

# Download Healthy Eating During Pregnancy You Your Baby

Good nutrition during pregnancy, and enough of it, is very important for your baby to grow and develop. You should consume about 300 more calories per day than you did before you became pregnant. ...What should my diet during pregnancy be? Can I go on a diet during pregnancy? Eating healthy is an essential part of being pregnant. Without a doubt, a nutritious, well-balanced eating plan can be one of the greatest gifts you give to your developing baby. Pregnancy nutrition is essential to a healthy baby. Healthy Eating during Pregnancy and Breastfeeding \_\_\_\_\_ \_ 7 Food Groups 1. Bread, cereals, pasta, rice and potato group - aim to eat 6-11