

The Foodwise in Pregnancy app

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



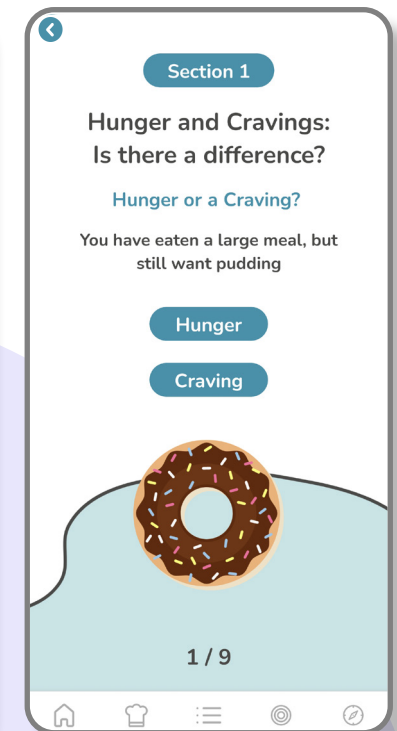
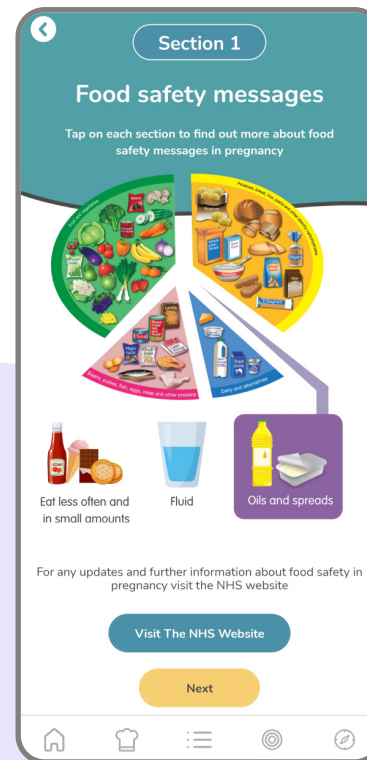
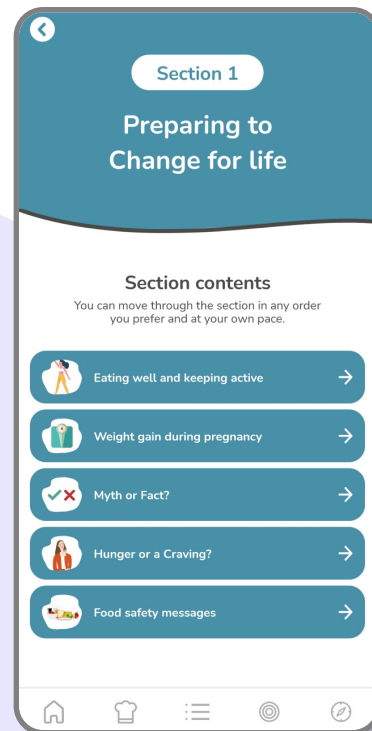
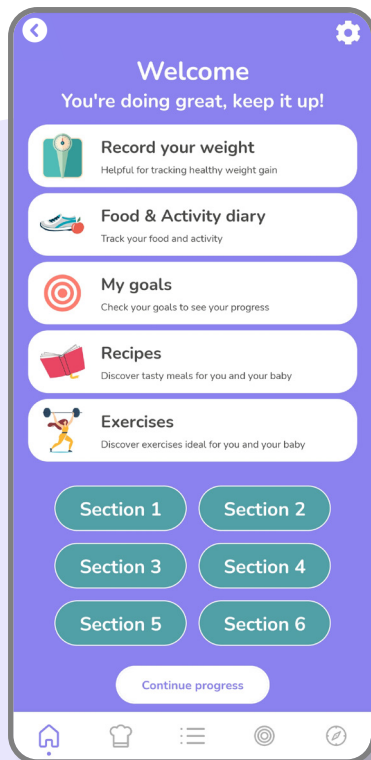
Six sections to work through at your own pace, all with interactive games, quizzes, and tools.

- 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.
Each section covers a different topic.



Sections are broken down into subsections.

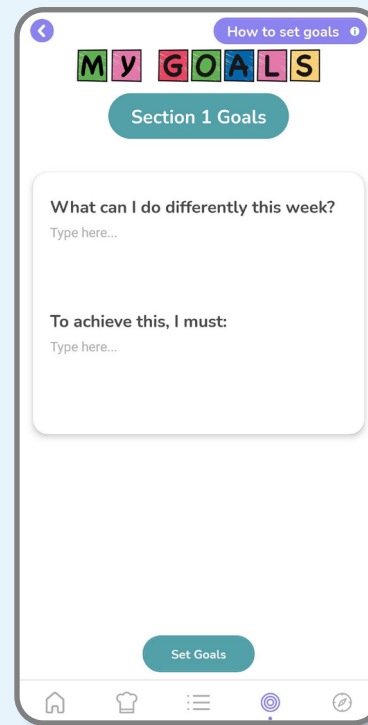
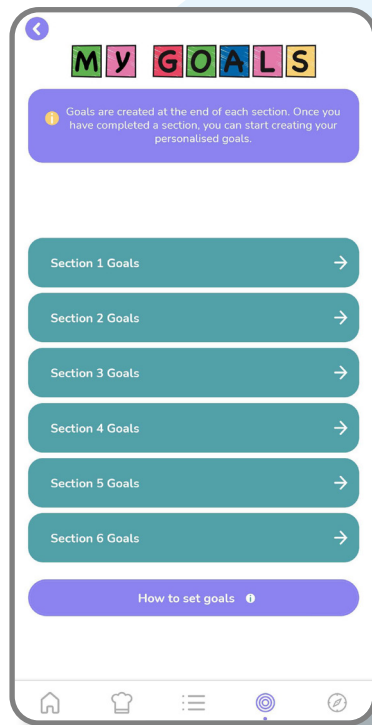
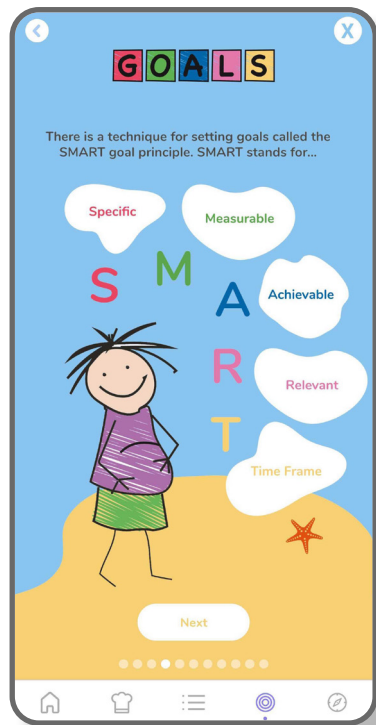


The content is interactive with games and quizzes to make it the best experience for you.



Goals

Find helpful ways of setting goals that can make it easier to stay focused.



Keep track of your goals when progressing through the app.

Record your weight

Record your weight from your ante natal appointments and a log of your pregnancy weight gain.

Exercises


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

My Pregnancy Health Record

During your pregnancy it can be helpful to see that you are gaining a healthy amount of weight.

If you are weighed at your antenatal appointments you can record your weight.

This is optional and there is no need to weight yourself every week. If you have any concerns about your weight speak with your Midwife or Dietitian.*



Record Your Weight

View Recorded Weight

My Pregnancy Health Record

There is no need to weigh yourself regularly at home every week but you may find it helpful to keep a record of your weight when it is measured in antenatal appointments. Typically this is at the start of pregnancy and towards the end.

Please enter all of the following information

Date of antenatal appointment when weight was measured

Select Date

How many weeks pregnant are you?

What is your weight? (st,lb/kg)


Enter here the weight that was taken on your first visit to the Midwife (booking appointment)

Select st, lb Select kg

Record weight

Exercises

Here are a list of exercises that have been designed to help you and your baby during pregnancy.



Posture

Exercising in pregnancy

Arm circles

Posture

Bicep curls

Squats

Donkey Kicks

Pushups

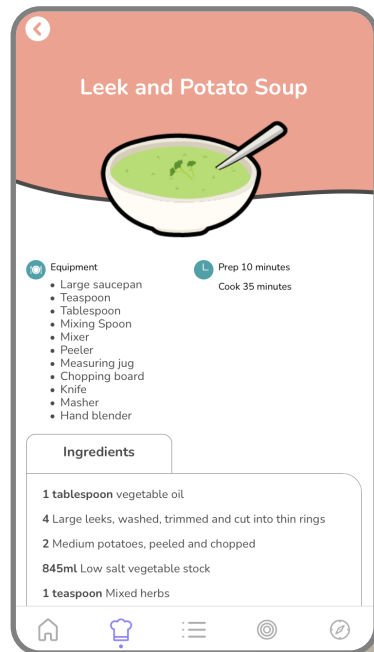
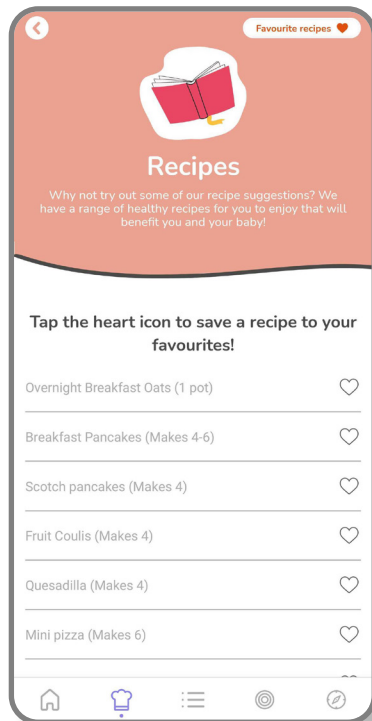
Twists

Pelvic Floor



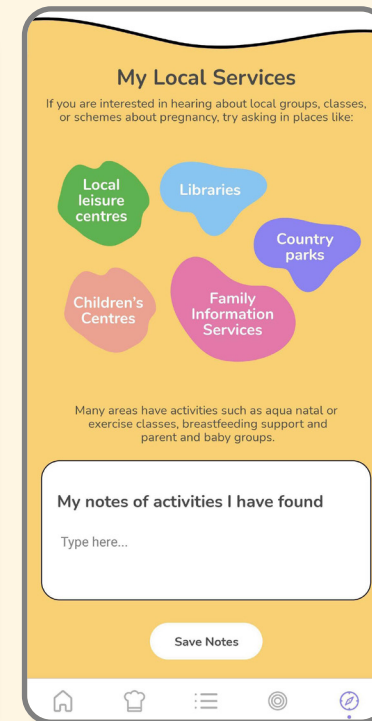
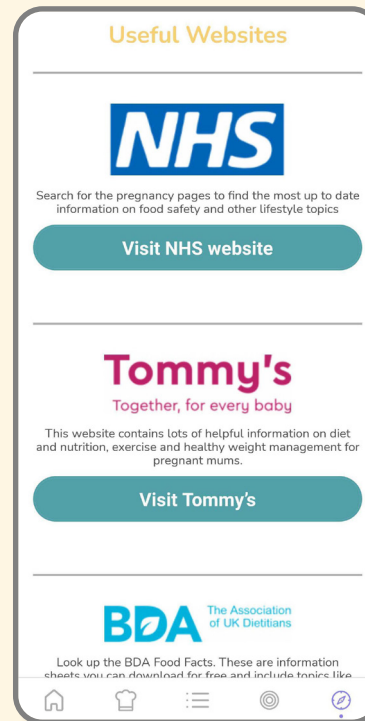
Recipes

Choose from a variety of meal ideas with step by step recipes.



Further information

Access further information from the NHS and other leading websites.

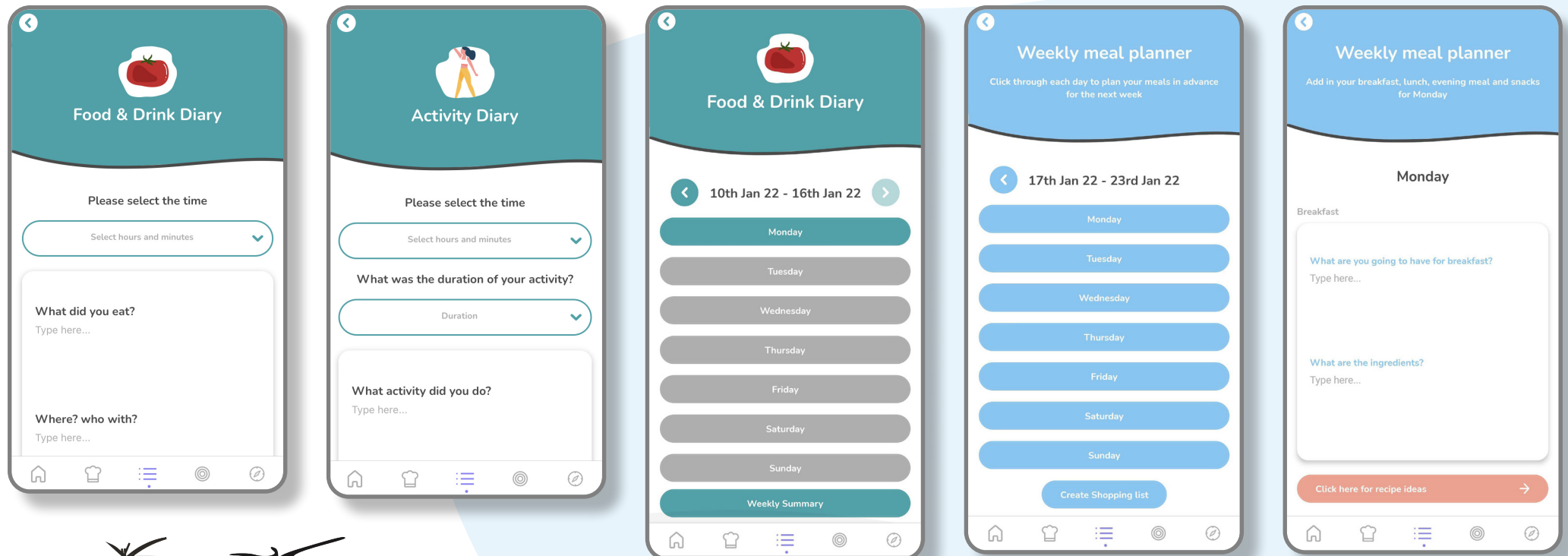


Add information about useful resources and activities to help you during your pregnancy.



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 area), and "Where? who with?" (with a "Type here..." text area).
- 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 area).
- Food & Drink Diary:** Features a tomato icon. The screen shows a date range "10th Jan 22 - 16th Jan 22" and a list of days (Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday) with a "Weekly Summary" button 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, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday) with a "Create Shopping list" button at the bottom.
- Weekly meal planner:** 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 area) and "What are the ingredients?" (with a "Type here..." text area). A "Click here for recipe ideas" button is at the bottom.



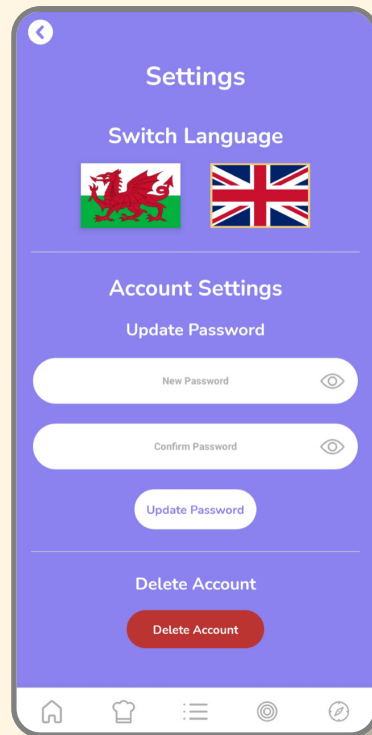
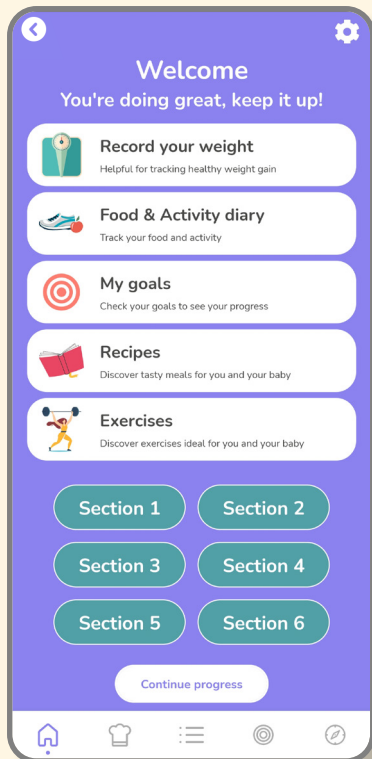
Create weekly meal plans and shopping lists from the library of recipes or add your own.



Languages

The app is available in both English and Welsh.

Press the cog icon to access the app settings.





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