

a. Diet

MODULE 1

During pregnancy, your diet is important because you are also feeding your baby. You must, therefore, make good healthy food choices.

Certain pregnant women have more appetite and others less. It may happen that you crave for certain foods that you are not used to eating. Each woman's experience is unique.

The important thing is to eat a variety of healthy foods. By eating healthy, you will gain the necessary weight for your baby's proper development.



You will find more information about healthy eating during pregnancy in Module 5 entitled "Healthy Diet".