

# The Foodwise in Pregnancy app



Are you pregnant?

Do you want to know more about what foods are best for you and your baby during pregnancy and beyond?

Are you unsure where to find advice and support about eating well and keeping active in pregnancy that you can really trust?

Would you like quick and easy access to this information - all in one place and at the touch of a button?

This FREE new app, developed by NHS Wales professionals is designed to provide all this, and more. It brings together trusted nutrition, physical activity and healthy weight advice to support you throughout your pregnancy journey.

There are six main sections to explore at your own pace, all with interactive games, quizzes and tools, including;

- how to achieve a healthy diet for you and your baby
- practical ideas for keeping active
- step by step exercises ideal for pregnancy
- setting goals to keep you on track
- recipe ideas, label reading, shopping tips and meal plans



The app is available to download from Apple Store and Google Play