Food is important for mum and baby to grow healthy together. Everything mum eats and drinks will affect how baby grows.

Tips for mum and dad:

» Eat foods from the Taro Leaf like veggies and fruit
» Cut out sugary drinks and junk food
» Be active.
It is important mum eats healthy meals and gains a healthy amount of weight during pregnancy.

When mum does not eat healthy balanced meals, what can happen?

» Labour can be difficult
» More chance of bleeding after birth
» High blood pressure
» Diabetes
» Can be harder to breastfeed.

Talk to your doctor or midwife about a healthy weight gain during pregnancy.

Space for your notes

For more information contact: CALL13 HEALTH (13 43 25 84)

These services are confidential with experienced professionals. They can be contacted 24 hours a day 7 days a week.

All information contained in this sheet has been supplied by qualified professionals as a guideline for care only. Seek medical advice, as appropriate, for concerns regarding you or your child’s health.

FS240 developed by Good Start program. Updated: June 2017.