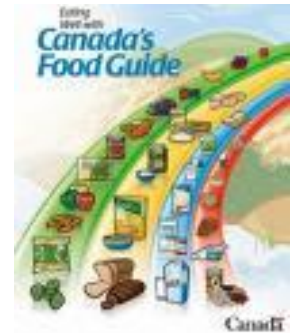




# Top 10 Eating Tips for a Healthy Pregnancy

## 1. Follow Canada's Food Guide

Use Canada's Food Guide to see how many servings of each food group you need each day. In the second and third trimesters, you need an extra 2 to 3 servings a day from any of the food groups. Go to [www.hc-sc.ca](http://www.hc-sc.ca) to find Canada's Food Guide.



## 2. Eat Regular Meals

Aim for three meals a day with healthy snacks in between.



## 3. Eat Meat, Fish, Beans, Tofu and Nuts

Meats and alternatives are rich in iron which will help you make healthy blood. Try peanut butter on toast for breakfast. Add chickpeas and beans to soups and salads. Make scrambled eggs for lunch. Eat a tuna sandwich for dinner. Choose canned **light** tuna more often and eat no more than 4 servings (2 ½ cans) of canned albacore tuna a week. Essential fatty acid supplements are NOT recommended in pregnancy since it may be high in mercury.



## 4. Enjoy Fruits & Vegetables

Fruits and vegetables are good sources of vitamins, minerals and fibre. Try eating a fruit or vegetable with each meal and snack. Choose one dark green and one orange vegetable each day. Choose vegetables and fruit instead of juice. Add vegetables to soups and casseroles. Add a banana to your breakfast cereal. Nibble on raw vegetables with dip or add fruit to yogurt. Make a veggie pizza or sandwich.



## 5. Drink milk, eat cheese and yogurt

Drinking 2 cups of 1% or skim milk everyday will provide enough protein, calcium to help build healthy bones for you and your baby. If you do not drink cow's milk, drink a fortified soy beverage. Add milk to homemade soups. Make a yogurt smoothie. Have cheese and crackers for a snack.



## 6. Choose Whole Grains

Grains give your body energy. Include foods like whole wheat breads, whole wheat pasta and brown rice everyday. Make at least half of your grain products whole grain each day. Look for the word "whole grain" on the label and in the ingredient list (products labeled with the words "multigrain", "organic" or "wheat flour" may not be whole grain).



## 7. Drink Water

Drink water regularly throughout the day. Tap water is safe, healthy and contains fluoride to keep teeth strong. Add lemon or orange slices to water for a different flavor. Drink enough to satisfy your thirst.



## 8. Limit or Avoid Caffeine

Coffee, tea, pop and energy drinks all have caffeine. Too much caffeine can affect your baby's growth or cause a miscarriage. Health Canada recommends to limit caffeine to less than 300 milligrams per day or about 1-2 cups of coffee.



## 9. Get Your Daily Vitamins

Take your prenatal vitamin every day with water or juice. Talk to your Dietitian and Doctor to find out if you need extra folic acid, iron, or Vitamin D.



## 10. Be Food Safe

Pregnant women are 20 times more likely to get food poisoning (Listeriosis). Some foods can be dangerous to you and your baby. **Avoid:**

- cold cuts (deli meats – unless cooked until they are very hot)
- smoked salmon (cooked or canned is safe)
- hot dogs
- raw fish and shellfish (clams, oysters)
- undercooked meat
- raw sprouts (alfalfa sprouts)
- raw or lightly cooked eggs (runny yolk)
- sushi made with raw fish
- unpasteurised milk or cheese

