

request an application form

while you're pregnant. Call 0345 607 6823 to

benefits, or under 18, you can get free vitamins

• Healthy Start – if you are on income-related

• Pharmacies

• Your GP

following places:

You can get your vitamin supplements from the

Where can I get vitamin supplements?

fish liver oil), as they are high in vitamin A.

should also avoid liver and liver products (including

too much of it can harm your baby's development. You

and multivitamins containing vitamin A (retinol) – as

Yes. If you're pregnant, you should avoid supplements

Are there any vitamins I should avoid?

Healthy Start vitamins

Ask your GP, midwife or pharmacist about

supplements. Your GP may be able to prescribe them

to you. You may be eligible for the Healthy Start

scheme, which provides vouchers to buy milk and

plain fresh and frozen fruit and vegetables at local

shops. If you're on income-related benefits, or under

18, you may be entitled to free vitamins via the

Healthy Start scheme. You can request an application

form for Healthy Start vitamins by calling 0345 607

6823.

You can also get coupons that can be exchanged for free vitamins.

- If you're not eligible for the Healthy Start scheme, some NHS organisations still offer the vitamins for free, or sell them. Ask a midwife about what's available in your area.
- Find out more about the Healthy Start scheme here: www.healthystart.nhs.uk/ or call 0345 607 6823 to get an application form.

and vegetarian or vegan.

Find out more about healthy eating if you're pregnant

nutrients you need for you and your baby.

advice on how to make sure you're getting all the

midwife or GP. Ask to be referred to a dietitian for

coeliac disease) or for religious reasons, talk to a

of a food intolerance (for example, a gluten-free diet for

you're getting enough of these important nutrients.

you're getting enough of these important nutrients.

Talk to a midwife or doctor about how to make sure

enough iron and vitamin B12.

pregnancy. But you might find it more difficult to get

enough nutrients for you and your baby during

A varied and balanced vegetarian diet should provide

Vegetarian, vegan and special diets in pregnancy

Vitamins and supplements in pregnancy (Part 2)

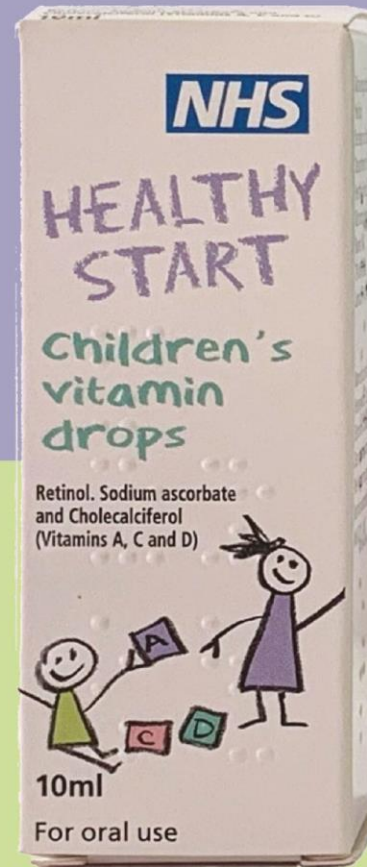
You'll get most of the vitamins and minerals you need by eating a healthy, varied diet. But when you're pregnant you also need to take a supplements such as Folic Acid and Vitamin D.

Information used in this booklet was taken from NHS UK. For more information and support please visit their website:

<https://www.nhs.uk/pregnancy/keeping-well/vitamins-supplements-and-nutrition/>

HEALTHY START

If you are pregnant and/or have a child under 4 years old **see if you qualify** for the Healthy Start Scheme which provides free food and vitamins.



www.healthystart.nhs.uk

Helpline number: 0345 607 6823