



Fruit & Vegetables

At least 5 / day

- With every meal and when you feel like a snack.
- Raw, cooked, plain or prepared.
- Fresh, frozen or tinned.

i During pregnancy: ensure they are thoroughly washed and remove all traces of dirt.



Sugary products

Reduce consumption

- Reduce sugary drinks (cordials, fizzy drinks, fruit or nectar-based sugary drinks).
- Reduce fatty and sugary foods (cakes, pastries, creamy desserts, ice cream, chocolate bars, etc.)

Salt



Reduce consumption

- Use iodised salt.
- Reduce the amount of salt added during cooking and in cooking water, and do not add salt before tasting.
- Reduce consumption of salted products: salty aperitif products, crisps, etc.



Physical activity

At least 30 minutes / day

i During pregnancy: maintain normal physical activities (e.g. walking, swimming, etc.), except for those where there is a risk of falling or impacts. No competitive sports.

DIETARY GUIDELINES



Starchy food

With every meal, to suit your appetite

- Opt for foods with wholegrain cereals or wholegrain bread, including when you feel like a snack.
- Consume a variety of starchy foods: rice, pasta, semolina, wheat, maize, potatoes, lentils, dry beans, chickpeas, etc.

i During pregnancy and breastfeeding: limit soya-based foods to one per day at the most.



Meat, fish, eggs

once or twice / day

- In lower quantities than their sides, which will be vegetables and starchy foods.
- Meat: opt for a variety of types of meat and less fatty cuts (veal cutlets, chicken, minced beef with 5% fat).

i During pregnancy:

- Fish: a minimum of twice per week, including at least one fatty fish (salmon, mackerel, sardines, etc.). Be sure to diversify fish types.
- Quickly use up any homemade foods prepared with raw eggs.
- Eliminate certain cold meats such as rillettes, pâtés, foie gras and jellied products, raw meat, smoked or marinated meat (unless well cooked), raw shellfish and raw or smoked fish.
- Ensure that meat and fish are well cooked.



Dairy products

3 / day

- Opt for variety.
- Favour natural products and products which are rich in calcium but low in fat and salt: milk, yoghurt, fromage blanc, etc.

i During pregnancy: only eat cheese made with pasteurised milk (after removing any rind) and spreadable cream cheeses.



Added fat

Reduce consumption

- Opt for vegetable fats (olive oil, rapeseed oil, etc.) and try to vary them.
- Reduce animal fats.

i During pregnancy and breastfeeding: the consumption of phytosterol-rich margarine is not recommended.



Water

As much as you want

- During and between meals, bottled water.
- Reduce sugary drinks (cordials, fizzy drinks, fruit or nectar-based sugary drinks).

i During pregnancy and breastfeeding: the consumption of alcoholic drinks is not advised.