

In your first trimester you need plenty of **folate-rich** foods. We've highlighted in **green** foods that are rich in folate. You'll still need to take a folic acid supplement, even if you eat plenty of folate-rich foods.

If you're feeling queasy, foods rich in **vitamin B6** may help with morning sickness. We've highlighted in **purple** foods that are rich in vitamin B6.

Tip: keep dry crackers by your bed to nibble on if you feel queasy when you wake up

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Porridge made with milk flavoured with a pinch of cinnamon and a tbsp apple puree	Yoghurt drink Orange	Smoked chicken and avocado salad Banana	Small fruit or cheese scone	Chicken cacciatore with brown rice
	Glass of apple juice Greek yoghurt and ginger with	Slice of	Baked potato and	Handful of	Beef and
Tuesday	chopped fresh fruit (mango, peach or nectarine) served on scotch pancakes • Fruit smoothie	fruited malt loaf	cottage cheese • Small bunch of grapes	dried apricots	black eye bean casserole
Wednesday	Bran flakes with semi- skimmed milk and sliced banana Glass of cranberry juice	Sultana scotch pancake	Broccoli and pea soup with a crusty roll Apple	Carrot sticks and hummus dip	Healthier sausage and apple casserole
Thursday	Porridge made with milk flavoured with a tbsp of tinned berries in fruit juice Green or herbal tea	Pot of low- fat yoghurt	Feta salad couscous Papaya	Slice of banana bread	Creamy haddock and <u>salmon pie</u> with asparagus
Friday	Wholegrain toast spread with peanut butter Yoghurt drink	Rice pot	Cranberry and soft cheese wrap with watercress Slice of melon	Breadsticks with low- fat soft cheese dip	Lamb chops with new potatoes, broccoli and peas
Saturday	Greek yoghurt and ginger mixed with tbsp chopped dried fruit (apricots, figs or dates) and tbsp muesli Glass of orange juice	Small roll with peanut butter	Salmon and watercress salad Kiwi fruit	• 2 fig rolls	Pasta puttanesca with low-fat garlic bread
Sunday	Scrambled eggs on toasted bagel Yoghurt drink	• Banana	Roast chicken with roast potatoes, broccoli and carrots Apple and pear crumble	1-2 handfuls of mixed nuts and dried fruit	Tofu and butternut squash flan