



Info on the survey:

- Most advice suggests that almost all short-term food cravings are harmless
- A few women experience bizarre cravings called pica, craving non-food items such as coal, soap, dirt or paint. These may have the potential to do harm due to toxicity and therefore advice from a doctor or midwife should be sought.
- Ice lollies and ice cubes are a great way to keep fluids up when you are suffering from nausea/vomiting and don't feel like drinking much
- The most popular fruit mentioned was ‘strawberries’
- Unusual answers:
 - Popadoms with mango chutney; Pickled onions; Gherkins; Runner Beans

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