

Maternal and child nutrition: nutrition and weight management in pregnancy, and nutrition in children up to 5 years

Information for the public

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Healthy eating and weight management in pregnancy, and healthy eating in children up to 5 years: the care you should expect

Eating well before, during and after pregnancy means that both mother and baby are getting the essential nutrients they need for the best health and development. Likewise, making sure that babies and pre-school children have the best possible nutritional start in life is vital to their growth and development.

We want this guideline to make a difference to parents, babies and their families by making sure:

- you are supported to look after your own health and nutrition during pregnancy, with information about healthy eating (including vitamin supplements), physical activity and weight
- you know how to give your baby the best start in life, with information about feeding, weaning and healthy eating for children up to 5 years.

Making decisions together

The different healthcare professionals working with you should listen carefully to your views and concerns, give you clear information and discuss the options available. They should also:

- provide advice and support, and details of where to find reliable information
- take into account your needs, preferences and circumstances in discussions and when providing information
- respect your choices about what's right for you and your baby or child.

Read more about [making decisions about your care](#).

Where can I find out more?

The organisations below can give you more advice and support.

- [First Steps Nutrition Trust](#)
- [National Childbirth Trust \(NCT\)](#), 0300 330 0700
- [Breastfeeding Network](#), 0300 100 0212
- [Big Birthas](#) (information and support about higher body mass index [BMI] pregnancies).

[NHS information about keeping well in pregnancy](#) and [Healthy Start](#) may also be good starting points for finding out more.

Tommy's, King's College London and BabyCentre have a campaign called [Always Ask](#), to empower anyone who is pregnant to overcome fears about speaking to healthcare professionals about health concerns.

To share an experience of care you have received, contact your local [Healthwatch](#).

NICE is not responsible for the content of these websites.

We wrote this guideline with parents and families, and staff who provide care for them and their children. All the decisions are based on the best research available.

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