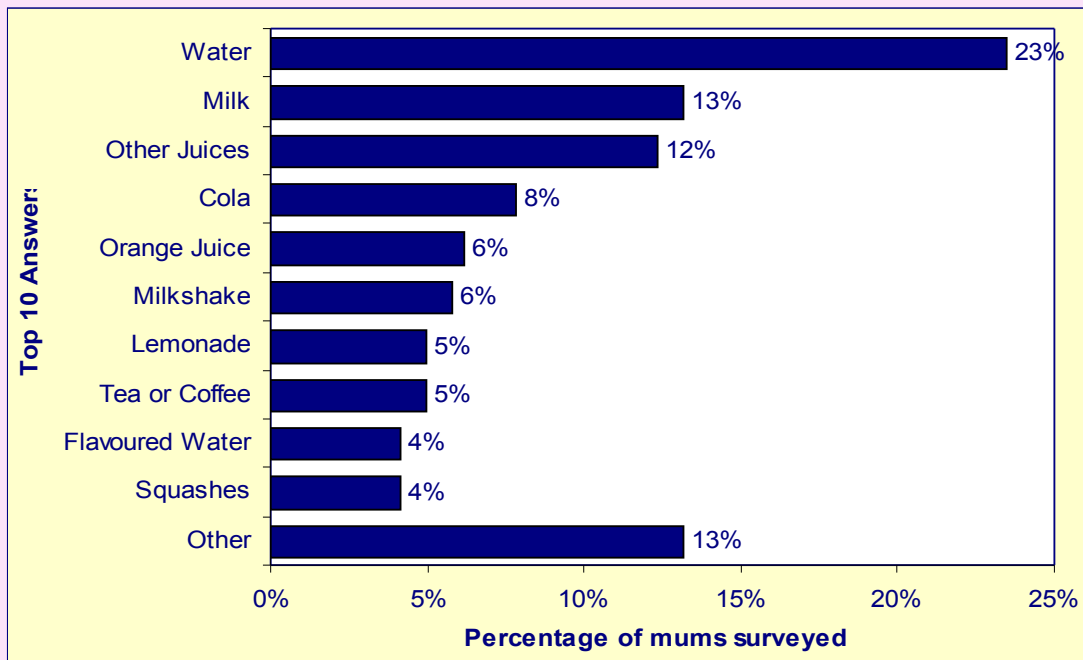


Survey Question:
 “What has been your **favourite drink** during your pregnancy?”

The “Top 10” most popular answers are:



Info on the survey:

- 12 mums mentioned that the most important thing was for the drink to be cold or have ice in it. Many mums find that they have difficulty keeping cool at times during pregnancy – and our surveys reflected that this was exacerbated by the hot summer of 2006.

Useful Links (see the ‘more info’ tab for all links)	
Link Type	Website Address
For advice on cravings and food	www.netdoctor.co.uk/health_advice/facts/pregnancy_eat_003744.htm
For advice on eating well – what to eat and what to avoid	www.eatwell.gov.uk/agesandstages/pregnancy/
Eating well during pregnancy	www.bbc.co.uk/parenting/having_a_baby/pregnancy_diet.shtml
A comprehensive guide to what foods to avoid and why	www.nhsdirect.nhs.uk/articles/article.aspx?articleId=917
Eating in pregnancy and afterwards – login required	www.annabelkarmel.com
Pregnancy sickness - explanation	www.netdoctor.co.uk/health_advice/facts/pregnantnausea.htm
Pregnancy sickness – treatments (from NHS Direct and the BMJ)	www.besttreatments.co.uk/btuk/conditions/17143.html
Sickness	www.bbc.co.uk/parenting/having_a_baby/pregnancy_sickness.shtml
Pregnancy sickness support	www.pregnancysicknesssupport.org.uk/003.asp

Survey Stats	
Date of survey	July 2006
Number of mums surveyed	250
Type of mums surveyed	All pregnant – 50% first pregnancy; 50% already with one or more child