

B. HEALTHY EATING

MODULE 5

When you are pregnant, you are nourishing yourself and your baby. It is, therefore, important to learn how to make good food choices.

Variety is the key to healthy eating. Since there is no perfect food, you need to **balance** the foods you eat. Certain foods must be consumed in **moderation** so as not to harm your health or the health of your baby.



Make a habit of eating regularly. If you find it difficult to eat three meals a day, try eating smaller, lighter meals and snacks more often. The important thing is to plan your meals so that you will eat foods necessary for both you and your baby. Try to choose from at least three different Food Groups when preparing a meal, and from two Food Groups for a snack.

Pregnant women should eat breakfast as soon as they get up in the morning. Since you have not eaten from the time you went to bed the night before, you need to eat healthy food in order to get the energy necessary to get going again.