

Physical activity and nutrition in pregnancy

A healthy diet and keeping active can help you to keep well during pregnancy and give your baby the best possible start in life.

Who is this page for?

For public and professionals supporting pregnant women to eat well and keep active during pregnancy.

Eating well and keeping active

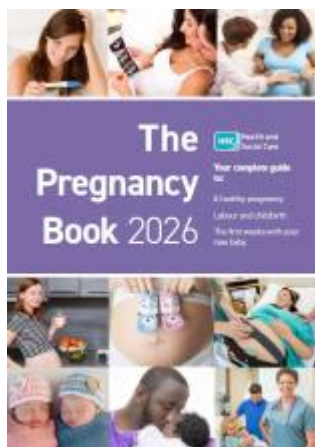
A healthy diet is very important if you are pregnant or trying to get pregnant. You don't need to go on a special diet, but make sure that you eat a variety of different foods every day to get the right balance of nutrients that you and your baby need.

The more active and fit you are during pregnancy, the easier it will be for you to adapt to your changing shape and weight gain. It will also help you to cope with labour and to get back into shape after the birth.

Key resources

For more information, visit:

- [Public Health Dietitians - Eating Well - YouTube](#)
- [Healthy eating in pregnancy | nidirect](#)
- [Keeping active during pregnancy | nidirect](#)



The Pregnancy Book

This book provides information on many aspects of pregnancy and a list of useful organisations. It is available to expectant mothers resident in Northern Ireland through primary care services (antenatal clinics, GPs or health visitors).

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