

UPBEAT Contents

section 1		
AN INTRODUCTION TO UPBEAT		6
section 2		
ACTIVITY DURING PREGNANCY		16
section 3		
EATING DURING PREGNANCY		28
section 4		
TIPS FOR HELPING YOU CHANGE YOUR EATING AND ACTIVITY WITH UPBEAT		50
section 5		
RECIPE IDEAS		64
section 6		
EATING WHILE YOU ARE PREGNANT – GENERAL INFORMATION		78
section 7		
FURTHER INFORMATION AND ACKNOWLEDGEMENTS		86

“Keep this handbook safe so that you can refer to it throughout your pregnancy”



section 1

AN INTRODUCTION TO UPBEAT

Congratulations on your pregnancy and thank you for taking part in the UK Pregnancies Better Eating and Activity Trial (UPBEAT).



This handbook provides:

- An introduction to the UPBEAT study.
- Information on activity during pregnancy.
- Some suggestions about how you can be more physically active.
- Information on making healthier food and drink choices.
- Suggestions for healthy meals and snacks.
- Some great new recipes for you to try.
- Answers to some of the questions you may have.

You will also be offered:

- An individual session with a health trainer.
- Free weekly group sessions with a health trainer to help you make changes to your eating and activity.
- Phone calls from your health trainer to support you through the UPBEAT programme.
- An activity DVD that you can use at home.

It's important that you keep this handbook safe so that you can refer to it throughout your pregnancy and while you are taking part in UPBEAT.

Not all women in UPBEAT receive the handbook and it is important that you do not share it with the other participants.

Why have I been asked to take part in UPBEAT?

You have been asked to take part in UPBEAT because you have a Body Mass Index (BMI) of 30 or more.

BMI is used to estimate what is considered to be a healthy weight for an individual. It is calculated using height and weight. Doctors have different categories to describe people's BMI, and these include:

- Underweight = below 18.5
- Healthy weight = 18.5-24.9
- Overweight = 25-29.9
- Obese = BMI of 30 or more

'Overweight' and 'obese' are words that we hear a lot in the media and doctors and other health care professionals often use them. In this study we prefer to talk about being 'heavier' rather than overweight or obese.

Why do we need the UPBEAT study?

About one in five pregnant women in the UK is much heavier than her recommended weight. Many of these women have perfectly healthy babies, but being heavy can affect your health and the future health of your baby. This study aims to help you make dietary and activity changes, with support from health professionals.

Being heavier in pregnancy often means your body cannot control blood sugar very well. The UPBEAT advice is based on the latest evidence, which suggests that regular activity and healthy eating can help you to maintain better control of your blood sugar levels and improve your health and the health of your baby.

By taking part in this study you will help us to work out the best advice we can give to heavier pregnant women in the future, in order to give them, and their babies, the best chance of a healthy pregnancy.

“About one in five pregnant women in the UK is much heavier than her recommended weight”

What are we asking you to do?

During your pregnancy you will meet with the health trainer to develop your own unique eating and activity plan.

A health trainer's job is to support people who are making healthy lifestyle changes. Our health trainers have been trained to run UPBEAT groups.

You will be encouraged to attend eight weekly group sessions led by the health trainer. In these sessions you will have the opportunity to

meet other women who are also trying to make similar changes during their pregnancy. In every session, the health trainer will support you as you follow this plan through your pregnancy.

These sessions will be informal and we would very much like you to attend them. If you miss a session, or sessions, the health trainer will contact you and may be able to work with you over the phone.

We have listed the appointments with the study midwife and health trainer on the next page.

“In these sessions you will have the opportunity to meet other women who are also trying to make similar changes during their pregnancy”



YOUR UPBEAT VISITS

1st appointment with Research Midwife (already taken place)

RESEARCH MIDWIFE APPOINTMENTS

2nd Appointment 16+0 to 18+6 weeks: You have already been asked about your eating and activity.

The computer has decided that you are in the intervention arm of UPBEAT.

UPBEAT

HOSPITAL VISIT 27+0-28+6 WEEKS

Your Glucose Tolerance Test (GTT) will be done and research blood and urine samples taken.

HOSPITAL VISIT 34+0-35+6 WEEKS

The research midwife will take blood and urine samples for the study.

UPBEAT EXTRA

HOSPITAL VISIT 27+0-28+6 WEEKS

Your Glucose tolerance test (GTT) will be done and research bloods and urine sample taken. You will be asked again about your eating and activity.

28+0-29+6 WEEKS

We will ask you some questions again about your eating and activity.

HOSPITAL VISIT 34+0-35+6 WEEKS

The research midwife will take blood and urine samples for the study and ask you again about your eating and activity.

35+0-36+6 WEEKS

This will be the same as at 28+0-29+6 weeks.

YOUR UPBEAT VISITS

HEALTH TRAINER

1st VISIT WITH HEALTH TRAINER

This will be immediately after your 2nd visit with the midwife (unless inconvenient for you). The health trainer will tell you all about the sessions.

REGULAR GROUP SESSIONS

Day: Time:

Day: Time:

Day: Time:

Day: Time:

Day: Time:

Day: Time:

Day: Time:

Day: Time:

If you don't attend a session, your health trainer will contact you.

BABY'S FATHER

Date: Time:

We would like to take a blood or saliva sample from your baby's father, if he agrees, and ask him some general questions about his health. We would also like to measure and weigh him. This can be done at any time during your pregnancy or after your baby's birth.

Things You Should Know

Weight gain in pregnancy

It is not easy to say how much weight women should gain in their pregnancy, as every woman is different. Putting on some weight is important for a healthy pregnancy and for your baby's growth. It's therefore very important that you don't try to diet or lose weight when you're pregnant.

However, if you gain too much weight this can cause problems at the time of delivery, and you will also find it hard to lose those extra pounds after the birth of your baby. Some experts suggest that women with a BMI over 30 should not put on more than 20lbs (9Kgs or about 1½ stone).

Your health in pregnancy

Many heavier women have uncomplicated pregnancies. However, there are significant risks associated with being heavier during pregnancy.

You are at greater risk of diabetes during pregnancy: this condition known as 'gestational diabetes', means the body cannot control blood sugar very well. Heavier women are also more at risk of developing pre-eclampsia, and doctors and midwives look out for this by measuring blood pressure and checking the urine for protein.

Heavier women are also at increased risk of complications during labour and around the time of birth. For some women a caesarean section may be needed to deliver the baby. All women lose blood at delivery, but heavier women sometimes bleed more. This can lead to anaemia (low levels of iron in the blood) which means it often takes longer to recover from the birth. There may also be more problems with breastfeeding.

Your baby's health

Many heavier women have babies who are larger than would be expected at the time of their birth. On the other hand they can be too small, especially if the mother gets pre-eclampsia. Both can cause problems at birth and a few babies need specialist care. These babies may also have longer term health problems, for example being overweight throughout life.

It is important to know that even if you are over the recommended weight at the start of pregnancy, you can still reduce these risks. By making changes to your eating and activity you **can** make a difference.

Making changes

It is never too late to make a change!

Even making small changes to eating and activity from the early weeks of pregnancy can improve your chances of having a successful and healthy pregnancy.

UPBEAT is a positive step to starting a healthier future for you and your baby.

It is an opportunity for you to leave those 'calorie counting diets' behind, as UPBEAT isn't going to be like that. In UPBEAT you will have support from the health trainer and the other women who are taking part. The programme is not about losing weight, because as we have said, losing weight is not recommended. Instead, it is about helping you to maintain better control of your blood sugar levels by making healthier food and drink choices and being more active.



section 2

ACTIVITY DURING PREGNANCY

Pregnancy may seem like a good time to put your feet up, but before you settle on the sofa to watch TV, read on!



Experts advise that in most cases physical activity is not only safe but also improves the health of both the baby and the mother.

“Physical activity means any activity you do in your daily life, including walking, and not just planned or organised exercise”

Physical activity means any activity you do in your daily life, including walking, and not just planned or organised exercise.

Being active during pregnancy will not only boost your own health, but that of your unborn baby. Motherhood is the biggest workout of your life, but you can prepare your body for the challenges of pregnancy, labour and childcare by staying active and keeping yourself strong and healthy.

Benefits of being active

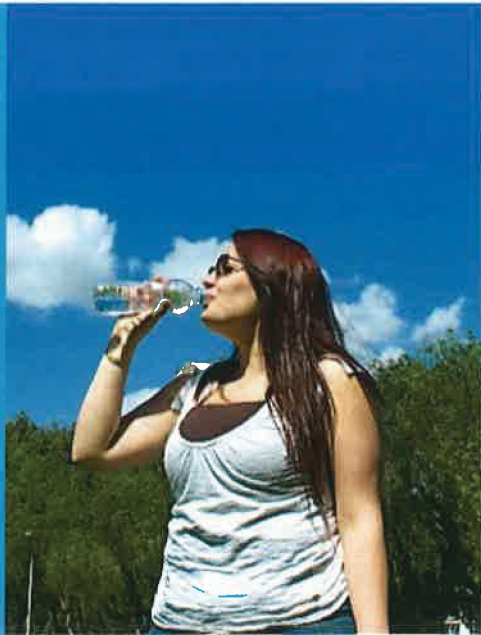
- It makes you feel good and gives you more energy.
- It improves and strengthens muscles, so you'll have fewer aches and pains.
- It will help improve your blood sugar control and may prevent you getting gestational diabetes.
- It will increase your stamina, which will help you through labour.
- It will help you to recover more quickly from your baby's birth.
- It means you are less likely to hang on to those extra pounds after you have had your baby.

When you need to take care

There are some situations when you should ask your midwife or doctor for advice about physical activity:

- If you bleed vaginally at any time and any amount.
- If you are told that your placenta is low on your ultrasound scan at around 20 weeks.
- If you develop high blood pressure.
- If your 'waters' break early.
- If you go into labour early.

“There are many benefits of being active during your pregnancy”



What activities can I do?

1) Everyday activities

- Walking is probably the easiest way to fit activity into your already busy life. This is a good type of activity for everyone.
- Walk rather than catching the bus or taking the car. Popping to the shops or strolling through the park count too.
- If you have children, try to walk when you take them to playgroup or school.
- If you have a dog, he/she won't mind going for an extra walk.
- Climb the stairs rather than take the lift. Or take the lift part way, if you live or work on a high floor.
- Keep busy around the home. Vacuuming or washing up to your favourite tunes will give you a good workout.
- If you have a garden, take some time to mow the grass, add a new plant or get those weeds out.
- When shopping carry the lighter bags to exercise your arms (remember to keep your tummy muscles held in and your back straight if you bend to pick them up). You will have to lift your baby and carry him/her around after the birth, so you'll need strong arms – even for a newborn 7lb (3kg) baby.
- If you like cycling, you can carry on with this throughout pregnancy, but remember to always wear a helmet.
- Go for a walk or bike ride with your partner, family or friend at the weekend.
- Gentle stretching will help you to stay flexible (the DVD gives an introduction to some of the stretches which are good in pregnancy).

“Walking is probably the easiest way to fit activity into your already busy life. This is a good type of activity for everyone”

2) Organised or group activities

- Keep doing any activity that you were doing before pregnancy as long as it feels comfortable (and is not listed on page 20 as activities to be avoided during pregnancy). If you regularly attended a class, speak to your instructors and tell them you are pregnant; they will be happy to advise you.
 - Swimming or exercising in water is really good in pregnancy as the water supports your bump, taking the strain off your back. It helps your muscles too.
- See the information in the back of this book about aquanatal classes or other group activity and exercise sessions that you can go to in your local area. This is a good way to meet, and get to know, other pregnant women. Yoga and Pilates may sound good, but check that the class you are planning on going to is suitable for pregnant women.

“Swimming or exercising in water is really good in pregnancy as the water supports your bump, taking the strain off your back”



3) Try to keep moving

- Any kind of activity or movement is more beneficial than just sitting or standing for long periods.
- Try to limit long periods (more than 30 mins) of sitting still or lying down (e.g. watching TV, using the computer or reading a book). Get up and do something at every advertisement break.
- Short "power" naps are definitely necessary, allowed and should be encouraged.

Are there any activities that I should avoid when pregnant?

- Don't exercise on your back after 16 weeks into your pregnancy as the weight of your baby may press on major blood vessels and reduce the blood and oxygen flow to the baby.

- Avoid activities that have an increased risk of falling or excessive joint stress (e.g. running down stairs or escalators, running for the bus, horse riding, skiing, step aerobics including jumps) or physical contact (e.g. many vigorous ball games). Scuba diving is also not recommended for pregnant women.
- If you have questions about whether a particular activity is suitable for you, ask your health trainer.

Remember

Stay as active as you can – how you do it is up to you.

- Do something you like, so it is enjoyable.
- Ask a friend or family member to join you.
- Use your favourite music to help you keep active.



“If you have questions about whether a particular activity is suitable for you, ask your health trainer”

Toptips

- Wear shoes that support your ankles, which can twist more easily during pregnancy. Low heels or no heels are best. High heels throw your body weight forward and put more stress on your back, leading to aches and pains and so should be avoided throughout pregnancy.
- Wear a good supportive bra.
- Loose comfortable clothing can stop you getting too hot.
- Remember to drink plenty. Drink a glass of water before you go out and take a bottle of water with you. This is especially important when the weather is warm, but you need to make sure you drink enough, even on the coldest days.
- On hot days walk in the early morning or evening, when it is cooler.
- If you have other children, try activities that they can join in with, like playing in the park.
- Have a wet weather plan, if you really don't want to get all dressed up for the rain. You could, for example, try the UPBEAT DVD 20 or 30 minute routine.

Caution: Don't exercise

- to exhaustion
- if it is very hot
- when you feel unwell
- if you have deep pelvic pain
- if you have any vaginal bleeding
- if you are getting lots of tightenings (Braxton Hicks 'practice' contractions)
- if your doctor or midwife has told you to stop exercising

How much should I do?

Experts recommend that pregnant women (like all healthy adults) should do at least 30 minutes of moderate physical activity every day, but it is safe to do as much moderate activity as you like. This is anything that makes your breathing and heart rate increase. For example, walking fast, but still being able to hold a conversation.

If you weren't this active before pregnancy, you can start now, at a level that suits you. We ask you to increase your activity and to continue doing it as long as possible, until the end of your pregnancy if you can – and beyond!

How will UPBEAT help me?

Your health trainer will ask you to think about how active you are at the moment. Together, you will begin to think about small changes that could increase your activity in your everyday life.

a pedometer, which counts the number of steps you take and is very simple to use. The more you walk the more steps the pedometer will count. You can use the pedometer to check whether you are reaching your activity target.



d
steps
ke
ve

Using a pedometer to count steps

Many women find that walking is the activity that fits in best with their everyday routine. Setting a step target and wearing a pedometer is a practical way to monitor your progress in increasing activity. In UPBEAT we will offer you

Number of steps/day	Activity level
Less than 5,000	Sedentary
5,000-7,500	Low active
7,500- 10,000	Quite active
10,000-12,500	Active
More than 12,500	Highly active



At your first appointment, the health trainer will show you how to use the pedometer. When you wear your pedometer for the first few days you will see how many steps you are taking each day. You can then set a step target to increase this week by week. Section 4 (tips for helping you change) will help you to set goals for increasing your steps.

For example, if you were taking 4000 steps a day, your first target might be to increase to 5000 steps a day during the next week. This would be about 10 minutes extra walking every day. See how you get on and then you can gradually increase the steps per day over the next few weeks.

It would be good to build up to 8000-10,000 steps each day. If you are already taking as many steps as this, you should aim to make small increases and keep your step counts at this new level for as long as possible throughout your pregnancy.

Remember, you should aim to walk fast enough to make you breathe faster and increase your heart rate, but you should still be able to hold a conversation.

Does the pedometer count my other activities?

The pedometer is very good at measuring walking, which is the activity pregnant women do most in their every day life. It will also count the steps that you take while doing the UPBEAT DVD. Your health trainer will help you work out how other activities such as swimming can count towards your step target.

Using the pedometer

All you need to do is press the reset button every morning and clip it on. The pedometer will work best when clipped onto a belt or waistband in between your belly button and your hip.

Your health trainer will show you how to use the pedometer and help you if you have any problems with it.



I HAVE SOME QUESTIONS!

'I haven't really been physically active before pregnancy. How can I start being more active during pregnancy?'

You and your baby will benefit from being active during pregnancy. However, check first with your midwife or doctor that there are no medical reasons why you shouldn't begin to be more active. After that, your health trainer will help you to work out where to start and will make an individual plan with you.

'I feel so tired all the time and do not feel like being active!'

Most pregnant women have times when they feel incredibly tired, but many find that having made a small effort they feel better for it. Walking even a short distance counts. After you have walked 5 minutes you might feel a little more energetic and perhaps you could walk a little further. If not, don't worry- the short walk is better than nothing!

'I'm working full time and when I come home I need to look after my family and the household. I simply can't find time to be more active!'

Could you walk part of the way to work? Or walk to pick the children up from school? How about a 10 minute walk at a coffee break or at lunch time? Remember that the heavier household jobs, like vacuuming and active playing outside with children (or pets) also count as physical activity.

'Exercising is uncomfortable as I have back pain and my feet are swelling. Isn't it better just to put my feet up and relax on the sofa?'

Physical activity has been shown to help. It tones muscles, reducing backache and improves circulation, which reduces swelling. Swimming, in particular, may be comfortable for you because everyone weighs less in water. If you have severe or persistent back pain please speak to your midwife for advice; she may refer you to a physiotherapist.

“Most pregnant women have times when they feel incredibly tired, but many find that having made a small effort they feel better for it”

'I'm concerned about having a miscarriage and don't want to take any extra risks by over-exercising.'

If you have already passed the 14th week, the risk of miscarriage is very low. The things we are asking you to do are unlikely to cause any problems and should make you feel better. There is lots of evidence that babies whose mums are active are healthier than those who are not.

'Do I need to do strenuous activities? What if it is too hard for me?'

Don't worry – you don't need to do any strenuous activities unless you were used to it before your pregnancy and want to continue. For example, if you have never been for a 5K run before, don't start now!

'I like playing exercise games such as the Wii Fit. Can I still play them when I am pregnant?'

Experts say in general the Wii Fit and other similar games can be a good way of keeping fit. There are no current recommendations for the use of these in pregnancy. You can continue playing them as long as you feel comfortable and don't play to exhaustion. Avoid any activities done on your back or activities where you could lose your balance.



section 3

EATING DURING PREGNANCY

During pregnancy it's important to eat a variety of foods and to make sure that your diet is providing you with enough energy and nutrients for your baby to grow and develop, and for your body to deal with the many changes that are taking place.



Although people often think you need to 'eat for two', this is not true – it's the quality not the quantity that's important. Eating too much food will not be of benefit to you or your baby.

The Food Standards Agency produces a leaflet on healthy eating during pregnancy and this is available from: www.eatwell.gov.uk/pregnancy
We have included some key information from this leaflet on pages 78-82.

The UPBEAT programme is very similar to these general recommendations, but we will also ask you to make some small but specific changes to the foods you normally eat and drink.

It is very important that you understand that the purpose of this study is **not** to lose weight, but to make positive changes towards healthier eating.

Why are we asking you to make changes?

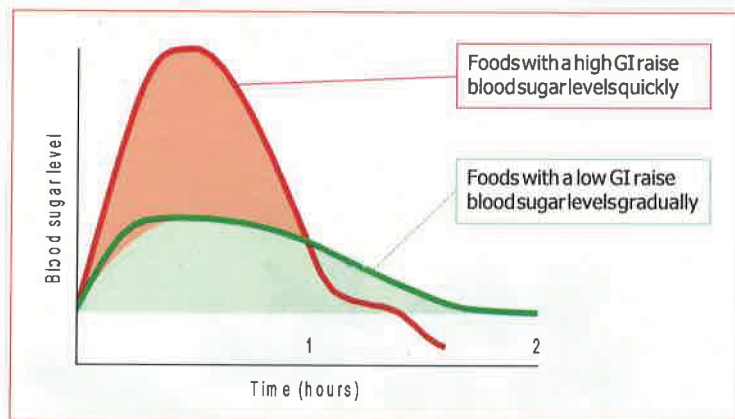
Some foods and drinks contain a lot of carbohydrate which is made up of starch and sugar. These high-carbohydrate foods and drinks vary in how they affect your blood sugar levels. A simple way of ranking foods and drinks according to how they affect your blood sugar levels is called the 'Glycaemic Index' or 'GI'.

Foods with a high GI raise blood sugar levels quickly. These foods include regular soft drinks, sweets, sugar, white bread, sugary breakfast cereals, white rice and mashed potatoes.

Foods with a low GI raise blood sugar levels gradually. These foods include most fruit and vegetables, porridge (not instant), pasta and basmati rice.

Changing the balance of low GI and high GI foods in your diet can affect the level of sugar in your blood over the whole day.

How different foods affect your blood sugar levels



Benefits of changing your diet

Experts have found that swapping some of the foods in your diet that have a high GI, for others with a lower GI, can be particularly helpful in pregnancy and can help your blood sugar control. It's also a good idea to make healthier choices to reduce your intake of saturated or 'unhealthy' fats.

This is what UPBEAT is all about!

By simply swapping foods the good news is that you won't need to count numbers or calories!

You can also help to control your blood sugar levels by eating smaller amounts at regular intervals throughout the day.

The next few pages describe the UPBEAT dietary changes and some ideas for putting them into practice.

- 3
- 3
- 3
- 3

Changes in UPBEAT will...
- help control your blood sugar levels
- help delay hunger
- help prevent gaining on too much weight
- help overall health



The UPBEAT dietary changes

Your health trainer will talk to you and ask you to think about what you eat and drink at the moment. Together, you will look at how your eating habits match up with the UPBEAT dietary changes. Your health trainer will then help you to choose which foods and drinks to change, depending on what suits you best. This table summarises the UPBEAT dietary changes.

UPBEAT dietary changes	7 Instead of this...	8 Choose this...
1. Soft drinks	Regular soft drinks	Water and sugar free drinks including herbal tea
2. Sugar	Sugar	Choose fruit or artificial sweetener to sweeten foods
3. Bread	Any type of white or brown bread	Multigrain and granary breads
4. Rice and potatoes	Rice, mashed potatoes, chips	Basmati rice, pasta or new potatoes
5. Snacks	Chocolate, sweets, biscuits, cakes	Fresh fruit, low fat yogurts, cereal bars
6. Breakfast cereals	Sugary cereals	Healthy cereals (from those we recommend) or porridge
7. Dairy products	Full fat dairy products	Lower fat dairy products
8. Meat and meat products	Fatty meat and meat products including meat pies, burgers and sausages	Lean meat, chicken and fish, beans and pulses

What's next?

The next few pages of your handbook give more details about each of the UPBEAT dietary changes.

Remember that everyone's changes will be different and your health trainer will talk you through what it is that you could change.



1. SWAP YOUR SOFT DRINKS

Some regular soft drinks contain a lot of sugar and therefore as part of the UPBEAT programme we may ask you to swap these for water or other sugar free or reduced sugar soft drinks.

Instead of this...	Choose this...
<p>Fizzy drinks e.g. Coke, Pepsi, lemonade, Irn Bru, Fanta, Sprite, 7-up, ginger beer</p> <p>Squash, cordials, made up drinks, juice drinks e.g. Supermarket own-brand squash, Robinsons fruit squash, Robinsons barley water, Robinsons fruit shoot, Robinsons be natural, Ribena, Vimto Original, Sunny Delight, Schwepps cordial, J2O, Oasis</p> <p>Energy drinks, malt drinks and enriched drinks e.g. Lucozade, Red Bull, Supermalt, Nurishment</p> <p>Fruit juice* e.g. orange, apple, pineapple - limit to one small glass a day</p> 	<p>Water (still, sparkling or tap)</p> <p>Herbal or fruit tea</p> <p>Semi-skimmed or skimmed milk</p> <p>Sugar free flavoured water** e.g. Volvic touch of strawberry flavour – sugar free</p> <p>Sugar free (diet) fizzy drinks** e.g. supermarket own-brand sugar free fizzy drinks, diet Coke, diet Pepsi, Coca-cola zero, diet lemonade, diet Irn Bru, diet Fanta, diet Sprite, 7-up Light, sugar free ginger beer</p> <p>Sugar free squash, cordials, made up drinks** e.g. Supermarket own-brand no added sugar squash, Robinsons fruit squash no added sugar, Robinsons fruit and barley no added sugar, Ribena really light, Vimto no added sugar</p> 

* Fruit juice is naturally high in sugar so it's a good idea to limit your intake to one small glass a day and eat the fruit rather than drink its juice.

** There are no specific recommendations on avoiding artificial sweeteners in pregnancy although some women may choose not to use them.

Caffeine is added to some soft drinks and energy drinks and it's important not to have too much caffeine when you are pregnant. See page 82 for further information.

2. CUT DOWN ON SUGAR

If you usually add sugar to food or drinks e.g. tea, coffee or cereal then we will ask you to cut down the amount you use and we will help by suggesting ways you can do this.

7 Instead of this...	3 Choose this...
<p>Sugar (white or brown)</p> 	<p>Cut down the amount you use</p> <p>Use fresh fruit to sweeten foods e.g. fruit can be added to porridge instead of sugar</p> <p>Artificial sweeteners* (liquid, tablet or granulated) e.g. Canderel, Splenda, Sweetex</p>

*There are no specific recommendations on avoiding artificial sweeteners in pregnancy although some women may choose not to use them.

“Choose fruit to sweeten foods instead of sugar”



3. SWAP YOUR BREAD

If you usually eat white or brown bread we will ask you to use multigrain or granary bread instead. Multigrain or granary bread is bread with grains or seeds in i.e. 'bits'! This type of bread is the best choice for you on the UPBEAT programme because it does not affect your blood sugar levels as much as other types of bread.


7 Instead of this...	Choose this...
<p>White or brown bread and rolls (including muffins, bagels, toasted white or brown bread, French bread, baguettes, white flour tortilla wraps, white pitta bread)</p> 	<p>Multigrain or granary bread and rolls i.e. bread with 'bits' (including toasted multigrain bread) e.g. Warburtons wholegrain goodness, Tesco Finest Multigrain, Burgen soya and linseed, Hovis granary original and Hovis seed sensations range</p> <p>Other types of bread you can choose include: fruit breads, stone-ground wholemeal bread, soy and linseed bread, chapatti (with barley flour), wholemeal pitta bread</p>

“Multigrain or granary breads are the best choice”



4. CHOOSE YOUR RICE AND POTATOES CAREFULLY

If you eat rice and potatoes on a regular basis we will ask you to choose the types you eat carefully. This is because certain types of rice and potatoes can affect your blood sugar levels more than others. Basmati rice and pasta are great choices for you to make while you are following UPBEAT.

❌ Instead of this...	✅ Choose this...
<p>White or brown rice (including jasmine, instant, short grain, easy cook, long grain)</p> <p>Mashed, boiled or roast potatoes, chips (from takeaway or chip shop), potato products e.g. waffles, croquettes, Alphabites</p> 	<p>Basmati rice (white or brown, not easy cook)</p> <p>Pasta (fresh or dried – cooked so it is firm)</p> <p>New (baby) potatoes, boiled and unpeeled</p> <p>Baked potato with the skin</p> <p>Oven chips</p> <p>Sweet potato, boiled or steamed</p> <p>Yam, boiled or steamed</p> <p>Noodles including egg noodles</p> <p>Grains including bulgur wheat, quinoa, cous cous, barley, buckwheat, whole kernel rye, or whole wheat kernels</p>



5. SWAP YOUR SNACKS

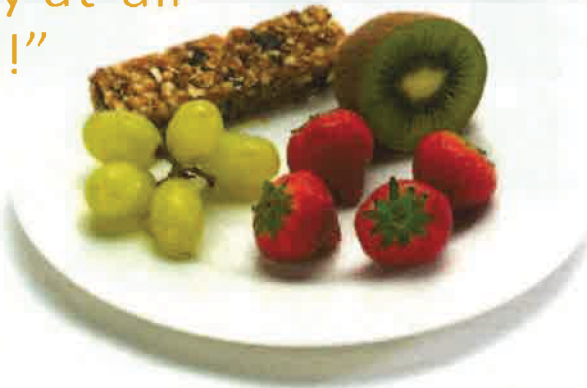
If you normally eat sugary snacks then we will ask you to swap to healthier snacks that are recommended by the UPBEAT programme. The important thing is to be prepared for snack attacks and keep some fresh fruit and healthy snacks from our recommended list handy at all times! Sugary snacks like chocolate and biscuits should be an occasional treat.

7 Instead of this...	Choose this...
<p>Chocolate and sweets e.g. all types of chocolate, jelly sweets, chewy sweets, boiled sweets</p> <p>Biscuits, cookies, buns, cakes, sweet pastries and doughnuts</p> 	<p>Fresh fruit e.g. apple, pear, orange, satsuma, strawberries, raspberries, cherries, blueberries, peach, pineapple, plum, grapes, banana</p> <p>Low fat yogurt</p> <p>Low fat frozen yogurt</p> <p>Cereal bar – oat, fruit, nut* or seed based</p> <p>Fruit loaf for bun (no icing)</p> <p>Oak cakes or rye crispbread</p> <p>Unsalted nuts* or seeds, mixed fruit and nuts*</p>

* Avoid if you are allergic to nuts.


“Keep some fresh fruit and healthy snacks handy at all times!”

3



6. SWAP YOUR BREAKFAST CEREAL

If you usually eat breakfast cereals then we may ask you to change the type you use. Some breakfast cereals, especially those with added sugar, can affect your blood sugar levels more than others.

❑ Instead of this...	❑ Choose this...
<p>Sugary cereals e.g. Cornflakes (all types – not just sugar coated), Frosties, Coco-pops, Rice Krispies or pops, muesli with added sugar</p> <p>Instant porridge e.g. Ready Brek</p>  <p>7</p>	<p>Porridge (not instant)</p> <p>UPBEAT recommended cereals e.g. All-bran, Fruit and Fibre, Just Right, Mini Wheats, Shredded Wheat, Sultana Bran, Muesli with no added sugar, Oat based cereals such as Optivita</p>



7. CHOOSE LOWER FAT DAIRY PRODUCTS

Your UPBEAT health trainer may recommend that you choose lower fat dairy products in order to reduce your intake of unhealthy or saturated fats.

7

Full fat hard cheese
e.g. Cheddar

Whole milk (including tinned milks e.g. evaporated or condensed milks)

Butter (including spreadable butter) and hard margarines

Cream, coconut cream or coconut milk

7

“Reduce your intake of unhealthy fats - choose lower fat dairy products”

3 Choose this...

Half fat or reduced fat hard cheese e.g. half fat Cheddar, Tesco healthy eating/living varieties, Sainsbury's Be Good To Yourself, Asda 'Good for you' varieties

Edam or low fat cottage cheese

Semi-skimmed milk or skimmed milk (including cow, goat or sheep milk)

UPBEAT recommended spreads – look for those labelled: 'made with olive oil' or 'olive spread' or 'sunflower spread' or 'low in saturates or low in saturated fat' e.g. Supermarket own-brand sunflower or olive spread,

Supermarket own-brand reduced fat/healthy eating/light sunflower or olive spread, Flora Original, Flora Light, Flora Pro-activ, Vitalite Sunflower Spread, Bertolli and Bertolli light, Benecol, Clover and Clover Lighter

Low fat yogurt or low fat crème fraiche



3



8. CHOOSE MEAT AND MEAT PRODUCTS CAREFULLY

It's important to choose meat and meat products carefully so that you lower your intake of unhealthy or saturated fats. Choose leaner cuts of meat and trim fat and skin off meat and chicken. If you are using mince meat, drain the fat before adding other ingredients when cooking.

You could also try to include pulses like beans, lentils, peas and chickpeas in your meals as an alternative to meat. E.g. try adding chickpeas to a stir-fry, red kidney beans to a chilli, or beans or lentils to a casserole or soup.

7 Instead of this...	3 Choose this...
<p>Meat products e.g. pies, sausages, burgers, breaded or coated meat or chicken</p> <p>Fatty meats e.g. mince beef, streaky bacon</p>	<p>Lean meat and poultry e.g. extra lean mince beef, chicken (without skin)</p> <p>Fish* e.g. cod, tuna, salmon, sardines, mackerel</p> <p>Beans and pulses e.g. baked beans, lentils, butter beans, peas and chickpeas</p> <p>Vegetarian alternatives e.g. Quorn, falafel</p>
	

* Avoid eating raw shellfish, shark or swordfish and marlin and eat no more than two fresh steaks or four cans of tuna per week. You should not eat more than two portions of oily fish per week – oily fish includes fresh tuna, mackerel, sardines, salmon, trout. See page 82 for further information.



Putting the dietary changes into practice...

We understand that the amount of money you have available to feed yourself, and your family, will play a large part in what food you can afford to buy, but healthy eating need not be expensive. By adopting some of the ideas outlined you can provide yourself and your family with a healthy diet, that will give your baby the best start.

A lot of supermarkets have 'saver', 'basic', 'value' and 'own-brand' ranges, and these are usually cheaper than other brands. As long as you are following the programme recommendations you can use these ranges whenever they are available, to help keep costs down.

If you shop around you should be able to find cheaper fruit and vegetables. Locally produced and seasonal fruit and vegetables are also often cheaper and taste nicer too! You can also use tinned or frozen fruits and vegetables (for

tinned fruit select those in natural unsweetened juice). Buying loose fruit and vegetables in supermarkets often works out to be cheaper than buying it in pre-packed bags. You could also try storing fruit and vegetables in the fridge so they keep for longer. Meat will serve more people if you add vegetables, basmati rice, pasta or pulses to a dish.

It's worth checking to see if you are entitled to free vouchers while you are pregnant which you can swap for milk, fresh fruit and fresh vegetables. There are more details about this on page 47. If you are shopping and cooking on a budget you can always ask your health trainer to give you some advice about following the UPBEAT programme.

The following pages are packed with great ideas for breakfast, lunch, main meals and snacks so you are never short of something new to try! We have also given you some recipes to try on pages 64-74.

“Locally produced and seasonal fruit and vegetables are often cheaper and taste nicer too!”

Breakfast ideas

Make breakfast a priority – it's a great way to start the day! If you are feeling sick why not wait until the feeling passes and then have your breakfast?

Try one of these ideas for breakfast:

- Porridge (not instant) made with semi-skimmed or skimmed milk topped with:
 - chopped fresh fruit such as banana or pear with a few raisins
 - sliced almonds and fresh fruit such as blueberries
 - chopped pear with sunflower seeds and a little honey
 - sesame seeds and jam
- Breakfast cereal (from the recommended list) with semi-skimmed or skimmed milk or low fat yogurt (natural or flavoured)
- Multigrain bread or toast with spread (from the recommended list) topped with:
 - peanut butter*
 - marmite
 - honey
- Multigrain toast with spread (from the recommended list) and:
 - boiled or poached eggs
 - scrambled eggs
 - baked beans
- Toasted fruit loaf with spread (from the recommended list)
- Fresh fruit such as peaches and raspberries, sliced and mixed with low fat natural yogurt
- Low fat yogurt (natural or flavoured) mixed with no added sugar muesli
- A smoothie made from semi-skimmed or skimmed milk, low fat yogurt and fresh fruit (see recipe on page 74)

* Avoid if you are allergic to nuts



Snack ideas

- Fresh fruit is a great snack (and a great dessert too!)
- You could divide grapes (or other fresh fruit) into snack sized portions, wash and store in sandwich bags in the fridge so they are ready for you to take out and about or for a quick treat
- Low fat yogurt (natural or flavoured) is a really versatile snack – try eating on its own or adding two handfuls of raspberries (or other berries), or mixing with some no added sugar muesli
- Try snacking on a crunchy apple or pear and a small slice of half fat Cheddar cheese
- Chop up some raw vegetables e.g. carrots and eat with a dip e.g. houmous
- Give oak cakes or rye crispbread with houmous a try
- Cereal bars are healthier alternatives to chocolate, biscuits and cakes – try oat, fruit, seed or nut based bars (avoid those with nuts if you are allergic to them)
- You could try fruit loaf or fruit bun (no icing) for a change
- A small packet or handful of unsalted nuts, seeds or mixed fruit is a tasty snack (avoid nuts if you are allergic to them)



“Fresh fruit is
a great
snack”

Lunch ideas

- Sandwich with multigrain bread and spread (from the recommended list), filled with salad plus:
 - chicken or lean ham
 - grated half fat Cheddar (or other hard) cheese or cottage cheese
 - tinned tuna or salmon
- Sandwich with multigrain bread and half a mashed avocado instead of spread or mayonnaise, filled with one of the above options
- Sandwich with multigrain bread and houmous or peanut butter
- Vegetable and bean soups with multigrain bread and spread (from the recommended list), e.g.
 - tomato and lentil soup (see recipe on page 64)
 - tomato, bean and pasta soup (see recipe on page 65)
- Wholemeal pitta bread filled with houmous, tomatoes and salad
- Rice salad made with basmati rice, chopped vegetables and avocado with olive oil/ vinaigrette dressing
- Mixed bean and pasta salad with herbs and vinaigrette dressing
- Jacket potato with baked beans and a sprinkle of half fat Cheddar cheese
- Baked beans on multigrain toast
- Sardines on multigrain toast
- Egg noodles with peanut butter (see recipe on page 71)
- Low fat yogurt or fromage frais
- Fruit – fresh or tinned in fruit juice
- Fresh fruit salad (see recipe on page 73) with natural low fat yogurt



Main meal ideas

- Spaghetti Bolognese made with lean mince beef and served with a salad
- Stir-fried chicken breast (skin removed) with mixed green vegetables and noodles
- Chicken and cashew nut stir fry (see recipe on page 66) with basmati rice or noodles
- Grilled steak with boiled new potatoes, sweetcorn and peas
- Grilled fish with roasted vegetables (see recipe on page 72) and basmati rice
- Baked or grilled chicken breast (no skin) with basmati rice and pesto
- Falafel, salad and wholemeal pitta bread
- Baked or grilled pork, roasted vegetables (see recipe on page 72) and basmati rice
- Lentil dahl with basmati rice and chutney
- Bacon and spinach pasta (see recipe on page 68) with salad
- Chilli con carne (see recipe on page 67) and basmati rice
- Vegetable couscous (see recipe on page 69)
- Butter bean and cherry tomato stew (see recipe on page 70) with wholemeal pitta bread
- Shish kebab (lean pork, beef, lamb or chicken) with salad and wholemeal pitta bread
- Low fat yogurt or fromage frais
- Fruit – fresh or tinned in fruit juice
- Fresh fruit salad (see recipe on page 73) with natural low fat yogurt



I HAVE SOME QUESTIONS!

'Why are you asking me to change my diet?'

The latest evidence suggests that a diet that avoids rapid highs and lows in blood sugar levels will benefit your health and the health of your baby. UPBEAT is not about weight loss and you don't have to cut back on your food intake.

'What changes will I have to make to my diet?'

We will ask you to replace a number of foods and drinks and avoid others. The foods and drinks we ask you to change will depend on the discussions you have with your health trainer and the targets you set during UPBEAT.

'What support will I receive?'

Your health trainer will discuss the programme with you in detail at the start of the study. We will provide free weekly sessions with a health trainer who can help you to make changes to your diet and answer any questions that you may have.

'Is the eating programme safe for me to follow in pregnancy?'

The UPBEAT programme is designed to follow general pregnancy and healthy eating guidelines and is safe for you and your baby. As part of the programme we will ask you to make changes to some of the foods you normally eat but it is always important to achieve a healthy balance and include a variety of foods in your diet.

'Why does the advice focus on particular foods?'

Certain foods affect your blood sugar levels more than others – our advice focuses on these foods. These foods generally contain a lot of carbohydrate e.g. starch and sugar and have been ranked as 'high GI' meaning they raise blood sugar levels quickly.

'Can I eat bread and potatoes?'

Some types of bread (e.g. multigrain) and potatoes (e.g. new boiled) raise your blood sugar levels at a slower rate than other types because they have a lower GI. These types are the ones we recommend you chose to eat in UPBEAT.

'What about eating out, special occasions, takeaways and fast food?'

Although we don't have specific changes for you to make regarding takeaways or fast foods, it would be great if you tried to consume these foods less often while you follow UPBEAT, and through your pregnancy.

If you are eating out you can always try to apply the UPBEAT suggestions and make healthier choices where possible. Make sure you eat throughout the day otherwise you are less likely to be able to make healthy choices when you go out!

'What happens if I 'go off course' from the eating programme?'

It may be difficult at times to follow the eating programme, but don't worry, just try to get back to it as soon as you can. If you have questions about a special occasion, for example a celebration or holiday, you may want to contact your health trainer who can suggest some options for you.

'Do I need to cut down on all foods high in fat?'

It is important to look at the type of fat in foods rather than avoid it completely. Good fats are found in foods such as avocados, nuts and oily fish while unhealthy or saturated fats are found in dairy products, cakes and biscuits. This unhealthy type is the type we recommend you cut down on while you are taking part in UPBEAT.

'Is this eating programme suitable for vegetarians?'

The programme is simple for a vegetarian to follow and the same principles apply only plant protein sources are substituted for meat. Eat more beans, lentils and other pulses. Quorn is also a great substitute for meat and has a very low GI.

'I've heard that I might be able to get free vouchers and vitamins while I am pregnant – is that right?'

Yes! With Healthy Start, you can get free vouchers every week which you swap for milk, fresh fruit and fresh vegetables. Vouchers can be spent at participating retailers, including small businesses, milkmen, supermarkets and chemists. You can also get free vitamins.

Healthy Start is open to pregnant women and families with children under the age of four who meet particular income criteria and are on:

- Income Support
- Income-based Jobseeker's Allowance or
- Child Tax Credit

All pregnant women under the age of 18 also qualify, whether or not they are on benefits.

For more information visit: <http://www.healthystart.nhs.uk/> or speak to your midwife.

section 4

TIPS FOR HELPING YOU CHANGE YOUR EATING AND ACTIVITY WITH UPBEAT

We know that putting advice into practice is not always easy, so in this section we will be giving you lots of hints to help. Your health trainer will also be supporting you at every stage through the UPBEAT programme.



Research shows that women do best when they are not just told what to do, but when they are helped to look at their eating and activity habits, and to set their own achievable targets.

We find it helps to keep a diary or tracking sheet. This has worked with other women, so we hope it will help you too.

We also know that there are things which get in the way however keen you are. Different women have different priorities- and eating and activity is not always top of the list.

In UPBEAT, we will work with you to come up with a plan that works for you and help you to find ways of making it easier.

To be successful at making changes, you need:

- Knowledge (about healthier eating and activity)
- Skills (for example how to make changes to eating and activity, cooking skills, looking at food labels, choosing healthier options when shopping, reorganising daily routines to make time for activity, finding local activity and cooking classes)
- Motivation - in UPBEAT we are focusing on changes during pregnancy (so the next 6 months or so), but everything we'll be talking about can be carried on after pregnancy and will improve your general health.

This handbook outlines the knowledge and skills you need to make positive changes towards healthier eating and be active during your pregnancy.

Your health trainer will work with you to come up with a plan that will be right for you and will support you as you go along. This, with your own motivation, should help you to succeed.

This section contains the following:

- Starting out - a look at your eating and activity at the moment and how you would like them to change
- The UPBEAT plan - an overview of the stages we'll be taking you through for making changes (see page 53)
- The skills you can use to make changes
- Keeping going - ideas to make change easier, ways of overcoming things that get in the way and what to do when your plans go wrong

“This handbook outlines the knowledge and skills you need to make positive changes towards healthier eating and be active during your pregnancy”

Starting out

Now you have read the first sections of the UPBEAT handbook, you should have a good idea about why we are suggesting you make changes to your eating and activity and the types of changes you could make. To help get you started, your health trainer will first go through the following with you:

- What you personally want to get out of taking part in UPBEAT
- Your eating and activity at the moment
- Your day-to-day routines
- The changes that you could make to your eating and activity
- Setting goals

“You will be choosing goals every week; each goal will be small but these will add up and you will soon notice improvements in your eating and activity and will probably feel better too”



TIPS FOR HELPING YOU CHANGE YOUR EATING AND ACTIVITY WITH UPBEAT



The UPBEAT plan for making changes

STAGE 1

Focus on an area of eating and activity to work on and then set 1-2 activity goals and 1-2 eating goals. You will be setting new goals every week and we will show you how to set special UPBEAT goals in this section.

STAGE 2

Keep track of how you are getting on with your UPBEAT goals.

STAGE 3

Look at whether you reached your goals

- If you did reach your goals, write it on your goal record sheet. Now go back to stage 1 and start on your next goals.
- If you didn't reach your goal, work on a new plan so that you can move on and succeed.

STAGE 4

Keep going with the changes you make to your eating and activity each week, deal with any difficulties and don't be afraid to get help from others.

“In UPBEAT we aim to help you set achievable goals...”

Helping you to make changes

Good goal setting

You may have set goals for yourself before, but did you notice that the more detailed they were, the more likely you were to be able to do them? In UPBEAT we aim to help you set detailed, achievable goals and we have developed this 4 stage guide to help you to do this. You will spend some time learning about goal setting with the health trainer so that you can do it really well.

Good goal setting = more success

STAGE

Choosing Goals

First you'll need to think small! It is difficult to know where to start if your goal is to eat more healthily or to be more active, there are literally hundreds of things you could do! In this handbook we give lots of guidance for healthier eating and activity in pregnancy.

We recommend you focus on one area of activity and one area of eating each week.

For example, you might decide to increase the number of steps you walk in a day and swap regular sugary drinks for sugar free drinks.

Then, onto goal setting. The best way to make sure that you are setting good goals is to make them SMART; many studies have shown that people who set SMART goals are more likely to be successful.



TIPS FOR HELPING YOU CHANGE YOUR EATING AND ACTIVITY WITH UPBEAT

S for Specific

Your goals need to be detailed and tell you exactly what you need to do, they shouldn't be vague. A vague goal would be 'I will eat healthily this week'. A specific goal would be 'I am going to eat a healthy cereal from the UPBEAT recommended list for breakfast everyday this week'. This is what happened to Kate:

"I had all the right intentions, but I was just a bit vague. I mean, to eat healthily was all very well, but it didn't commit me to anything specific. So I pinned myself down and specifically targeted eating more fruit. I ate a piece of fruit between meals rather than biscuits."

M for Measurable

This means you need to be able to judge whether you have reached your goal. If your goal is 'I will be more active this week', it may be hard to tell whether you have succeeded. A measurable goal would be 'I'm going to spend at least 20 minutes walking on 4 days this week' or 'I'm going to swim twice this week.'

A for Achievable

No more grand plans which are impossible to do! Aim for small, specific goals and gradually build these up. Carole did exactly that:

"I knew I needed to control my chocolate intake. I also knew that cutting it out completely would be unrealistic. I went from two bars a day to one bar, and now I'm down to a healthy option every other day."

R for Relevant

Here we mean relevant to you - is it something that you want to do and will it help with controlling blood sugar? Your health trainer will help you choose relevant goals.

T for Time-specific

You need to decide when you will review how you've got on with your goals. In UPBEAT, together we will be choosing goals every week, and reviewing them at the end of the week. This is all that 'time specific' means - setting aside a time to review progress.

- Focus on an area of eating and an area of activity each week
- Set SMART goals each week (1-2 in the area of activity and 1-2 in the area of eating)
- Once you have chosen your goals, think whether there is any planning that you need to do (e.g. do you need to buy any particular foods, or make sure that you have set aside time for activity?).
- Is there any help that you need (e.g. from your partner, friend, work colleague, children)?
- Are there any obvious things that might get in your way? If so, think about what you could do to get around these. (For example, if your goal is to eat a piece of fruit as a snack, instead of chocolate, but you know that you will find it difficult to resist chocolate from the kitchen cupboard, you might decide to avoid buying chocolate at all. Or if you plan to go swimming but think you will forget, you could write it in your diary as a reminder).

STAGE 2

Tracking Progress

Once you have chosen your weekly goals, we'll be asking you to track how you get on with them.

Tracking just means to write down the eating and activity changes you are working on each day and whether you managed to do your goals or not.

It is useful because:

- it is difficult to remember what you have done during the week, writing it down (tracking) gives you a record of what you have done each day
- it helps to show you which times have been difficult for you to stick to your goals, so that you can learn from it for next time
- studies have shown that people who keep a track of what they do are more successful in making changes

Try to make a note of things as you go along or at the end of the day, as it is so easy to forget!

Some people find it helpful to write down everything they eat and drink along with the activity that they do. You can do this if you like, but to make it easier, we will only be asking you to track the eating and activity changes you are working on each week.

STAGE 3

Reviewing Progress

At the end of each week, look back over your tracking chart, did you manage to reach your goal? The idea is to learn from how you got on, and your health trainer will be looking at this with you to help you to plan what to do next.

If you managed to reach your goals, well done! Write it on your goal record sheet so you've got a record of all your successful goals. Now choose your activity and eating goals for the next week. Make sure you keep going with all of the changes you make on the UPBEAT programme.

If you didn't manage your goal(s), don't worry! Let's learn from it. Look back at your tracking sheet - can you spot any patterns - were there any particular times when you didn't manage to stick to your plans?

Some ideas:

1. Think back over the week to the times you did stick to the goal - can you see why it didn't work, is there anything you can learn from this?
2. Have you previously managed this goal - what can you learn from this?
3. Do you need to do extra planning or is there any other help that you need?

If the goal still seems too difficult, maybe it was too big to begin with and needs to be made smaller. Or maybe you want to start over and set a new goal? Your health trainer will help you to work through this.

The goal setting and tracking sheets will take you through these stages, and we'll be giving you enough sheets for each week.

“The idea is to learn from how you got on, and your health trainer will be looking at this with you to help you to plan what to do next”

STAGE 4

Keeping Going

We know it can be tricky to eat healthily and stay active; below we'll be looking at some ways to help make it easier.

1. Overcoming problems

There are lots of things that get in the way of your goals. Sometimes, with a little thought and planning, there are ways around these problems. Your tracking sheets will help you to identify problems and in the sessions your health trainer will work with you to come up with solutions. The other women in the sessions may come up with ideas that have helped them too.

2. Planning

Planning in advance will help you with your eating and activity goals.

Here are some ideas:

- Plan what you are going to eat for the next week based on your goal and the UPBEAT recommendations and buy these foods in advance
- Keep healthy snacks from the list we recommend on page 37 at home and work (and take with you if you're going on a long journey), so you don't end up buying whatever is available
- Take a healthy packed lunch to work to avoid the temptation of buying unhealthy takeaway foods or snacks
- Take your trainers or comfortable shoes to work so that you can go for a walk at lunchtime or after work
- Plan your activity in advance and make time for it, maybe a walk at after dinner or an activity class at a certain time



3. Getting help

Friends and family can be helpful or unhelpful. For example, they might take an interest and offer helpful advice without interfering. Or they might criticise and tease you or try to put you off making changes.

"I thought one way of increasing my activity is to walk instead of driving the children to school. When I mentioned the idea, guess what happened, the children made a huge fuss."

"My friend means well but her idea of encouragement is cross-examining me about my exercise class and every time she sees me eat."

There could be many reasons why family and friends do this. Maybe they don't understand what you are trying to do and why, they may

not realise how important it is to you, or maybe they are worried that you are not eating enough or are doing too much activity.

Would it help if you had help from other people?

This depends on what you are trying to do, your life, and the sort of person you are. Some people like to work on their own and others do better if they have support. For example, one person may find it helpful to go for a morning swim with a friend, while another might prefer to go alone.

Many women tell us that getting support helps them to make long-lasting changes to their lifestyle. But the type and level of help that women want or need varies. The best support is the kind that you want, from the right person and at the time that you need it.



Examples:

- Meeting up with a friend
- Talking things through with a friend or your partner if you have one
- Someone to babysit for you if you have children
- Going for a walk with a friend or your partner if you have one
- A colleague to remind you to take your lunch break if you work
- Joining a local mums' group if you have children

When trying to get more support, you need to talk to people; no one is a mind-reader, and people can only help you if you let them know what to do.

So it is important to ask for help, and tell people what works for you. And don't forget to thank people when they are helpful, they will be more likely to do it again!

You will also get weekly support from your UPBEAT health trainer, so remember that you can ask her to help you with any problems that you are having with your UPBEAT goals. Other people in the group may also be able to support you, they may have good ideas for getting around problems, and you'll probably be able to help them too!



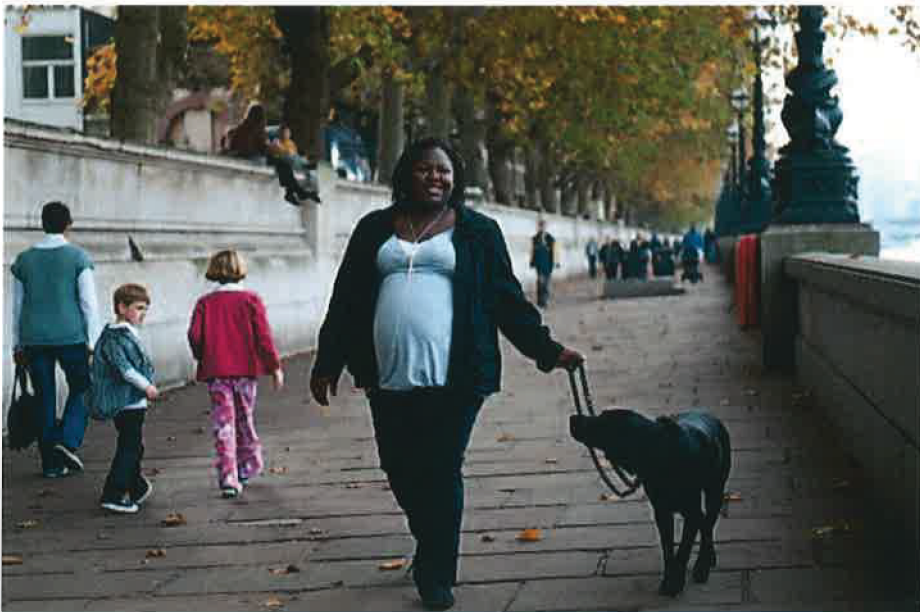
“You will also get weekly support from your UPBEAT health trainer...”

4. **Keep a track** of how you are getting on with your goals and check you are managing to keep up with the changes that you have already made. Use your goal record sheet to keep a check on your progress.

Are you managing to keep up with your eating and activity changes?

- If so, brilliant, well done!
- If not, **DON'T WORRY!** Use your tracking chart to help you work out what has got in the way. You might need to set some new smaller goals.
- You might find you cannot keep going with the same amount of the activity later in pregnancy, but keep up as much as you can.

“Use your goal record sheet to keep a check on your progress”



SECTION 4

