

The Foodwise in Pregnancy app

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



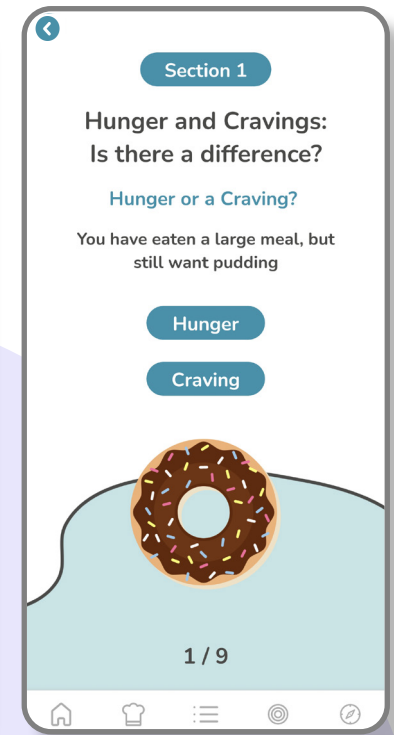
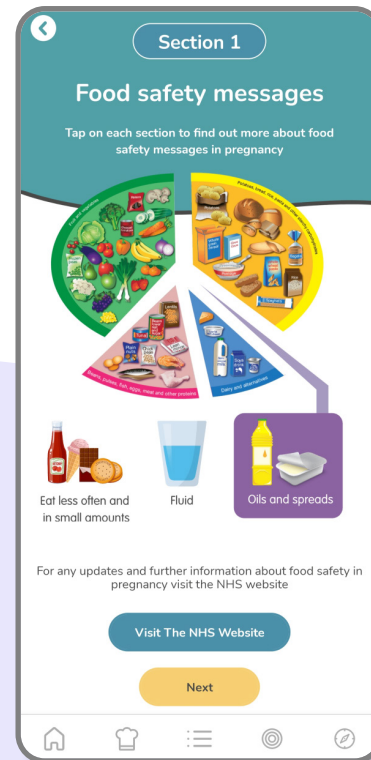
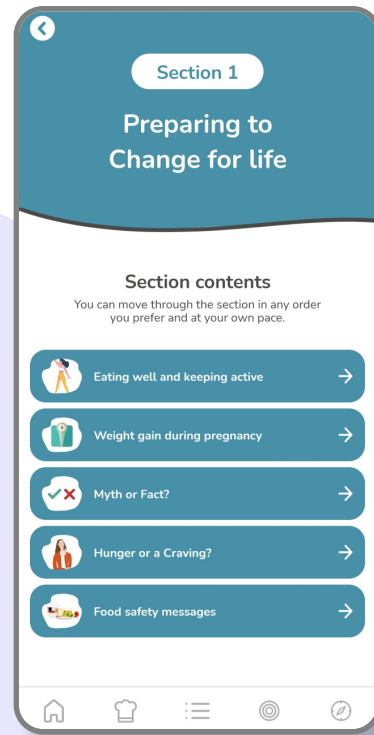
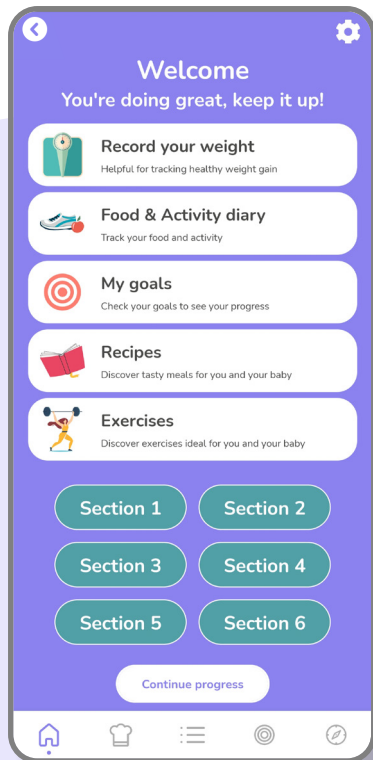
Six sections to work through at your own pace, all with interactive games, quizzes, and tools.

- 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.

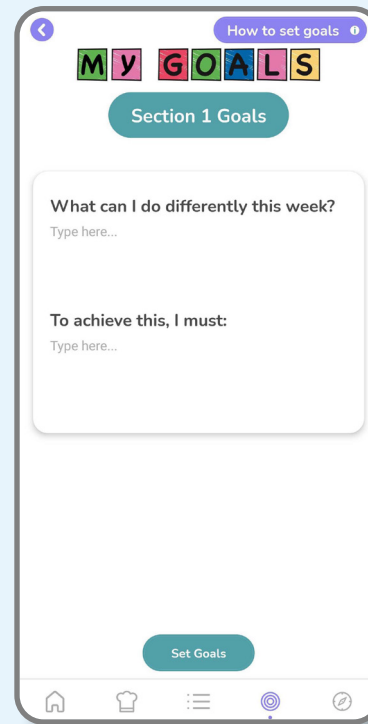
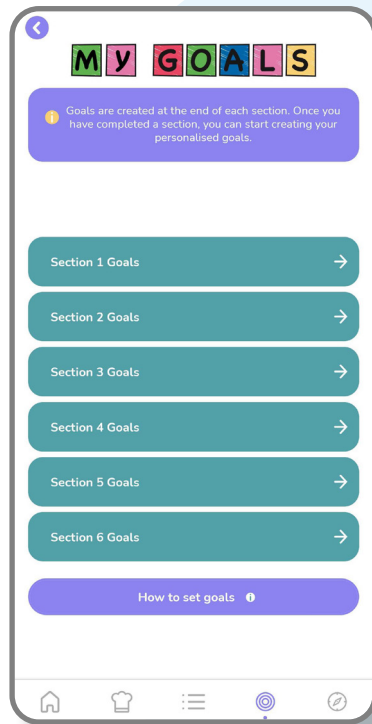
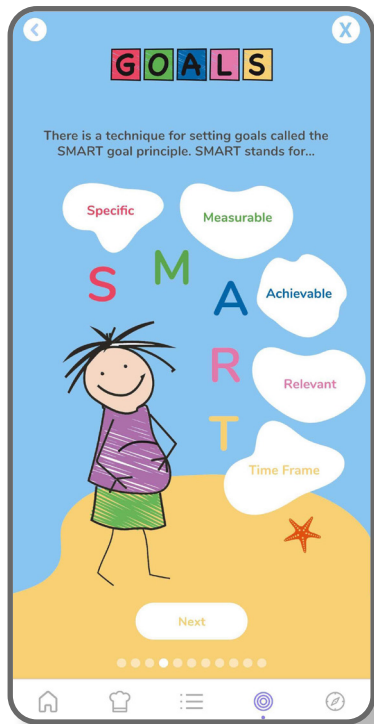


The content is interactive with games and quizzes to make it the best experience for you.



Goals

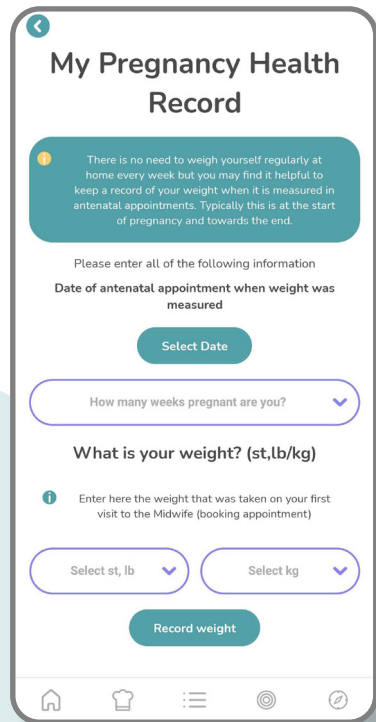
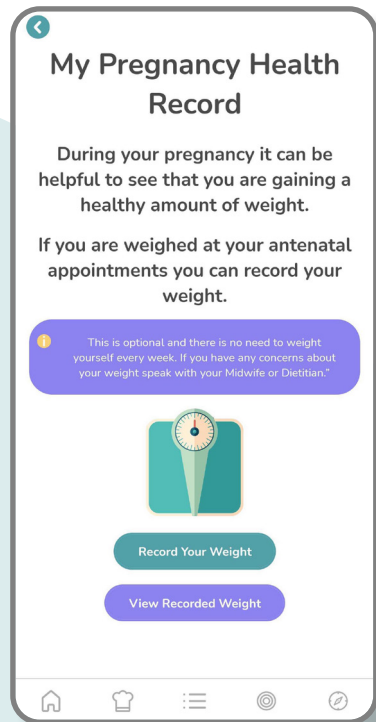
Find helpful ways of setting goals that can make it easier to stay focused.



Keep track of your goals when progressing through the app.

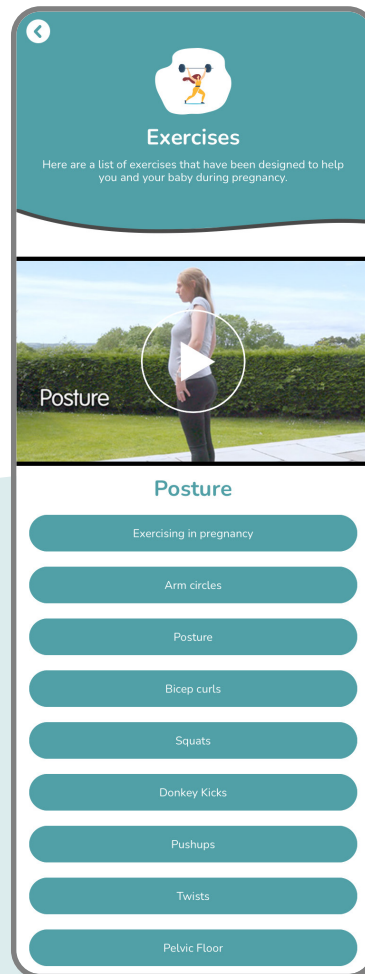
Record your weight

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



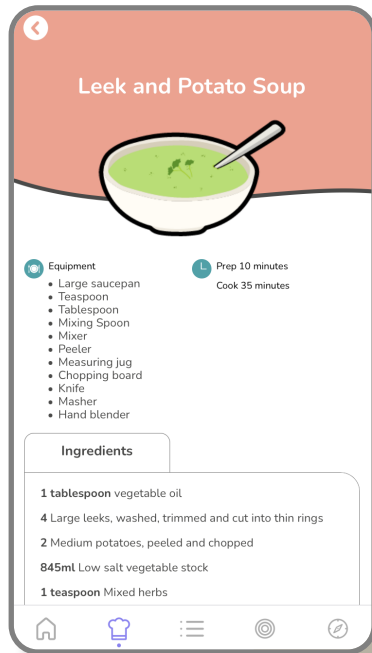
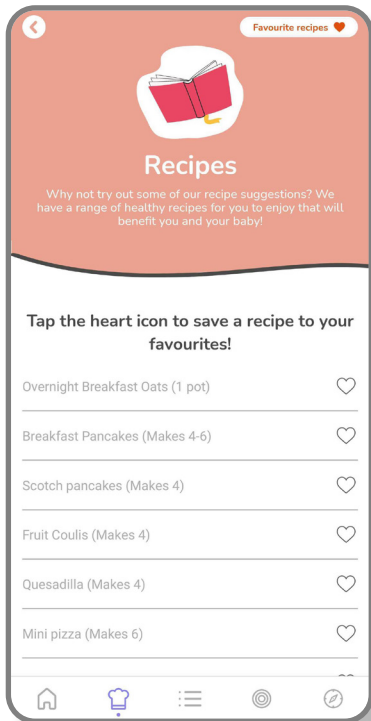
Exercises

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



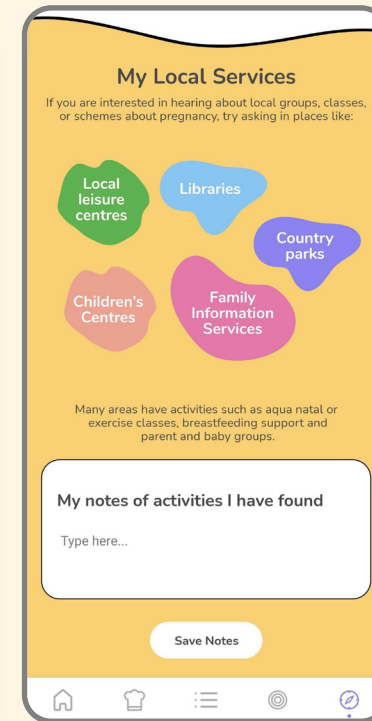
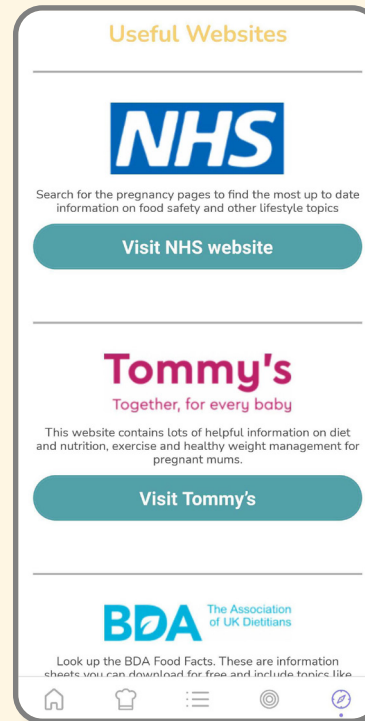
Recipes

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



Further information

Access further information from the NHS and other leading websites.

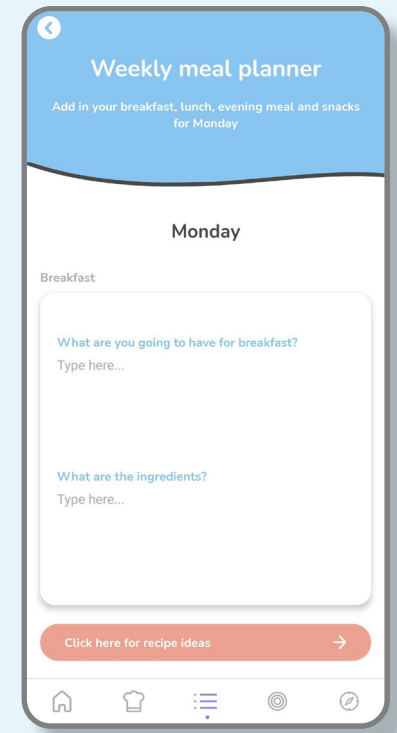
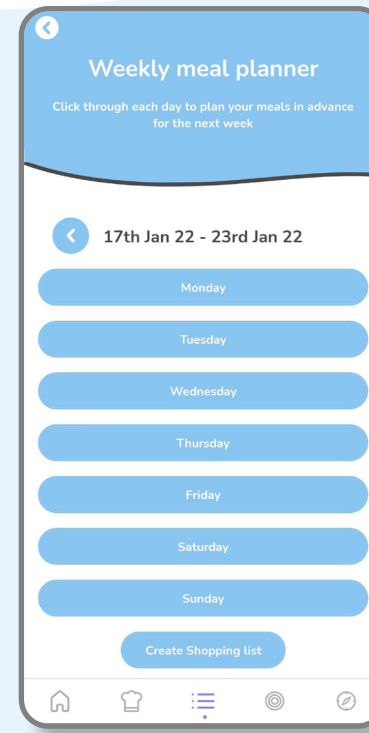
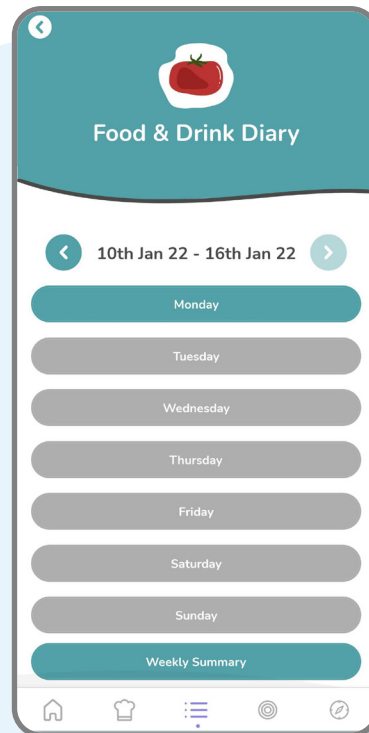
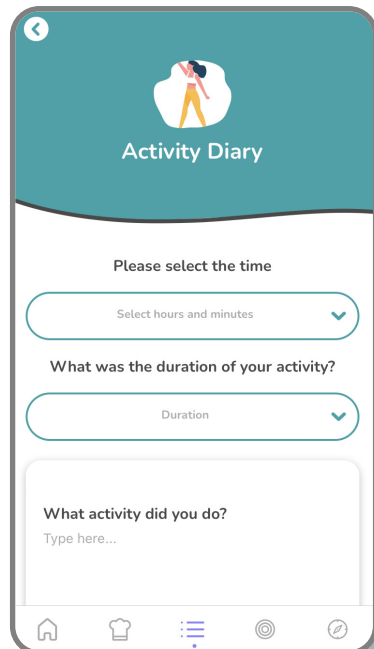
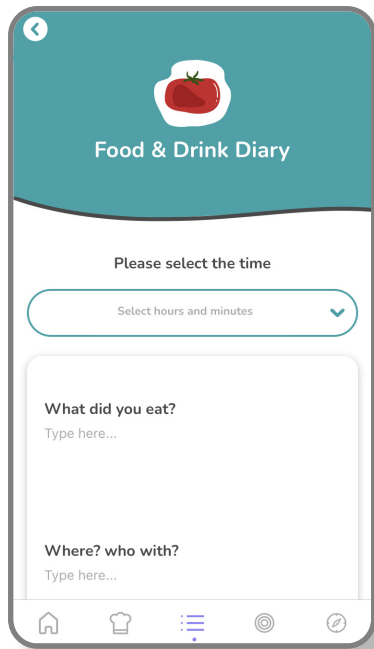


Add information about useful resources and activities to help you during your pregnancy.



Food and Activity Diaries

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



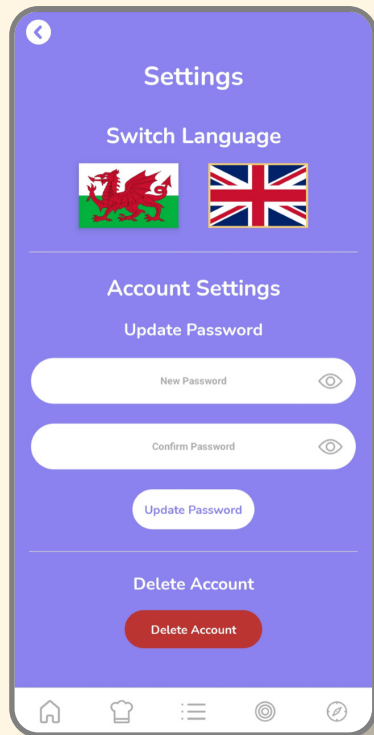
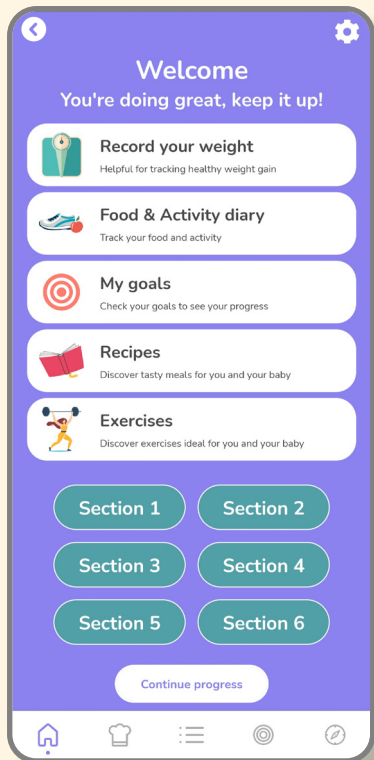
Create weekly meal plans and shopping lists from the library of recipes or add your own.



Languages

The app is available in both English and Welsh.

Press the cog icon to access the app settings.





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