

10 Key Points for Healthy Eating During Pregnancy and Breastfeeding

1. Eat a variety of foods, avoid picky eating
2. Choose more whole-grain foods; eat more vegetables and fruits
3. Consume a moderate amount of meat, fish and milk and alternatives
4. Choose more fish that are rich in omega-3 fatty acids but low in methylmercury
5. Consume foods that are rich in iodine, folate, calcium and iron
6. Reduce consuming foods of high fat content, and food and drinks with added sugar
7. Pay attention to food safety
8. Have at least 30 minutes of physical activities everyday
9. Have sun exposure to obtain enough vitamin D
10. Take a prenatal multiple micronutrient supplement containing at least 150 micrograms iodine. Consult healthcare professionals for guidance. Take a folic acid supplement of at least 400 micrograms during the first trimester of pregnancy

Breastfeed Straight After Birth for the Benefit of You and Your Baby

Booklet content will be updated from time to time. For the latest information, please refer to the website of the Family Health Service of the Department of Health.