

## Shopping made easy: Pregnancy

During pregnancy, it is important to eat a healthy, varied diet that provides adequate amounts of the nutrients needed to support you and your growing baby. To make it easier, we've put together a list of basic shopping items, which you can incorporate into your regular shopping list, to help you make the changes required for a balanced diet.

### Our top 10 shopping basket items to base your meals around:

#### essential Waitrose

- ☐ Wholewheat biscuits
- ☐ 1% fat milk
- ☐ Lighter mature cheese
- ☐ British beef lean mince
- ☐ Mixed beans in a spicy tomato sauce

#### Waitrose LOVE life

- ☐ Soft dried apricots
- ☐ Fruit, nut & seed mix

#### Waitrose

- ☐ Free range eggs (cooked)
- ☐ Prepared peas, leeks & spinach
- ☐ Rainbow trout fillets



For more information on nutrition and health,  
visit [waitrose.com/nutrition](https://www.waitrose.com/nutrition).



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