

## Healthy Meal Planning

Healthy meal planning during pregnancy ensures you and your baby receive essential nutrients. It helps you avoid processed foods, promotes informed choices, and reduces stress, making it easier to maintain a balanced diet for optimal health and energy levels. Here are some tips for planning balanced meals during your pregnancy:

- **Plan Ahead:** Create a weekly meal plan that includes a variety of foods to ensure you get all the essential nutrients.
- **Portion Control:** Pay attention to portion sizes to avoid overeating while ensuring you meet your nutritional needs.
- **Snack Wisely:** Keep healthy snacks on hand, such as nuts, yogurt, or cut-up veggies, to maintain energy levels throughout the day.
- **Diverse Meals:** A varied diet provides a wider range of nutrients. Try to "eat the rainbow" by including fruits and vegetables of different colours in your meals.



Don't forget to drink plenty of water! Staying hydrated is crucial for supporting increased blood volume and helping with digestion. Aim for at least 8-10 glasses of water a day, and more if you're active.