**Diet during and just after pregnancy**

<https://www.nhs.uk/conditions/pregnancy-and-baby/healthy-pregnancy-diet/>

<https://www.babycentre.co.uk/a3561/diet-for-a-healthy-pregnancy>

<https://www.nutrition.org.uk/healthyliving/nutritionforpregnancy/nutrition-and-supplements-during-pregnancy.html>

1. Why should an expectant mother try to increase the amount of fibre she eats?
2. Which foods are good sources of protein?
3. Why is it recommended that we eat limited amounts of fatty foods?
4. What does a shortage of iron cause?
5. Why is calcium an essential mineral?
6. Vitamin C is essential for healthy skin and gums but what other job does it do?
7. Why is folic acid important in an expectant mother’s diet?
8. Why should all meat be thoroughly cooked?
9. What is the name of the bacteria in eggs which can cause food poisoning?
10. Why is good hygiene essential when preparing food?
11. Which foods should a new mother avoid to help her lose weight?
12. If breast feeding which foods should a new mother avoid?