

Good start to life

Eating well for a healthy baby

before and during pregnancy



Iron

Mum and Baby need iron for strong blood.

Meats and chicken



Cooked fish (no bones)



Green leafy veggies



Baked beans and cooked eggs



Folate

Mum needs folate to help Baby's spinal cord and brain grow well.

Green leafy veggies



Bread (with folate added)



Broccoli



Avocado



Iodine

Mum needs iodine to help Baby's brain and body grow to full term.

Cooked seafood



Bread (with iodine added)



Cheddar cheese



Cooked eggs



📍 For information on iron, folate, and iodine talk to your doctor or midwife or call 13HEALTH (13 43 25 84)

