



Healthy Snack



Tips

- Stay Physically active.
- Choose healthy snack up to 3-4 times a day.
- Talk to your midwife about food safety and healthy weight gain during pregnancy.

Healthy Plate Concept in Action



Original Burger



Makeover Burger

Changes made to original burger:

- Add more lettuce, tomato and beetroot.
- Use wholegrain buns instead of white bun.
- Home made meat patty instead of pre-made patty.
- Remove mayonnaise and cheese.

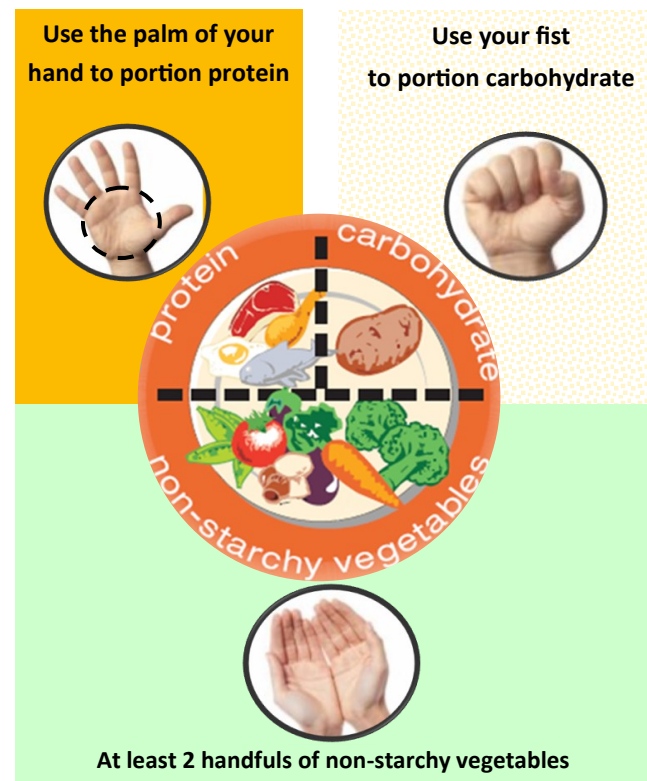


For more recipes ideas, please visit

- <http://www.heartfoundation.org.nz/healthy-living/healthy-eating/free-healthy-food-cookbooks>
- <http://www.vegetables.co.nz/recipes/>

Meal Ideas for Pregnant Women

The Healthy Plate Concept



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Meal Ideas



Tips

- Drink plenty of water. Avoid sugary drinks.
- Use only a small amount of margarine on bread.
- Choose wholegrain breads and high fibre cereals.
- Use the Healthy Plate Concept to prepare meals.
- Choose fresh, cooked food over processed food.

- Include 2-3 serves of fruit daily.
- Be mindful of meal portion size.
- Fill up on non-starchy vegetables.
- Choose foods low in sugar, fat and salt.
- Try low fat coconut cream or dilute with water.



- Try to have dinner early.
- Remove visible fat from meat.
- Cook with a small amount of fat.
- Have treat food once in a while, not everyday.
- Don't miss meals. Have 3 meals at regular time.