

Prenatal Nutrition Check List



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Hello Mama!

Pregnancy is an exciting and unique time when providing your body with the right nutrients helps both you and your baby thrive. As a Registered Dietitian and mother of two, I understand that this journey is often filled with questions and uncertainties. With several years of experience in prenatal nutrition, I am dedicated to offering tailored support for women through preconception, pregnancy, and beyond.

From the moment of conception, what you eat influences your baby's growth, development, and future health. In fact, the first 1,000 days of life—beginning at conception and extending to your baby's 2nd birthday—are crucial for shaping their long-term well-being. Your healthy eating habits can support everything from your baby's cognitive development to their future taste preferences, while also helping to reduce the risk of developing health issues like diabetes or obesity in their later life. For you as a mother, a balanced diet can help prevent nutritional deficiencies and reduce the risks of gestational diabetes, preeclampsia, and excessive weight gain, as well as keeping your energy levels up!

This checklist serves as a handy guide to the essential nutrients you and your baby need throughout pregnancy. You'll find food sources and the benefits of each nutrient, allowing you to track your intake during the day or use it as a quick check at the end of the day to ensure you're meeting your nutritional goals.

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*"A grand adventure is about to
begin."*

Winnie the Pooh



Pregnancy Nutrition

Wholegrains

Wholegrains are a great source of slow release energy and essential nutrients like B vitamins, zinc, folate, and fibre. Fibre is especially important during pregnancy to help prevent constipation, which is common for many women. Try to include wholegrains in your meals every day, opting for wholegrain varieties over refined carbs like white bread where possible.

Good sources: Oats, brown/wild rice, quinoa, wholegrain bread, barley, rye, spelt, buckwheat, bulgur, popcorn.

Fruits & Vegetables

Packed with vitamins, minerals, fibre, and powerful antioxidants, fruits and vegetables are essential during pregnancy. These foods contain polyphenols, plant compounds with anti-inflammatory properties, which can support immune health and help reduce oxidative stress. Research suggests that higher intakes of fruits and vegetables may help reduce the risk of developing gestational diabetes, as well as keeping your bowels regular. Aim for at least 5 servings a day, and don't forget to mix up the colours for a variety of nutrients, antioxidants.

Good sources: Bananas, oranges, strawberries, avocado, salad greens, spinach, sweet potatoes, okra, onions, beans, dates, fruit juice.

Protein

Protein is vital for both you and your baby's growth. It's also great for keeping you feeling full between meals. Make sure you're having a good source of protein with each meal, aiming for at least three portions a day.

Good sources: Meat, poultry, eggs, fish, tofu, some meat substitutes, nuts/seeds, milk, yoghurt, quinoa.

Calcium

Calcium is essential for your baby's developing bones and teeth, especially during the third trimester when fetal bone growth is most rapid. Adequate calcium intake during pregnancy also helps to protect your own bone health, as insufficient intake may lead your body to draw calcium from your bones. Research suggests that sufficient calcium intake can help reduce the risk of preeclampsia. Aim for at least three servings of calcium-rich foods each day.

Good sources: Milk, cheese, yoghurt, calcium-set tofu, fortified bread and cereals, fortified plant milks/yoghurts, chia seeds, kale, anchovies, sardines.

Iron

During pregnancy, your blood volume increases by around 50%, meaning you need more iron to produce extra red blood cells for both you and your baby. Low iron can lead to anaemia, so aim to eat iron-rich foods every day and pair plant based sources with vitamin C-rich foods to boost absorption.

Good sources: Red meat, eggs, lentils, dark green vegetables, dried apricots, dried figs, tofu, chickpeas, pumpkin seeds, chia seeds.

Iodine

Iodine is essential for your baby's cognitive development and supports thyroid health for both you and your baby. Although seaweed is a source of iodine, it is recommended to avoid it during pregnancy, as it can contain excessive amounts. Aim to include iodine-rich foods daily.

Good sources: Milk, cheese, yoghurt, cod, fortified plant milks.

Choline

Choline is essential for your baby's cognitive development and spinal cord formation, and it may help prevent neural tube defects. It also supports a healthy placenta. Aim to include choline-rich foods daily.

Good sources: Beef, chicken, cod, salmon, eggs, peanuts, soya, chickpeas, milk, broccoli.

Omega 3

Omega 3 fatty acids, particularly DHA and EPA, are essential for your baby's brain development. Oily fish is the best source, so try to have it once or twice a week. If you don't eat fish, you might wish to consider an Omega 3 supplement made from microalgae.

Good sources: Salmon, trout, mackerel, sardines

Exercise

Staying active during pregnancy can help reduce back pain, support labour, and lower your risk of gestational diabetes and preeclampsia. Activities like walking, yoga, swimming, and even weight lifting (if it was part of your routine before pregnancy) are excellent options. Aim for 150 minutes of moderate exercise each week to keep you and your baby healthy.

Supplements

During pregnancy, it's essential to ensure you're meeting your nutritional needs, and supplements can help. A daily supplement of 400 mcg of folic acid for the first trimester is recommended to help prevent neural tube defects, while a vitamin D supplement of 10 mcg is advised to support bone health for both you and your baby throughout your pregnancy. Some women may choose to take a multivitamin or other specific vitamin and mineral supplements based on their individual needs, particularly if they have dietary restrictions or health concerns. Always consult with your healthcare provider to determine the best supplementation plan for you. You can read more about how to choose a supplement [here](#).

Fluids

Staying hydrated is so important during pregnancy, as your body needs extra fluids to support your baby and amniotic fluid levels. Water is a top choice, but herbal teas, milk, and fruit juices are great too. The best way to check your hydration status is to look at your urine– it should be a pale straw colour to indicate good hydration.

Sources: Water, herbal tea, milk, fruit juice.



Prenatal Nutrition Daily Checklist

Wholegrains

Protein

Fruits & Vegetables

Calcium

Iron

Iodine

Choline

Omega 3

Exercise

Supplements

Fluids

Tick it off as you go!





Let's Get Started!

Thank you so much for downloading this pregnancy nutrition checklist! I hope it brings clarity and confidence to your journey as you nourish yourself and your baby. Pregnancy is a unique time filled with excitement and a fair share of questions, don't forget to build that village to support you. As a Specialist Dietitian and mum of two, I'm here to provide nutrition guidance and expertise you need to feel empowered and supported throughout this journey. Whether you're navigating the early stages of pregnancy or preparing for birth, I'd love to help you meet your nutritional goals with personalised advice tailored just for you. Consider booking an appointment for one-on-one support, where we can work together to make sure you and your baby thrive. Let's embark on this journey together—book a Free Discovery Call today!

[SCHEDULE A CALL](#)

[LEARN MORE](#)

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*"A woman's body is a masterpiece,
and growing a baby bump is one of
the greatest forms of art."*



More Support for Your Pregnancy Journey

Take your pregnancy nutrition to the next level by getting more personalised support or checking out my other expert resources.

Bloom Baby Programme

A 6-month one to one programme guiding you through each trimester with expert support, meal guides, recipes, and tailored resources.

Morning Sickness Survival Guide

Struggling with nausea? This guide is packed with practical tips and dietitian-approved strategies to help you reduce your symptoms and optimise nutrition where possible.



Pregnancy Nutrition Milestone Flash Cards

Week by week flash cards comparing baby's size to common foods alongside evidence-based nutrition tips!

