Keeping Healthy during Your Pregnancy

Young Women’s Interview Guide
May 2013
Our project...

We know that you often receive lots of information about what to eat and how to keep healthy during pregnancy.

We want to know what has been useful...
And if there's anything else we can do to make it easier for you to choose healthier food and understand how it can help you and your baby...
Your experiences....
There are no right and wrong answers...
We're just interested in what you do & why...

YOUR EXPERIENCES & IDEAS FOR FUTURE
The food you eat....

- Meals & snacking
- Foods you eat/avoid
- Changes in pregnancy
Healthy Start

- Vouchers
- Vitamins
Sources of Information
• If there was one thing you think would make a difference in helping you to make healthier choices what would it be?

• Is there anything else you'd like to tell me that's relevant to what we’ve talked about that we've not covered so far....

Thank You