

Healthy Eating *for a* Healthy Baby



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meilleur départ**

by/par health **nexus** santé



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EN NUTRITION



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Congratulations!!

You are having a baby.

Making healthy choices is even more important now. To stay feeling good, eat well and stay active. You can increase your chances of having a healthy baby.

Many women find it easier to make healthy choices while they are pregnant. There are many good reasons to eat in a healthy way.

Healthy eating while you are pregnant:

- ♥ Gives your baby the nutrition needed to grow and be healthy
- ♥ Lowers your chance of having health problems such as low iron or high blood pressure
- ♥ Helps you gain a healthy amount of weight
- ♥ Helps you feel good about yourself
- ♥ Helps you and your family develop healthy eating habits for life

This booklet will answer many of the questions you may have about healthy eating while you are pregnant. Here is how to get the most out of it:

- ♥ Take your time to read through it.
- ♥ Fill out the quizzes and activities as you go.
- ♥ Try some of the food and recipe ideas.

If you have questions or feel like you need extra help

Talk to your health care professional. You can also call your local Public Health Unit or Community Health Centre. Or call a registered dietitian at EatRight Ontario 1-877-510-5102 or go to www.ontario.ca/eatright.

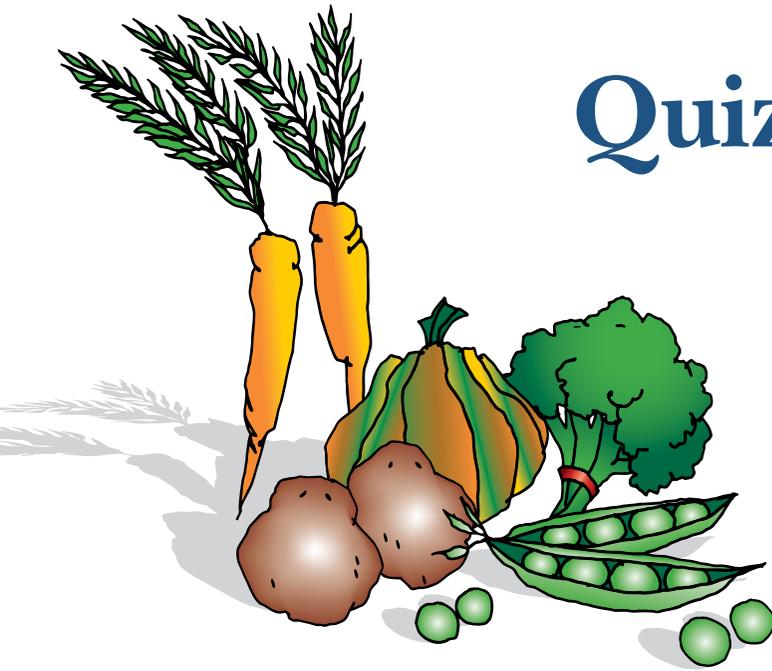


Guess what? I am pregnant! I am so excited but I have so many questions. One of my biggest questions is what should I eat?



Follow along through this booklet. Let us join you on your journey to healthy eating for a healthy baby!

Quiz: Healthy



See how well you do on this healthy eating True and False quiz.

(When you are done, check your answers on page 6)

TRUE FALSE

1. Now that you are eating for two you need twice as much food. TRUE FALSE
2. You need extra iron when you are pregnant. TRUE FALSE
3. Drinking milk is the only way to get the calcium and vitamin D to build your baby's bones. TRUE FALSE
4. You should not eat fish when you are pregnant. TRUE FALSE
5. Even if you eat well you should take a prenatal multivitamin. TRUE FALSE

Eating for a Healthy Baby



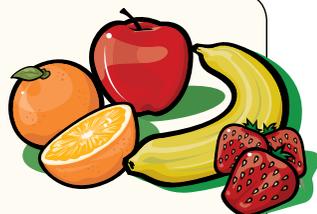
Cravings are normal. It is fine to eat less healthy foods sometimes. But be careful. If you eat too many of these foods you may not get the nutrients you and your baby need. You may also gain too much weight.

Sometimes pregnant women crave and eat things that are not food, like ice or chalk. Talk to your health care professional if this happens to you.



Answers to quiz

1. FALSE. You need extra food while you are pregnant. But, you do not need twice as much. An extra two to three Food Guide Servings each day during the second and third trimester is usually enough. For examples on Food Guide Servings check page 14. Choose healthy snacks. Try yogurt and fruit, or hummus and vegetables in a pita. Use Canada's Food Guide on page 14 to help you make healthy choices. And remember to listen to your body – eat when you are hungry and stop when you are full.



2. TRUE. You need extra iron when you are pregnant. Your body uses iron to build the red blood cells that carry oxygen and iron to your baby. If you do not get enough iron your baby may be born with a low supply of iron. You may also feel tired and weak. To make sure you get enough iron, it is best to eat well and take a prenatal multivitamin with iron.

Choose foods high in iron, such as:

- Lean red meat
- Cooked or canned clams
- Beans and lentils
- Whole grain breads and cereals



3. FALSE. Milk alternatives are also good sources of calcium.

Examples are:

- Fortified soy beverages
- Yogurt
- Cheese

Other good sources of calcium are:

- Calcium-set Tofu
- Beans
- Salmon and sardines with the bones
- Almonds

There are only a few food sources of vitamin D.

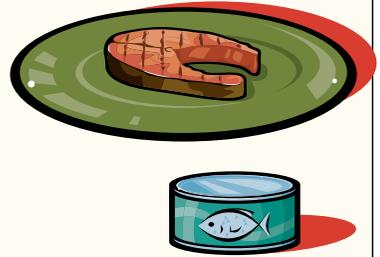
Good sources of vitamin D are:

- Milk
- Fortified soy beverages
- Fish



To get enough vitamin D, Canada's Food Guide recommends that you drink 500 mL (2 cups) of milk or fortified soy beverage every day.

4. FALSE. Canada's Food Guide recommends at least two Food Guide Servings of fish each week. One Food Guide Serving of fish is 75 grams (2½ oz). Fish is a good source of omega-3 fat, an important fat for your baby's brain, nerves and eyes. Most fish is safe to eat but some fish have high levels of mercury that can harm your growing baby. You will need to limit the amount of these fish that you eat. See page 24 for advice on limiting fish that contain mercury.



5. TRUE. You need extra nutrients such as folic acid (folate) and iron when you are pregnant. To help get the extra nutrients you need, eat foods from all four food groups in Canada's Food Guide, and take a prenatal multivitamin every day.



What is a Food Guide Serving?

A Food Guide Serving is the amount of food that makes up a serving in Canada's Food Guide. Food Guide Servings help people understand how much food is recommended every day from each of the food groups.

How much weight should you gain?

For most women, a healthy amount of weight to gain while pregnant is 11.5 to 16 kg (25 to 35 pounds).

Talk to your health care professional:

- If you were underweight or overweight before you became pregnant.
- If you are younger than 17
- If you are pregnant with twins or triplets.

Your health care professional will suggest how much weight gain is healthy for you.

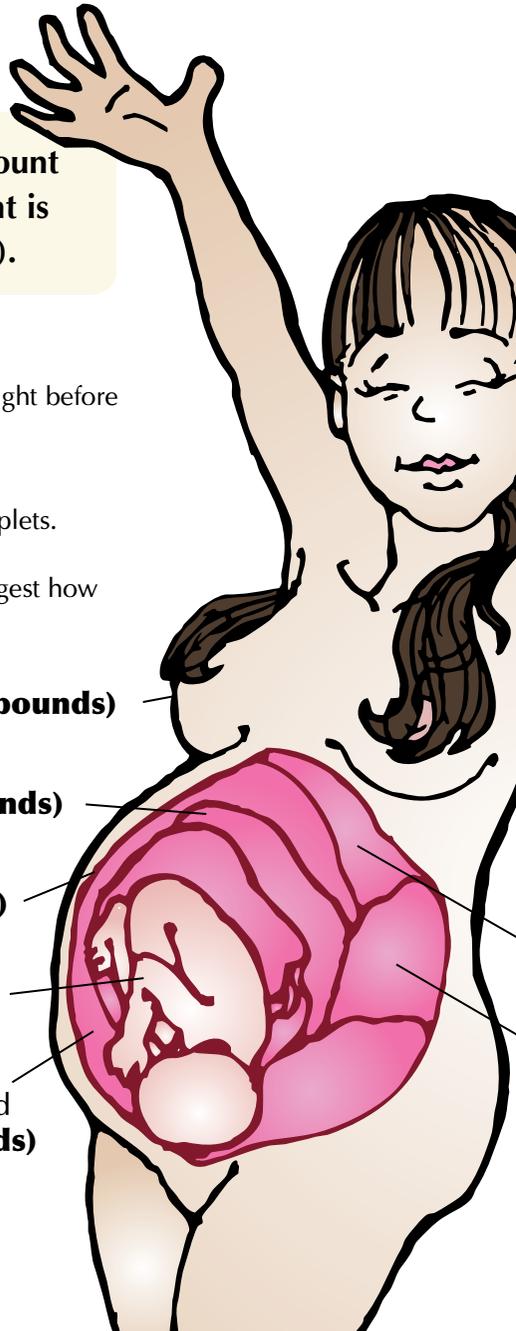
Breasts 1 to 1.5 kg (2 to 3 pounds)

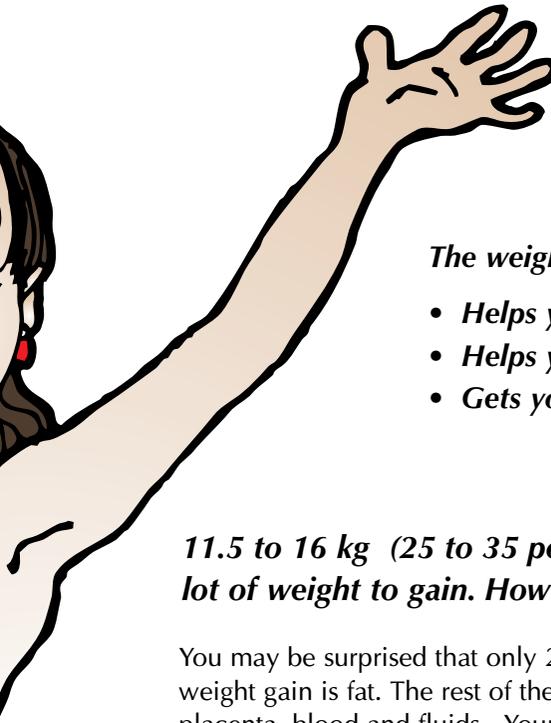
Blood 2 kg (4 pounds)

Uterus 1 to 1.5 kg (2 to 3 pounds)

Baby 2.5 to 3.5 kg (6 to 8 pounds)

**Placenta and Amniotic fluid
2 to 2.5 kg (4 to 6 pounds)**





Gaining a healthy amount of weight is important for a healthy pregnancy and a healthy baby.

The weight you gain:

- *Helps your baby grow.*
- *Helps you to feel well.*
- *Gets your body ready for breastfeeding.*

11.5 to 16 kg (25 to 35 pounds) seems like a lot of weight to gain. How will I ever lose it?

You may be surprised that only 2 to 3.5 kg (5 to 8 pounds) of this weight gain is fat. The rest of the weight gain is for the baby, the placenta, blood and fluids. Your body stores fat to give you the extra energy you will need for pregnancy and breastfeeding. Eating well and being active can help you slowly return to your usual weight. Choosing to breastfeed may help you lose weight a little faster.

Extra fluids **1 to 1.5 kg (2 to 3 pounds)**

Energy stored as fat **2 to 3.5 kg (5 to 8 pounds)**

Eat well and stay active, and you will have no problem gaining a healthy amount of weight. Let your appetite guide the amount of food that you need. Eat when you are hungry and stop when you are full. Pregnancy is not a time to go on a diet. Dieting can harm you and your baby.



How quickly should you gain weight?

It is also important to pay attention to how quickly you gain weight. Weight gain is usually slow during the first three months. About 0.5 to 2 kg (1 to 4.5 pounds) is normal. Your baby is small but is developing very quickly. Healthy eating is very important early in your pregnancy.

For the rest of your pregnancy, the baby continues to develop and grow. You should gradually start to gain weight more quickly. You should expect to gain about 0.4 kg (14 oz.) a week. Healthy eating and staying active can help you gain the right amount of weight.

Gaining weight at a steady pace is a sign of a healthy pregnancy. Talk to your health care professional if you are gaining a lot more than 0.4 kg (14 oz.) a week, or a lot less.



A balanced meal includes all four food groups from Canada's Food Guide. Desserts, like cake, pastries, and ice cream are high in calories, fat and sugar. The Food Guide recommends limiting these foods. But, a special dessert can be part of a balanced meal once in a while. Just choose healthy desserts more often. Enjoy fresh, frozen or canned fruit. Try mixing fruit with yogurt.

Let's see...Do I have a balanced meal? I have included foods from each of the food groups. But where would chocolate cake fit in?



How do your eating habits measure up to Canada's Food Guide?

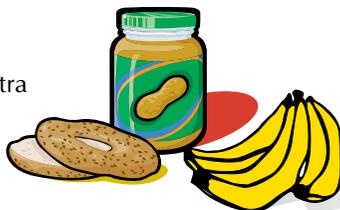
Do you eat regular meals including breakfast?

If you go without food, your baby does too! Try to eat at least every three to four hours. Make sure you have breakfast, because you have gone all night without eating.

Do you eat healthy snacks?

Choose healthy snacks to help you get the extra nutrients and calories you need. Try these:

- Fruit and yogurt smoothies
- Hummus and whole wheat pita
- Peanut butter and bananas on whole-wheat bread.



Do you eat at least one dark green and one orange vegetable each day?

Choose colourful vegetables and fruit more often.

- Dark green vegetables are important sources of folate. Choose broccoli, romaine lettuce and spinach.
- Orange vegetables are rich in beta-carotene. The body turns beta-carotene into vitamin A. Enjoy carrots, sweet potatoes and winter squash.



Are at least half of your grain products each day made from whole grain?

Try these foods instead of refined grain products (such as white bread).

They are higher in fibre, vitamins and minerals:

- Whole grain breads
- Oatmeal
- Bran cereals
- Brown and wild rice
- Whole wheat pasta



Do you drink at least 500 mL (2 cups) of milk or fortified soy beverage each day?

Milk and alternatives are the main food sources of calcium and vitamin D. Only milk, fortified soy beverages and some yogurts have vitamin D added. To get enough vitamin D, Canada's Food Guide recommends that you drink 500 mL (2 cups) of milk or fortified soy beverage every day.

Do you have meat alternatives often?

Examples of meat alternatives are:

- Beans
- Lentils
- Tofu
- Eggs
- Nuts



Replace some of the meat at your meals with these foods. Beans and lentils are also low in fat and high in fibre.

Do you include small amounts of healthy fats each day?

Canada's Food Guide recommends that you include a small amount – 30 to 45 ml (2 to 3 Tbsp) – of unsaturated fat each day.

This includes:

- Oils used for cooking
- Salad dressing
- Soft margarines
- Mayonnaise



A small amount of oils and fats help your body absorb certain vitamins. Oils and fats also supply fats your body needs, such as omega-3 fats.

Do you drink water regularly?

Water helps to carry nutrients to you and your baby and carries away waste products. It also helps prevent constipation. Drink plenty of fluids every day, and more in hot weather or when you are active. Healthy sources of fluid are:

- Water
- Milk
- 100% fruit or vegetable juice
- Soup
- Vegetables and fruit

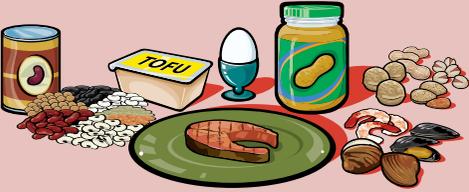


Eating Well with Canada's Food Guide

Your growing baby depends on you to eat the foods that are the building blocks for a strong body and healthy mind.

How many Food Guide Servings per day should women have?			What is One Food Guide Serving?
	Age 14-18	Age 19-50	
Vegetables and Fruit	7	7-8	Fresh, frozen or canned vegetables: 125 mL (½ cup) Leafy vegetables - cooked: 125 mL (½ cup) or raw: 250 mL (1 cup) Fresh, frozen or canned fruits: 1 fruit or 125 mL (½ cup) 100% Juice 125 mL (½ cup)
Grain Products	6	6-7	Bread: 1 slice (35 g) Bagel: ½ bagel (45 g) Flat breads: ½ pita or ½ tortilla (35 g) Cooked rice, bulgur or quinoa: 125 mL (½ cup) Cereal - cold: 30 g or hot: 175 mL (¾ cup) Cooked pasta or couscous: 125 mL (½ cup)
Milk and Alternatives	3-4	2	Milk or powdered milk (reconstituted): 250 mL (1 cup) Canned milk (evaporated): 125 mL (½ cup) Fortified soy beverage: 250 mL (1 cup) Yogurt: 175 g (¾ cup) Kefir: 175 g (¾ cup) Cheese: 50 g (1½ oz)
Meat and Alternatives	2	2	Cooked fish, shellfish, poultry, lean meat: 75 g (2½ oz.)/125 mL (½ cup) Cooked legumes: 175 mL (¾ cup) Tofu: 150 g or 175 mL (¾ cup) Eggs: 2 eggs Peanut or nut butters: 30 mL (2 Tbsp) Shelled nuts and seeds: 60 mL (¼ cup)
<p>You need more calories when you are pregnant or breastfeeding. To get the calories you need, eat 2 to 3 extra Food Guide Servings from the food groups of your choice every day during your second and third trimester.</p>			<p>OILS AND FATS Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day.</p>

To personalize the information found in Canada's Food Guide go to www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php Click on "My Food Guide".

		Where does it help?	
			Brain and Nerves
			Growth
			Bones
			Muscles and Blood
<p>This includes oil used for cooking, salad dressing, margarine and mayonnaise.</p> 		<p>Eat a variety of foods from all four food groups and take a prenatal multivitamin that contains folic acid and iron. Ask your health care professional to recommend one that is right for you.</p>	

Baby Building Nutrients

Your growing baby depends on you to eat the foods that are the building blocks for a strong body and healthy mind. The key building blocks for a healthy baby are:

- ♥ Folate and vitamin C from vegetables and fruit
- ♥ Carbohydrates and fibre from grain products
- ♥ Calcium and vitamin D from milk and alternatives
- ♥ Iron and protein from meat and alternatives
- ♥ Omega-3 from oils and fats



I am already eating well. Do I need to take a prenatal multivitamin?



Yes, pregnant women should take a prenatal multivitamin every day. Healthy eating is important to help you get the nutrients you and your baby need. When you are pregnant you need more nutrients. It is not easy to get enough of some vitamins and minerals, such as folate and iron, from food. That is why a prenatal multivitamin helps you get the extra vitamins and minerals you need while you are pregnant and breastfeeding.

Folate (Folic Acid)

Folate is a vitamin that helps build healthy blood and tissues for you and your baby.

Along with healthy eating you will need to take extra folic acid. Extra folic acid is very important before you become pregnant and during the first few weeks. Folic acid can help reduce the risk of neural tube defects (NTDs). NTDs are birth defects that affect the baby's brain and spine. Spina bifida is an NTD.

A daily prenatal multivitamin with at least 0.4 mg of folic acid will give you the extra folic acid you need while you are pregnant. Some women need even more folic acid. Talk to your health care professional about the amount of folic acid you should take.

Even though the prenatal multivitamin will give you extra folic acid, it is still important to get folate from the foods that you eat.

Here are some ideas:

- ♥ Choose romaine lettuce or spinach for your salads. Sprinkle salads with sunflower seeds.
- ♥ Top cereal with your favourite berries.
- ♥ Enjoy vegetables more often like asparagus, broccoli, green peas, brussels sprouts, tomatoes, sweet potatoes and corn.

- ♥ Have beans and lentils more often. Try chili, bean curries and dals, hummus, and lentil soups.
- ♥ Choose fruits like oranges, grapefruit and cantaloupe more often or have a small orange juice for breakfast.

• RECIPE •

Spinach and Lentil Soup

- 1 Tbsp (15 mL) vegetable oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 stalks celery, finely chopped
- 2 Tbsp (25 mL) tomato paste
- 6 cups (1 ½ L) water or vegetable stock
- 2 cups (500 mL) cooked red or brown lentils, rinsed (canned or cook your own)
- 1 package (300 g) frozen spinach, thawed
- pepper to taste

- 1.Heat oil in a large saucepan. Add onion, garlic and celery. Cook for about 2 minutes.
- 2.Add tomato paste and water or stock to sauce pan. Bring to boil. Reduce heat.
- 3.Add lentils, spinach and pepper. Cook for about 5 minutes until heated through.

Makes 6 servings
This recipe is a good source of folate and iron.

Iron

Iron helps build the red blood cells that carry oxygen and iron to your baby. It is important that babies have a good supply of iron when they are born. The iron they are born with has to last for the first six months of life.

Some good sources of iron are:

- ♥ Meats and alternatives, such as lean red meat, cooked or canned clams, beans and lentils
- ♥ Whole grain breads and cereals
- ♥ Dried fruits

Take a prenatal multivitamin with 16 - 20 mg of iron to help you get the extra iron you need.



• RECIPE •

Mango Black Bean Salsa

Mix together:

1 can (540 mL) black beans

1 diced mango

$\frac{1}{2}$ cup (125 mL) diced red onion

$\frac{1}{4}$ cup (50 mL) lemon juice

2 tbsp (25 mL) vegetable oil.

Toss with $\frac{1}{4}$ cup (50 mL) chopped cilantro if you wish.

Chill for one hour before serving

This recipe is a good source of iron and vitamin C



Vitamin C

Vitamin C helps your body use the iron in vegetables, grain products, beans and lentils. Try to eat foods high in vitamin C at the same time as you eat non-meat sources of iron.

Some foods high in vitamin C are:

- ♥ Oranges and grapefruit and their juices
- ♥ Tomatoes and tomato sauce
- ♥ Red peppers
- ♥ Broccoli

Here are some ideas to help you get more iron and vitamin C:

- ♥ Enjoy whole grain pasta with meat or tofu and tomato sauce.
- ♥ Have an orange or grapefruit with your breakfast cereal.
- ♥ Add dried fruits to cereals, apple-sauce, salads or muffins. Try adding apricots, dates, raisins or prunes.
- ♥ Make chicken fajitas with red and green peppers and mango-black bean salsa.
- ♥ Enjoy bean dishes more often. Heat up some chili, bean or lentil curries or pea soup.

Wait at least an hour after meals before having coffee or tea. These drinks make it harder for your body to use iron.

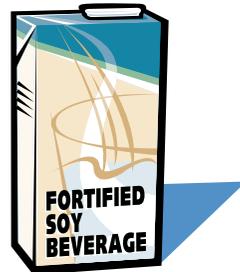
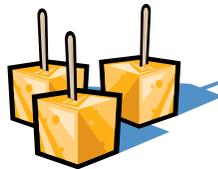


Calcium and Vitamin D

Calcium and vitamin D help keep your bones strong. They also work together to build strong bones and teeth for your baby.

Here are some ideas to help you get more calcium and vitamin D:

- ♥ Have 500 mL (2 cups) of milk every day to get enough vitamin D. Drink fortified soy beverages if you do not drink milk.
- ♥ Make a stir-fry with bok choy, kale, broccoli and calcium-set tofu.
- ♥ Snack on salmon or sardines on whole grain crackers.
- ♥ Grate some cheese into your soup or salad.
- ♥ Choose yogurt with vitamin D.
- ♥ Drink orange juice with added calcium at breakfast.



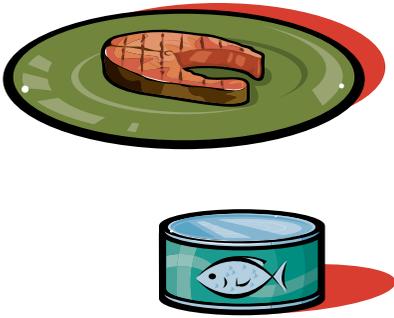
Ask your health care professional if you should take extra vitamin D.

• RECIPE •

Fruit and Yogurt Smoothie

In a blender, mix $\frac{1}{2}$ cup (125 mL) fresh or frozen berries with $\frac{1}{2}$ banana, $\frac{1}{2}$ cup (125 mL) yogurt and $\frac{1}{2}$ cup (125 mL) milk or fortified soy beverage.

This recipe is a good source of calcium and vitamin D.



• RECIPE •

Salmon Salad Pita Pockets

In a small bowl, mix together:

- 1 can (213 g) salmon, drained
- 2 Tbsp (25 mL) light mayonnaise
- 1 Tbsp (15 mL) lemon juice
- $\frac{1}{2}$ cup (125 mL) grated carrot
- $\frac{1}{2}$ cup (125 mL) diced cucumber
- 1 green onion, chopped

Cut two whole wheat pitas in half. Stuff the pitas with lettuce and salmon mixture.

Makes 4 servings.

This recipe is a good source of omega-3 fats

Omega-3 Fats

Omega-3 fats are nutrients that help you and your growing baby. You need more omega-3 fats when you are pregnant. Some omega-3 fats are important for your baby's brain, nerves and eyes.

Here are some ideas to help you get enough omega-3 fats:

- ♥ Eat at least 150 grams (5 oz) of fish each week. This equals two Food Guide Servings. Choose fatty fish more often, such as salmon, trout, mackerel, sardines, herring and char.*
- ♥ Eat canned fish more often, such as salmon, canned mackerel and sardines. Have canned fish on a sandwich, in a salad or on whole grain crackers.
- ♥ Enjoy a small handful of walnuts for a snack. Or, add them to salads or cereals.
- ♥ Cook with canola or soybean oil, or use it in salad dressings.
- ♥ Use margarine made from canola or soybean oil on bread or in baking. Look for the word non-hydrogenated on the label.
- ♥ Choose omega-3 eggs and other foods with omega-3 fats added such as some milks and yogurts.

* See page 24 for advice on limiting fish that contain mercury.

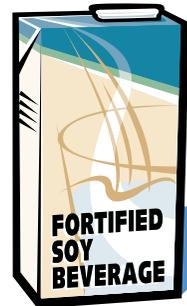
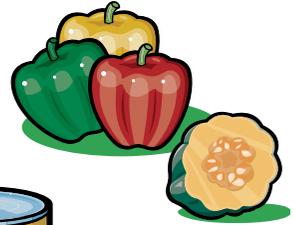


Vegetarian Eating

Vegetarian eating based on Canada's Food Guide can provide you with all of the nutrients you and your baby need. You just have to plan well. If you do not eat any foods that come from animals, it is harder to meet your needs while you are pregnant.

Here are ideas to help get the nutrients you need if you are a vegetarian:

- ♥ Eat extra food to help you get enough calories. Vegetarian foods are often low in calories.
- ♥ Choose different meat alternatives to help you get enough protein. These include eggs, beans, peas, lentils, tofu, nuts and seeds.
- ♥ Drink milk or fortified soy beverages. These help you get enough calcium and vitamin D.
- ♥ If you do not include any foods that come from animals, you may need extra vitamins and minerals while you are pregnant. These include calcium, iron, zinc, vitamin D, or vitamin B12.
- ♥ Ask your health care professional to refer you to a registered dietitian for information on vegetarian eating while you are pregnant.



Is there anything you should not eat?

How much caffeine is safe during pregnancy?

Caffeine passes through the placenta into your baby's bloodstream. Your baby's system cannot get rid of caffeine very well. To keep your baby safe, have less than 300 mg of caffeine a day. This is the amount of caffeine in about two 250 mL (8 oz) cups of coffee.

There is also caffeine in tea, cola, energy drinks and chocolate. Read labels and choose the products that have the least caffeine.

This chart shows the amounts of caffeine in some foods and drinks.

Food or Drink	Amount of Caffeine (mg)
Brewed coffee 250 mL (8 oz)	135
Instant coffee 250 mL (8 oz)	76-106
Tea, leaf or bag 250 mL (8 oz)	50
Green tea 250 mL (8 oz)	30
White tea 250 mL (8 oz)	15
Iced tea 250 mL (8 oz)	5-50
Cola beverage 1 can, 355 mL (12 oz)	35-47
Energy drinks 250 mL (8 oz)	80
Milk chocolate bar 30 g (1 oz)	7
Dark chocolate bar 30 g (1 oz)	25-58

250 ml (8 oz) = 1 cup

Are herbal teas safe to drink while you are pregnant?

Be careful if you use herbal teas or herbal energy drinks. The safety of all herbal teas and drinks during pregnancy has not been tested. The risk of harm to your baby is not known. Some can harm your baby or may cause early labour. Herbal teas that are generally considered safe in moderation (two to three cups per day) are

- ♥ Citrus peel.
- ♥ Linden flower* (* not recommended for persons with pre-existing cardiac condition).
- ♥ Ginger.
- ♥ Lemon balm.
- ♥ Orange peel.
- ♥ Rose hip.

All other herbal teas should be avoided. Herbal energy drinks should also be avoided during pregnancy. **Talk to your health care professional about the safe use of herbal teas or drinks.**



It is a good idea to have no more than one or two cups of coffee or other drinks with caffeine each day. These include tea, cola and energy drinks. Choose beverages that do not have caffeine and are more nutritious such as: water, milk, fortified soy beverage, or 100% fruit or vegetable juices.



Can you drink alcohol when you are pregnant?

Drinking alcohol during pregnancy can cause birth defects and brain damage to your baby. The safest choice in pregnancy is **no** alcohol at all. In fact, it is best to stop drinking **before** you get pregnant.

NEED HELP?

If you drank alcohol before you knew you were pregnant or if you need help to stop drinking talk to your health care professional. Call the Motherisk Alcohol and Substance Use in Pregnancy Helpline at 1-877-327-4636 or online at www.motherisk.org/women/alcohol.jsp

Will artificial sweeteners harm your baby?

Certain artificial sweeteners will not harm your baby. Even so, be careful not to use foods containing these sweeteners to replace more nourishing foods. Milk, 100% fruit or vegetable juice or water are healthier choices than sugar-free drinks. A piece of fruit is healthier than a sugar-free dessert. Other sweeteners are not safe to use while you are pregnant. They may harm your baby.

SAFE in small amounts	NOT SAFE
<ul style="list-style-type: none">• Aspartame (NutraSweet®, Equal®)• Sucralose (Splenda®)• Acesulfame Potassium (Ace-K or Sunett®)	<ul style="list-style-type: none">• Saccharin (Hermesetas®)• Cyclamates (Sucaryl®, Sugar Twin®, Sweet N'Low®, Weight Watchers Table Top Sweetener®)

You may have heard that pregnant women should not eat some kinds of fish. Is this true?

Fish is a healthy food to eat when you are pregnant. Fish is a good source of protein and omega-3 fats. Eat at least 150 grams (5 oz) of fish each week. This equals two Food Guide Servings.

Choose fish such as:

- Salmon
- Rainbow trout
- Atlantic or Pacific mackerel
- Canned light tuna
- Haddock
- Sole
- Tilapia
- Arctic char
- Sardines
- Herring
- Anchovies

Some types of fish can have high levels of mercury. Too much mercury can harm your growing baby. Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

For information on mercury levels in fish caught in your local lakes and rivers, check advisories at the Ontario Ministry of the Environment 1-800-565-4923 or www.ene.gov.on.ca. Click on "Interactive Fish Guide".

Protect yourself and your baby from food poisoning

Food poisoning can be very dangerous when you are pregnant.

To reduce your risk of food poisoning, practice safe food handling. Follow these tips:

- ♥ Wash your hands before, during and after handling food.
- ♥ Wash raw vegetables and fruit well, including the skin.
- ♥ Cook meat, poultry, seafood and hotdogs well.
- ♥ Follow "best before" dates.

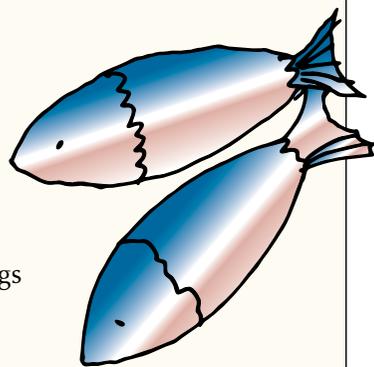
Do not eat these foods when you are pregnant.

They can raise your risk of food poisoning:

- ♥ Raw fish and sushi made with raw fish
- ♥ Raw shell fish such as oysters and clams
- ♥ Undercooked meat, poultry, seafood and hot dogs
- ♥ Pâté, deli meats and smoked fish products
- ♥ Foods made with raw or lightly-cooked eggs
- ♥ Unpasteurized milk products (such as raw milk) and foods made from them
- ♥ Soft cheeses such as brie, camembert, feta, goat cheese and queso blanco if they are made from unpasteurized milk
- ♥ Unpasteurized juices, such as unpasteurized apple cider
- ♥ Raw sprouts, especially alfalfa sprouts

For more information go to:

www.hc-sc.gc.ca/hl-vs/iyh-vsv/food-aliment/listeria-eng.php



Liver is very high in vitamin A. Too much vitamin A can be harmful to your growing baby. Eat no more than 75 grams (2 1/2 oz) of liver once every 2 weeks. That equals one Food Guide Serving.

Here is a sample food diary for one day:



	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Oils and Fats
Breakfast Fruit and Yogurt Smoothie* (½ cup milk, ½ cup yogurt, ½ cup fruit) 2 slices whole wheat toast 1 tbsp peanut butter	✓	✓ ✓	✓	½	
Snack Homemade bran muffin 2 tsp soft margarine ½ cup orange juice	✓	✓			✓
Lunch Spinach and lentil soup* (½ cup lentils, ½ cup spinach) Whole grain crackers ½ cup carrot sticks 1 cup 1% milk	✓ ✓	✓	✓	½	
Snack Salmon Salad Pita* (75 g salmon, ½ cup vegetables, ½ whole wheat pita, mayonnaise)	✓	✓		✓	✓
Supper Fast & Easy Chicken Cacciatore* (75 g chicken, ½ cup vegetables) 1 cup brown rice 1 cup garden salad 2 Tbsp oil and vinegar salad dressing	✓ ✓	✓ ✓		✓	✓
Snack ½ cup fruit salad ¾ cup low fat yogurt	✓		✓		
TOTALS	8	7	3	3	2-3 Tbsp

*Recipes can be found in this booklet.

This food diary includes the right amounts and types of foods from all the food groups. It is also a good source of baby-building nutrients such as: folate, iron, vitamin C, calcium, vitamin D and omega-3 fats.



Your Food Diary

Choose one day to complete your own food diary. Write down everything you had to eat and drink that day. Count up the number of servings you ate from each food group. How did you do compared to Canada's Food Guide? Look on page 14 and 15 to help you complete your food diary.



	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Oils and Fats
Breakfast					
Snack					
Lunch					
Snack					
Supper					
Snack					
TOTALS					

When you don't feel so well

Nausea and Vomiting

Many pregnant women feel sick from time to time. It often happens in the first few months of pregnancy. It may be the changes in your hormone levels that cause you to feel sick.

Try these ideas to help you feel better:

- ♥ Eat several small meals each day rather than three large meals. Try not to skip meals, though. You will feel worse if your stomach is empty.
- ♥ Try eating crackers, bread or dry cereal before getting out of bed in the morning.
- ♥ Get out of bed slowly in the morning.
- ♥ Have a small, healthy snack before bedtime.
- ♥ Drink fluids before or after meals, not with meals.
- ♥ Stay away from coffee, fatty foods and foods with strong smells or tastes.

Call the Motherisk Nausea and Vomiting in Pregnancy Helpline

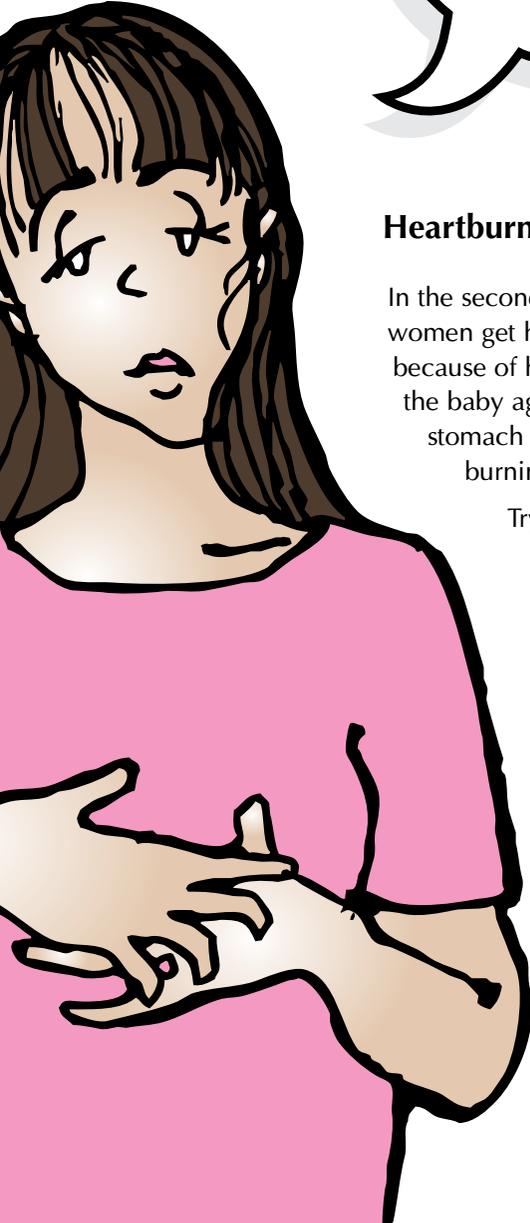
1-800-436-8477 for more ideas to help you feel better.

Talk to your health care professional if you cannot stop vomiting, or if you feel too sick to eat at all.



Heartburn is common when you are pregnant. There are things you can try to help prevent heartburn.





I'm over the nausea but now I have heartburn. It is really bad at night.

Heartburn

In the second half of pregnancy, many women get heartburn. Heartburn happens because of hormone changes and the pressure of the baby against your stomach. This can cause stomach acid to move up to your throat, causing a burning feeling.

Try these ideas to help you feel better:

- ♥ Eat several small meals each day, and not three large meals.
- ♥ After eating, wait at least one to two hours before sleeping.
- ♥ When you lie down, raise your head and shoulders with a pillow.
- ♥ Drink fluids before or after meals, not with meals.
- ♥ Choose lower fat foods.
- ♥ Stay away from coffee, colas, alcohol and smoking.

Talk to your health care professional before you take antacids or if your heartburn does not go away.



Constipation

Food passes through your body more slowly when you are pregnant. This helps you absorb the extra nutrients you and your baby need. But, it can also cause constipation.

To prevent constipation eat foods that are high in fibre and to drink more fluids. Being physically active is also important.

Try these ideas to help you feel better:

- ♥ Start the day with a whole grain cereal.
- ♥ Choose whole grain breads, brown rice and whole wheat pasta.
- ♥ Eat beans and lentils more often.
- ♥ Aim for 7 to 8 Food Guide Servings of vegetables and fruit each day.
- ♥ Drink more fluids. Choose water, milk and 100% fruit or vegetable juice. Warm or hot fluids may help.
- ♥ See the ideas on page 32 to help you be physically active.

**Before you take laxatives, talk to your health care professional.
Some laxatives are not safe to take when you are pregnant.**

Gestational Diabetes

Some women develop diabetes when they are pregnant. Diabetes means blood sugar levels are too high. Some of the signs of high blood sugar are feeling thirsty, urinating often, weight loss and feeling tired. Often you will not notice any signs.

High blood sugar can harm you and your baby. If you have any risk factors, your health care professional will test for diabetes when you are about 24 to 28 weeks pregnant. Ask your health care professional if you should have this test.

You have a greater chance of developing gestational diabetes:

- ♥ If you are overweight
- ♥ If you have a family history of diabetes
- ♥ If you are of Aboriginal, Asian, Hispanic or African descent
- ♥ If you have had a baby over 4.5 kg (9 pounds)
- ♥ If you have gained a lot of weight while you are pregnant

If you develop gestational diabetes, ask your health care professional to refer you to a registered dietitian. Changing what and how you eat can lower your blood sugar levels. Gestational diabetes almost always goes away after you have your baby. However, you will be at a higher risk of developing diabetes later in your life.



Should you be physically active while pregnant?

Yes! Regular exercise builds bones and muscles and keeps you healthy. It is best for all adults to be active for at least 150 minutes per week in bouts of 10 minutes or more. Being active is just as important now that you are pregnant.

Regular physical activity can help in several ways:

- ♥ It can help to prepare your body for labour.
- ♥ It can help you feel less stressed.
- ♥ It can help prevent constipation.
- ♥ It can help to keep your weight gain at a healthy rate.
- ♥ It can help increase your energy levels.
- ♥ It can help you feel more positive about your body.

You can be active all through your pregnancy. Just keep these tips in mind:

- ♥ Talk to your health care professional about your plans to be active.
- ♥ Choose safe activities, such as walking, low impact aerobics, swimming or water aerobics.
- ♥ Do not exercise outdoors when it is very hot or humid.
- ♥ Try not to get too hot.
- ♥ Drink plenty of water the entire time you are active: before, during and after.
- ♥ If you are sitting for longer periods, stand up, stretch, move and work for a few minutes every hour.

One month to go and I'm still active. I just take it easy and make sure I don't overdo it.

You can continue to enjoy regular physical activity all through your pregnancy. Pay attention to your body and how you feel. If you have not been active, start with safe activities like walking or swimming. Take it slow. If you have any problems, stop exercising and talk to your health care professional right away.

Get a copy of the Canadian Physical Activity Guidelines. This guide can help you make wise choices about physical activity. Go to www.csep.ca/english/view.asp?x=804 and download a free PDF.

Before you begin a new exercise program, talk to your health care professional. You can also ask for a PARmed-X for pregnancy or get this at www.csep.ca/english/View.asp?x=698. If you have questions you can call the SportCARE Exercise and Pregnancy Question Hotline at 1-866-93-SPORT.



• RECIPE •

Vegetable Cheese Quesadillas

- 1 Tbsp (15 mL) vegetable oil
- 1/2 red or green pepper, diced
- 1 cup (250 mL) fresh spinach, chopped
- 1 tomato, diced
- 2 large whole wheat or whole grain tortillas
- 3/4 cup (175 mL) shredded Cheddar cheese

1. Heat oil in pan over medium heat. Add peppers, spinach and tomatoes. Cook and stir for 1 minute. Put vegetable mixture on a plate.
 2. Place one tortilla in the pan. Spoon cooked vegetables onto the tortilla. Sprinkle with cheese. Top with the second tortilla.
 3. Heat 2 to 3 minutes or until cheese begins to melt. Flip and cook for another 2 to 3 minutes. Remove from pan and cut into wedges. Serve with sour cream and salsa.
- Makes 4 servings

• RECIPE •

Fast and Easy Chicken Cacciatore

- 1 can (796 mL) diced tomatoes
- 2 cups (500 mL) mushrooms, sliced
- 4 skinless chicken pieces
- 1 green pepper, diced

1. In a large saucepan, combine undrained tomatoes with mushrooms. Bring to a boil.
2. Add chicken pieces. Cover and simmer over low heat for 30 minutes.
3. Turn the chicken over and add the green pepper. Continue cooking for 10 minutes.
4. Remove the chicken. Boil sauce, uncovered until thickened. Pour over the chicken.

Makes 4 servings

Meet my new baby!
She is a healthy baby girl.
Healthy eating turned out to be
easier than I thought. It sure
was worth it!

Congratulations! During your pregnancy, you too may find that healthy eating is worth it. You don't have to eat tasteless meals or give up your favourite foods. There are many ways to enjoy eating. Keep making healthy choices after you have your baby. Healthy eating gives you energy. And you need that for breastfeeding and raising a healthy family.



Should you get extra nutrition help?

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. Are you younger than 18? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Were you underweight or overweight before you became pregnant? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you often diet to lose weight? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Are you pregnant with twins or triplets? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Are you having trouble eating because of nausea or vomiting? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Are you a strict vegetarian who does not eat any animal foods? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Are you gaining too little or too much weight? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do you eat less than 2 servings of milk products each day? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Do you have a condition that requires a special diet?
(eg. food allergies, diabetes, digestive problems) | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Have you been pregnant within the last two years? | <input type="checkbox"/> | <input type="checkbox"/> |

If you answered **YES** to one or more of these questions, it is a good idea to meet with a registered dietitian. Ask your health care professional to refer you. You can also call your local Public Health Unit or Community Health Centre to find a registered dietitian or Canada Prenatal Nutrition Program in your area.

You can get more information on healthy eating during pregnancy from:

- ♥ EatRight Ontario. Call toll-free to speak to a registered dietitian 1-877-510-510-2 or go to www.ontario.ca/eatright
- ♥ Your local Public Health Unit – to find your local public health unit go to www.health.gov.on.ca/english/public/contact/phu/phuloc_mn.html or call 1-800-532-3161.
- ♥ A community health centre – www.aohc.org, click on “Find a centre near you”
- ♥ Public Health Agency of Canada www.healthypregnancy.gc.ca
- ♥ Canada Prenatal Nutrition Program Directory <http://cpnp-pcnp.phac-aspc.gc.ca>





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c/o Health Nexus

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NUTRITION RESOURCE CENTRE

www.nutritionrc.ca

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