



For You & Baby: Top Food Tips During Pregnancy

There are a few foods which you should take care to avoid whilst pregnant, including:

- Soft blue cheeses
- Soft cheeses with white rinds
- Some raw or partially cooked eggs
- Pâté
- Raw or undercooked meat
- Cold cured meats
- Some fish

For a more extensive list with more information, [please click here](#) to see guidance provided by the NHS.

Having a healthy diet is not limited to avoiding these foods in pregnancy, but also involves having a balanced diet. This is the same for breastfeeding. Although you don't need to eat or avoid anything specific whilst breastfeeding, it is a good idea to keep a healthy diet. This means eating plenty of fruit and vegetables and carbohydrates, and also the appropriate amount of dairy and protein. [Click here](#) to see the NHS Eatwell Guide.

For baby, it is best to introduce a healthy diet as soon as possible during the weaning process. At the start of the weaning process, make sure baby is eating plenty mashed or soft fruits and vegetables to start their healthy diet right. For more information on what baby should be eating at each stage of the weaning process, check out the new Start4Life weaning guide [here](#).

If you would like more information regarding healthy eating, here a few handy resources:

- [NHS Eatwell Plate](#)
- [NHS Healthy Eating Guide](#)
- [Change for Life](#)
- [NHS Foods to Avoid in Pregnancy](#)
- [NHS Healthy Eating in Pregnancy Guide](#)
- [Start4Life Weaning Guide](#)