

The Foodwise in Pregnancy app

Designed to support pregnant women to eat well, be active, and achieve a healthy weight gain.



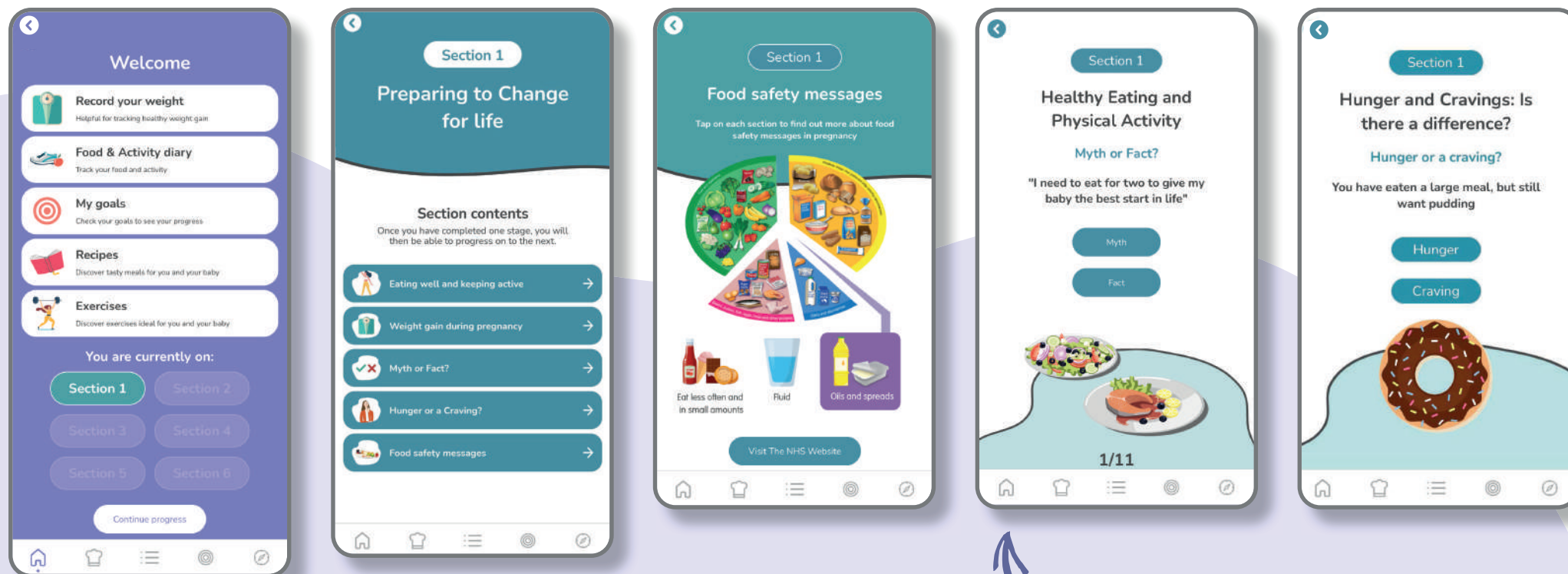
Six sections to work through at your own pace, all with interactive games, quizzes, and tools.

- Tips & advice for achieving a healthy diet
- Practical ideas for keeping active
- Recipes, shopping tips & meal planner
- Step by step exercises ideal for pregnancy



Section Screens

There are **6 sections** to work through at your own pace.
Sections unlock as you progress through the app.
Each section covers a different topic.



Sections are broken down into subsections.

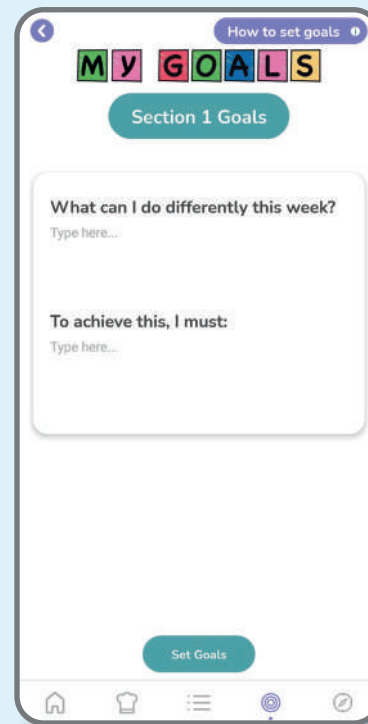
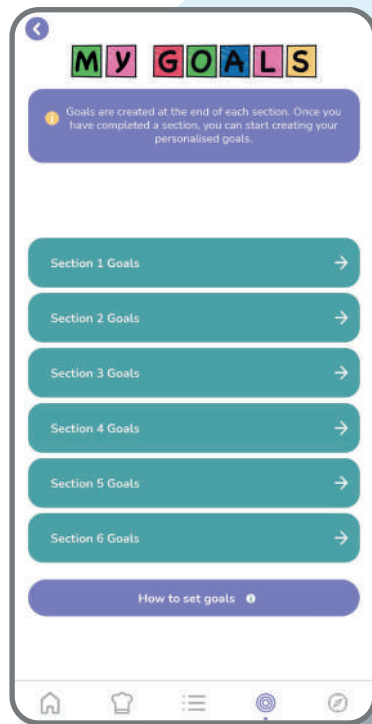
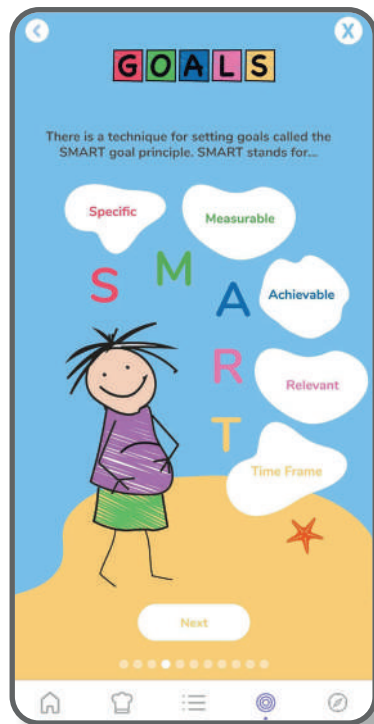


Each section contains interactive content and quizzes helping to keep the user engaged and reinforce what is being learnt.



Goals

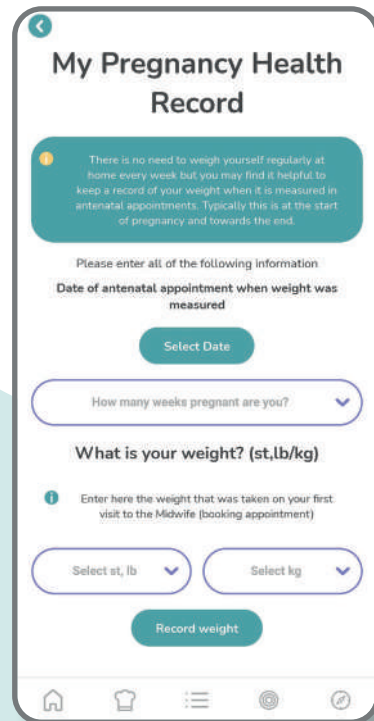
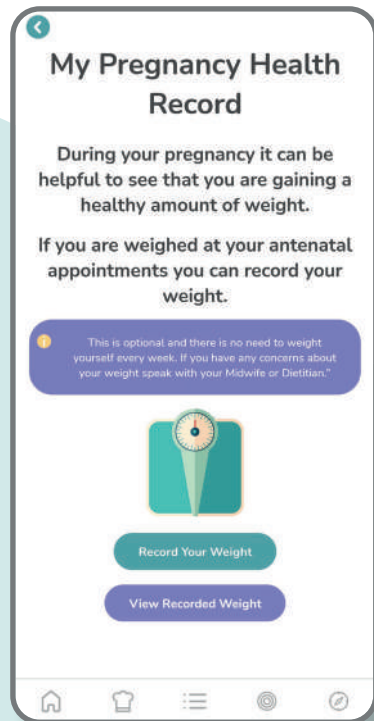
Learn how to set goals to help you make healthy changes during your pregnancy.



Keep track of your goals when progressing through the app.

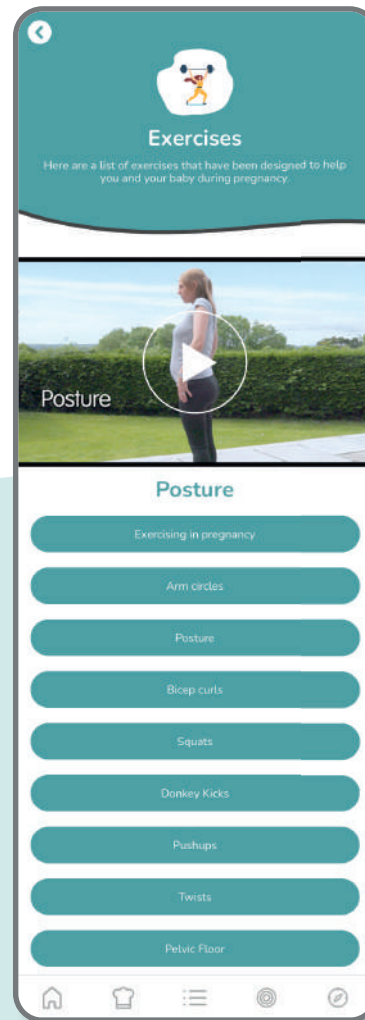
Record your weight

Record your weight and a log of your weight changes.



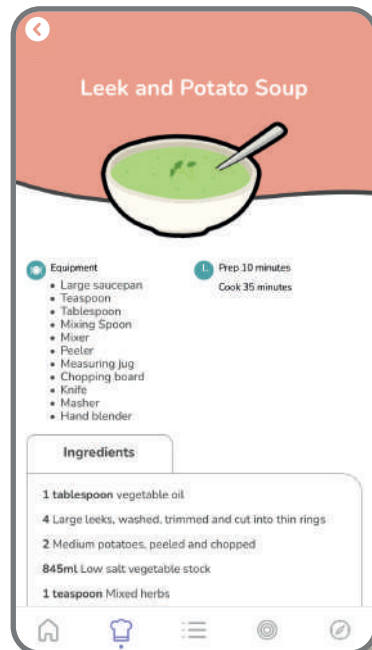
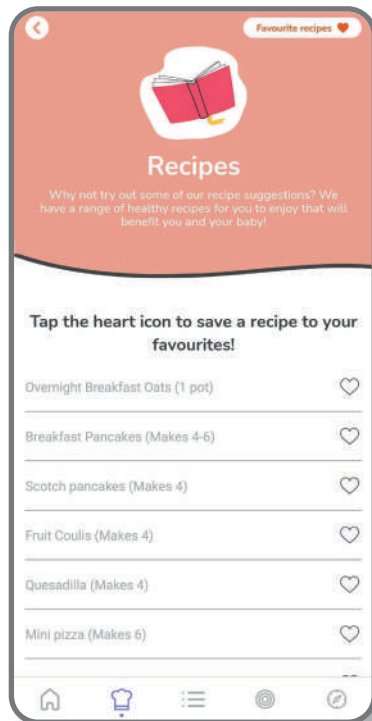
Exercises

Watch exercise videos to help you improve your strength during your pregnancy.



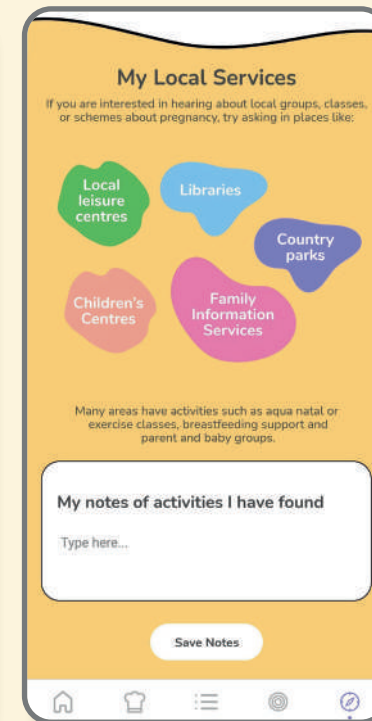
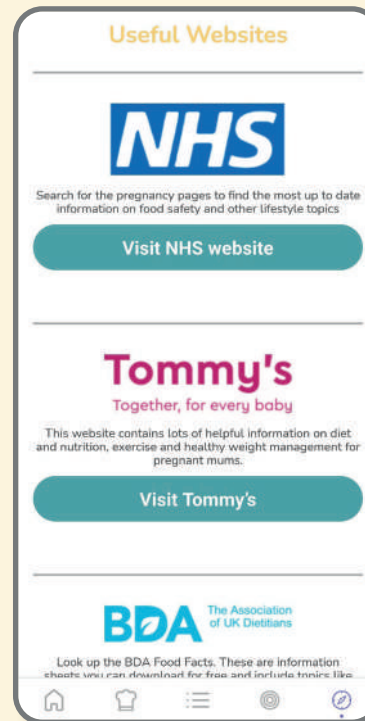
Recipes

Learn how to cook a variety of healthy meals following step by step recipes.



Further information

Access further information from the NHS and other leading websites.

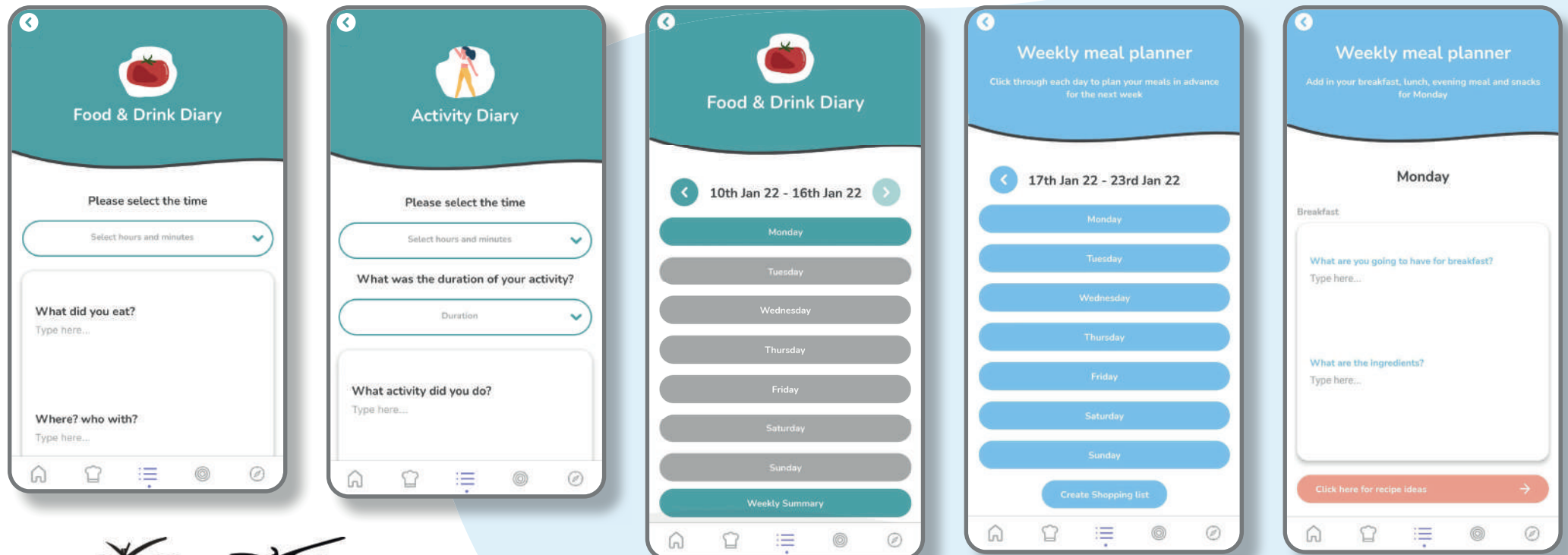


Add information about useful resources and activities to help you during your pregnancy.



Food and Activity Diaries

Keep track of your food and activity by logging it into the diary section.



The image displays five smartphone screens showing the app's interface:

- Food & Drink Diary:** Features a tomato icon. The screen prompts the user to "Please select the time" (with a "Select hours and minutes" dropdown), "What did you eat?" (with a "Type here..." text box), and "Where? who with?" (with a "Type here..." text box).
- Activity Diary:** Features an icon of a person running. The screen prompts the user to "Please select the time" (with a "Select hours and minutes" dropdown), "What was the duration of your activity?" (with a "Duration" dropdown), and "What activity did you do?" (with a "Type here..." text box).
- Food & Drink Diary (Weekly Summary):** Features a tomato icon. The screen shows a date range "10th Jan 22 - 16th Jan 22" and a list of days (Monday through Sunday) with corresponding meal planning buttons. A "Weekly Summary" button is at the bottom.
- Weekly meal planner:** Features a tomato icon. The screen shows a date range "17th Jan 22 - 23rd Jan 22" and a list of days (Monday through Sunday) with corresponding meal planning buttons. A "Create Shopping list" button is at the bottom.
- Weekly meal planner (Monday details):** Features a tomato icon. The screen shows the date "Monday" and prompts the user to "What are you going to have for breakfast?" (with a "Type here..." text box) and "What are the ingredients?" (with a "Type here..." text box). A "Click here for recipe ideas" button is at the bottom.



Create weekly meal plans and shopping lists from the library of recipes or add your own.





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