sardines), baked beans, nuts, sesame seeds, enriched soya milk, and enriched orange juice.
3	Iron	Formation of red blood cells. For you and your baby	Lean red meat, pilchards, dark green vegetables beans, lentils, eggs, nuts, dried fruit, wholemeal bread and breakfast cereals
4	Folic acid	Development of baby's organs and tissues, reduces risk of spinal defects such as spina bifida	Enriched cereals and bread, green vegetables and oranges. See the text underneath this box for more information
5	Vitamin C	Helps absorb iron	Most fruit and vegetables: blackcurrants, citrus fruit and citrus fruit juices are the richest sources
6	Vitamin D	Helps absorb calcium	Oily fish such as herring, tuna (not white fish such as cod), eggs, milk, butter, margarine and lower fat spreads
7	Omega-3 essential fatty acids	Baby's brain and nerve development in late pregnancy	Cold water fish (mackerel, herring, salmon, sardines). Try to eat one serving per week
8	Vitamin B12	For healthy blood	The only non-animal food source is seaweed, but found in fortified foods such as marmite and breakfast cereals
9			
10	<b>Extra Folic Acid</b>		
11	<b>Food (serving size)</b>	<b>Micrograms of folic acid per serving</b>	
12	Brussels sprouts (90g)	100	
13	Spinach (90g)	80	
14	Green beans (90g)	50	
15	Frozen peas (90g)	40	
16	2 slices fortified soft grain bread	105	
17			
18	<b>What do I need to avoid?</b>		
19	There are certain things you should avoid during pregnancy for the good of your growing baby. These include:		
20	Alcohol - best avoided. Try to cut out alcohol altogether, and certainly avoid getting drunk. The government recommends no more than one or two units (a unit is a 120ml glass of wine, a single measure of spirits, or half a pint of normal strength beer), once or twice a week. <sup>4</sup>		
21	High intake of vitamin A - high intakes of vitamin A may harm your baby. Its best to avoid liver, liver sausage and cod liver oil as they are high in vitamin A. The type of vitamin A found in fruit and vegetables is safe to eat. <sup>1</sup>		
22	Raw or lightly cooked eggs - these may contain Salmonella bacteria, which cause food poisoning. Cook eggs until the white and the yolk are solid, and avoid home-made mayonnaise, ice-cream, cheese or mousse. <sup>1</sup>		
23	Soft ripened cheeses such as Brie, Cambozola, Camembert and blue-veined cheeses for example blue Brie, Danish blue and Gorgonzola. These occasionally contain Listeria bacteria, which can cause miscarriage or still birth. <sup>5</sup>		
24	Paté - this should be avoided as it may contain Listeria. <sup>1</sup>		
25	Shellfish - it is advisable to avoid shellfish as they may cause food poisoning. <sup>1</sup>		
26	Peanuts - one theory is that peanut allergy may be caused by being exposed to peanuts at a young age. Current opinion is that if you, your baby's father or any of your previous children suffer from asthma, eczema, hay fever, or food allergies, it is sensible to avoid peanuts and any products containing them while you are pregnant. <sup>1</sup>		
27	Caffeine - moderate amounts are okay to drink, but limit what you drink to five cups of normal strength coffee or 10 cups of tea per day. <sup>1</sup>		