



Pregnancy Checklist

- Monitor weight gain, get weighed regularly by your healthcare professional and discuss any issues.
- Unless you are allergic, don't avoid any potentially allergenic foods.
- Go for plenty of prebiotics and probiotics in your diet.
- Eat 2-3 serves of oily fish each week.
- Take a daily supplement containing 500mcg of folic acid until the end of the first trimester.
- Take a 150mcg iodine supplement each day throughout your pregnancy.
- If you're at risk of low vitamin D, check with your healthcare professional about supplementation.

For additional help on navigating nutrition through life's first 1,000 days listen to our Best Food Forward podcast series at danonenutricia.com.au/bestfoodforward