Nutritious food and drink

What do you think about your diet?

Do you think you should make any changes to your diet?

Do you need more information about what you should be eating?

You will have a good and balanced diet if you eat:

- Wholemeal bread and high-fibre breakfast cereals
- Plenty of fruit and vegetables, including fruit juice
- Milk, cheese and yoghurt (preferably low-fat varieties)
- Eggs
- Lean meat (both red and white meat are good)
- Fish (both oily fish, like mackerel, herring and salmon, and whitefish like cod and pollack)
- Plenty of water as well as unsweetened fruit juice and fruit tea
- Vitamin D supplement in the form of cod liver oil (5 ml) or other vitamin D supplement



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Nutritious food and drink

You will have a good and balanced diet if you eat:

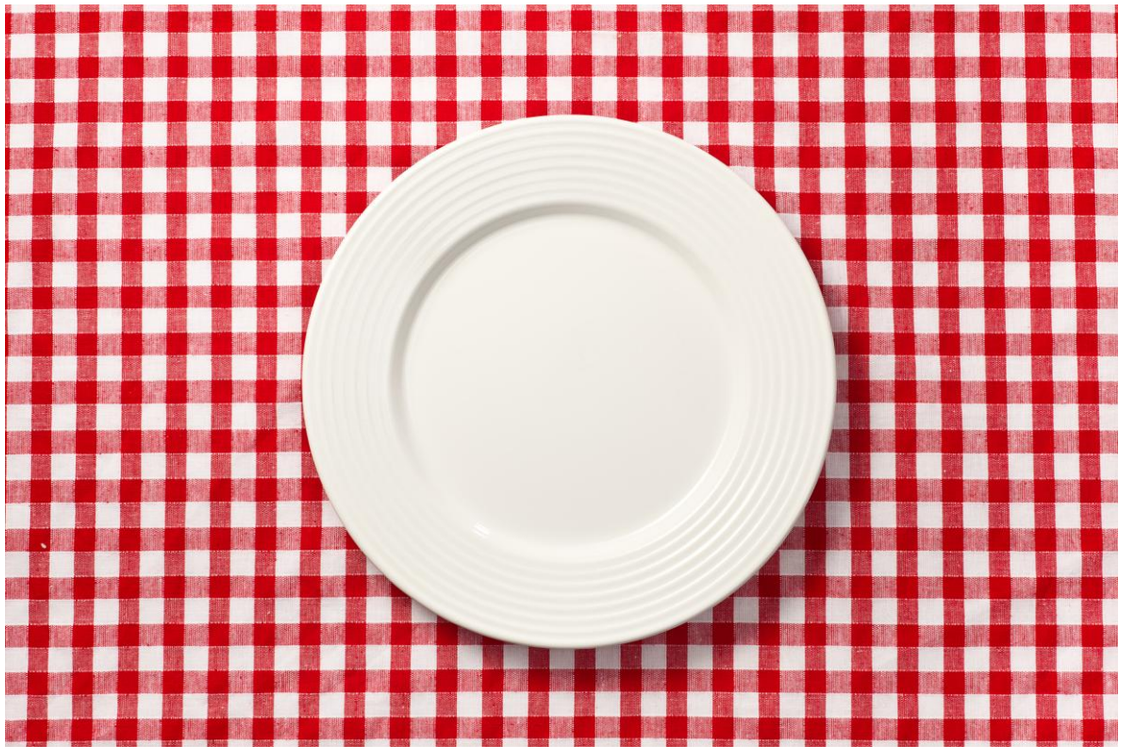
Fruit and vegetables

At least three portions of vegetables and two portions of fruit every day. “Five a day” is good advice for pregnant and breast-feeding women, too.

Wholemeal bread and lean meat

Wholemeal bread and lean meat are important sources of iron and zinc, among other nutrients. Pregnancy and breast-feeding use up the body’s iron reserves. It is therefore important to get enough iron through your diet.

Fill your plate. How would you put together your meal?



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Nutritious food and drink

What is your favourite snack?

Here is a list of healthy snacks. Put a ring around the ones you would like to try.

- Raw vegetables
- Fresh fruit
- Dried fruit
- Cereals with milk
- Yoghurt
- Popcorn
- Fruit bars
- Raw vegetables and dip
- Unsweetened fruit juice
- Wholewheat biscuits
- Peanuts, nuts, almonds



Other snacks you can eat:

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