

In your first trimester you need plenty of **folate-rich** foods. We've highlighted in **green** foods that are rich in folate. You'll still need to take a folic acid supplement, even if you eat plenty of folate-rich foods.

If you're feeling queasy, foods rich in **vitamin B6** may help with morning sickness. We've highlighted in **purple** foods that are rich in vitamin B6.

Tip: keep dry crackers by your bed to nibble on if you feel queasy when you wake up

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> Porridge made with milk flavoured with a pinch of cinnamon and a tbsp apple puree Glass of apple juice 	<ul style="list-style-type: none"> Yoghurt drink Orange 	<ul style="list-style-type: none"> <u>Smoked chicken and avocado salad</u> Banana 	<ul style="list-style-type: none"> Small fruit or cheese scone 	<ul style="list-style-type: none"> Chicken cacciatore with brown rice
Tuesday	<ul style="list-style-type: none"> <u>Greek yoghurt and ginger</u> with chopped fresh fruit (mango, peach or nectarine) served on scotch pancakes Fruit smoothie 	<ul style="list-style-type: none"> Slice of fruited malt loaf 	<ul style="list-style-type: none"> Baked potato and cottage cheese Small bunch of grapes 	<ul style="list-style-type: none"> Handful of dried apricots 	<ul style="list-style-type: none"> <u>Beef and black eye bean casserole</u>
Wednesday	<ul style="list-style-type: none"> Bran flakes with semi-skimmed milk and sliced banana Glass of cranberry juice 	<ul style="list-style-type: none"> Sultana scotch pancake 	<ul style="list-style-type: none"> <u>Broccoli and pea soup</u> with a crusty roll Apple 	<ul style="list-style-type: none"> Carrot sticks and hummus dip 	<ul style="list-style-type: none"> Healthier sausage and apple casserole
Thursday	<ul style="list-style-type: none"> Porridge made with milk flavoured with a tbsp of tinned berries in fruit juice Green or herbal tea 	<ul style="list-style-type: none"> Pot of low-fat yoghurt 	<ul style="list-style-type: none"> Feta salad couscous Papaya 	<ul style="list-style-type: none"> Slice of banana bread 	<ul style="list-style-type: none"> <u>Creamy haddock and salmon pie</u> with asparagus
Friday	<ul style="list-style-type: none"> Wholegrain toast spread with peanut butter Yoghurt drink 	<ul style="list-style-type: none"> Rice pot 	<ul style="list-style-type: none"> <u>Cranberry and soft cheese wrap</u> with watercress Slice of melon 	<ul style="list-style-type: none"> Breadsticks with low-fat soft cheese dip 	<ul style="list-style-type: none"> Lamb chops with new potatoes, broccoli and peas
Saturday	<ul style="list-style-type: none"> <u>Greek yoghurt and ginger</u> mixed with tbsp chopped dried fruit (apricots, figs or dates) and tbsp muesli Glass of orange juice 	<ul style="list-style-type: none"> Small roll with peanut butter 	<ul style="list-style-type: none"> Salmon and watercress salad Kiwi fruit 	<ul style="list-style-type: none"> 2 fig rolls 	<ul style="list-style-type: none"> Pasta puttanesca with low-fat garlic bread
Sunday	<ul style="list-style-type: none"> Scrambled eggs on toasted bagel Yoghurt drink 	<ul style="list-style-type: none"> Banana 	<ul style="list-style-type: none"> Roast chicken with roast potatoes, broccoli and carrots Apple and pear crumble 	<ul style="list-style-type: none"> 1-2 handfuls of mixed nuts and dried fruit 	<ul style="list-style-type: none"> <u>Tofu and butternut squash flan</u>