

PRENATAL NUTRITION

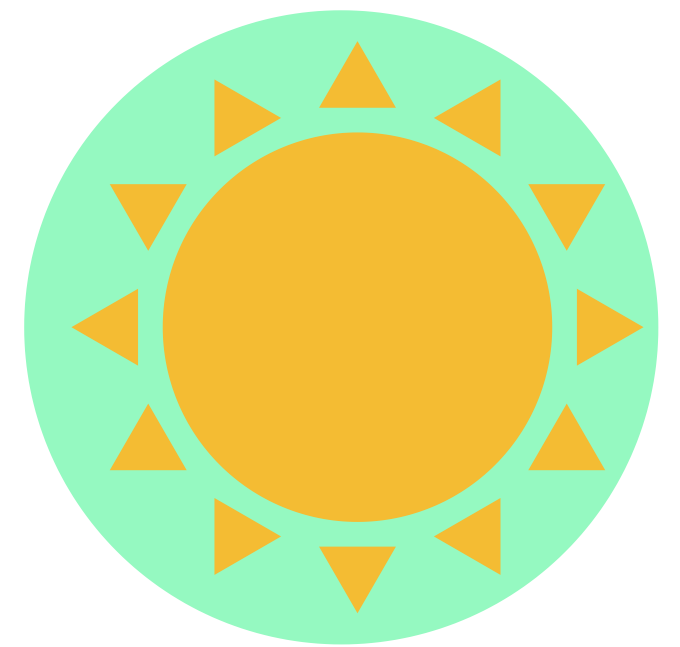
CONGRATULATIONS!

Nutrition in pregnancy has a big impact on the health of you, your baby and your growing family. Taking small steps towards nourishing your body helps you prevent some pregnancy complications, strengthens you to embrace the changes that growing a baby brings, and supports your baby in having the healthiest beginning!



ENERGY

Eat a balanced meal or snack every 3-5 hours. Check out Canada's Food Guide to learn about adding variety to your week. You may need an extra snack in your 2nd and 3rd trimester, such as a yogurt parfait with nuts and banana, or half a salmon salad sandwich with milk and fruit.



CARBOHYDRATES

Your body's main source of energy and filled with a variety of baby building nutrients! Try whole grains such as oats, whole grain bread, brown rice, quinoa and whole wheat pasta. Enjoy milk, fortified soy milk, kefir, yogurt, cottage cheese. Double up on fruit and veggies for baby's brain and nerves.



FOOD SAFETY

It is extra important to take steps to prevent food poisoning in pregnancy. Wash your hands, fruit and veg. Cook all meats, fish and eggs well. Follow 'best before' dates. Eat leftovers within 2-4 days after thorough re-heating. It is also best to heat deli meat until steaming. Avoid unpasteurized milk and juices, as well as raw alfalfa and other sprouts. Learn more at <http://healthycanadains.gc.ca>



HYDRATE

Dizzy, tired, muscle cramps, constipated, food cravings? Being hydrated can help keep these symptoms at bay! Aim for 10 cups of fluid a day. This includes water, milk, tea (ie. ginger, mint, lemon), low sodium broth, fruit and veggies. Limit caffeine to 300mg a day (1 cup coffee is 100-200mg; black tea 50mg).



PROTEIN

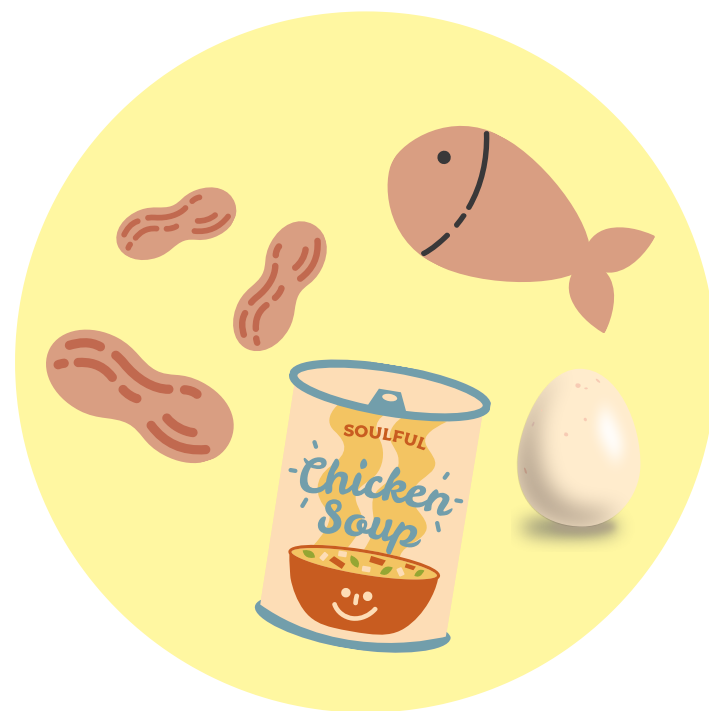
Include at every meal for building muscles and blood supply. Maintains energy and crushes food cravings. Try batch cooking chicken noodle soup, boiled eggs, bean burgers muffin-tin quiche, overnight oats with hemp seeds, Greek yogurt parfait, seafood macaroni.

BABY BUILDING NUTRIENTS



OMEGA 3 FATS

Boost baby's brain and eye health by aiming for 2 servings of fatty fish a week (trout, canned light tuna, salmon, sardines, herring, mackerel, anchovies, also mussels and oysters). These are also low in mercury. Not a fan? Talk to your care provider about supplements.



IRON

You need extra iron to carry oxygen to baby and to keep your energy levels up. Enjoy meat, fish, poultry, eggs, nuts, seeds, beans, lentils, tofu and fortified cereal. Best absorbed when paired with broccoli, tomato, pepper, orange, lemon. Cook with cast iron such as the Lucky Iron Fish.



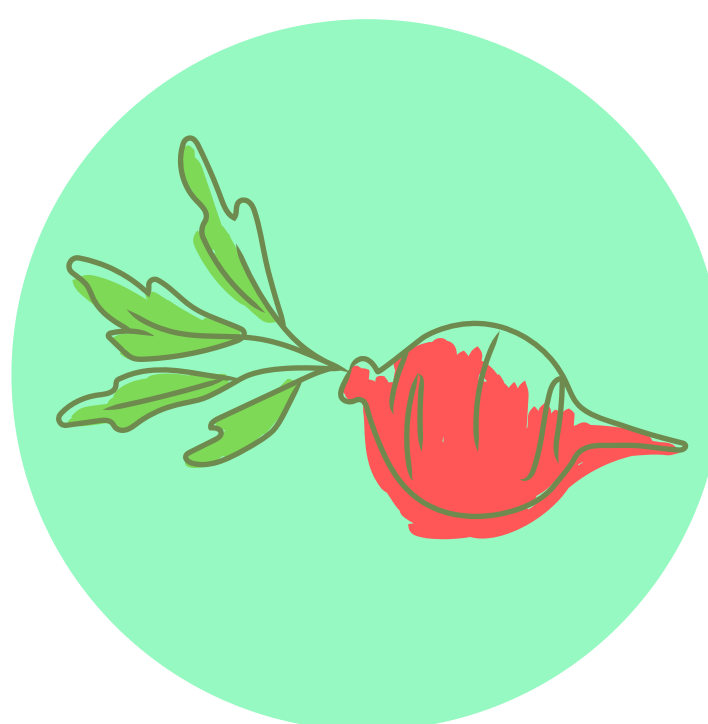
CALCIUM & VITAMIN D

Strengthens your and baby's bones together! Also keeps your teeth healthy. Try a glass of milk with fish, probiotic yogurt parfait, cottage cheese with blueberries, scrambled eggs with mushrooms, marinated tofu with broccoli stir fry, almonds with sliced cheese.



FOLATE

A key building block for new growth and prevents against some birth defects. Get this nutrient from your prenatal vitamin and food. Sprinkle spinach salad with sunflower seeds, top cereal with berries, double up broccoli and peas, snack on an orange, and try bean and lentil dishes such as dal, hummus and chili.



VEGETARIAN?

With some extra planning, a vegetarian diet can provide all the nutrients you and your baby need. If you are vegetarian, you may need extra protein, vitamin B12, calcium, iron, zinc, vitamin D and omega-3 fats. Learn food sources from unlockfood.ca and Telehealth's free Call-a-Dietitian service.



PRENATAL VITAMIN

Packed with baby building nutrients! Look for one with 400mcg folic acid, 16-20mg iron, vitamin B12 and 400IU vitamin D. Not tolerating well? Try taking before bed. Ask your care provider or dietitian for other tips. Some pharmacies offer free prenatal vitamins as part of the Baby Be Healthy program.

SYMPTOM MANAGEMENT



CONSTIPATION

Slowly add fibre, plenty fluid and gentle activity to your day. Add oats, fruit, veg, ground psyllium, ground flax and that favourite prune juice! A squatting stool is also a must in the bathroom!



MORNING SICKNESS

Try dry crackers or sip on milk first thing in the morning. Eat 5-6 small meals. Avoid coffee, fatty foods or strong smelling foods. Drink fluids between meals. Celebrate the small successes! Ask your care provider for other options.



HEARTBURN

Try these quick tips and talk to your care provider for other options. Eat 5-6 small meals. Drink fluids between instead of with meals. After eating, wait 1-2 hours before lying down or raise your head and shoulders with a pillow. Wear loose clothing. Limit caffeine, carbonation drinks and fatty foods.



BE ACTIVE

Zumba, pilates, yoga, dance, swimming, walking... Move your body daily in a way that feels good to you! Aim for 150 minutes a week. You can break it up into bouts of 10 minutes. Hydrate and take breaks. Fantastic for building healthy bones and muscles, improving sleep and energy, preventing bloating and constipation, coping with stress, preparing for labour, and feeling good about your body! Always talk with your care provider first.



BODY RESPECT

Trust your body to change as it needs to accomplish the incredible task of growing your child! Surround yourself with body kind social media that shows that healthy bodies come in all shapes and sizes. It is normal and healthy to gain weight in pregnancy. Eat foods that both nourish your body and nourish your soul. The online book *Healthy Eating for a Healthy Baby* explains what to expect for weight gain in pregnancy.

RESOURCES

For information on alcohol, drugs, smoking, food safety, product recalls and healthy eating in pregnancy, visit:

[BestStart.org](https://www.beststart.org)
(Healthy Eating for a Healthy Baby)

[Healthcanada.ca](https://www.healthcanada.ca)

[Food-guide.canada.ca](https://www.food-guide.canada.ca)

[Healthycanadians.gc.ca](https://www.healthycanadians.gc.ca)

[Unlockfood.ca](https://www.unlockfood.ca)

Telehealth Call-a-Dietitian
(free) 1-866-797-0000



RECIPES



PUMPKIN BARS

Ease constipation with this fibre rich snack from www.bettertogetherbc.ca

- 2 cups quick-cooking oats
- 1 cup flour
- 2 tsp cinnamon
- 1 teaspoon ginger
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup canola oil
- 1/3 cup water
- 1/3 cup ground flax
- 1/2 cup brown sugar
- 1 tsp vanilla extract
- 1 can (398ml) plain pumpkin puree
- 1/2 cup chocolate chips

1. In a large bowl, mix oats, flour, cinnamon, ginger, baking soda and salt.
2. In a small bowl, mix oil, water, flax, sugar and vanilla.
3. Add oil mixture to dry mixture. Mix well.
4. Mix in pumpkin puree and chocolate chips.
5. Spread mixture onto parchment paper lined baking sheet. Spread to one inch thickness.
6. Bake at 350F for 18-22 minutes (golden brown at edges).
7. Let cool, cut into squares and enjoy!

RESOURCES

Bettertogetherbc.ca

Cookspiration.com

Food-guide.canada.ca

Realgoodeats.ca

Therealfoodrds.com

Unlockfood.ca

INFUSED WATER

Add fresh or frozen fruit, veg and herbs to help make water your drink of choice! Try blueberries and lemon, grapefruit and mint, raspberry and cucumber, apple and cinnamon stick, or strawberry and basil.

TUNA SALAD TWIST

Add chopped apple to your tuna salad recipe for that perfect balance of salty and sweet! Enjoy on crackers, bread or in a whole wheat pita.

BREAKFAST SCONE

In a large bowl, mix 2 cups flour, 1/4 cup sugar, 4 teaspoons baking powder, 1/2 teaspoon salt, 1 cup oats, 1 cup grated cheese, 1 cup raisins or walnuts (optional).

In a small bowl, mix 1 beaten egg, 1/2 cup milk, 1/2 cup cooled melted butter (or veg oil).

Pour liquid mixture into dry mixture. Stir until combined into a soft dough.

Use a large ice cream scoop to drop evenly sized balls on a parchment paper lined baking sheet. Bake at 375F for 12-15 minutes or until the bottom is golden brown.