

# Hello Baby!

W M F A N L H G I B  
 V G E K C B H B G V M P D Y  
 Z B O I R W Q T G J K Y C N A N G E R P  
 U T B V W O X U O C J R W Y R E V I L E D S Y A  
 C K V Q B W S C I I D N K T V K L I M T S A E R B R  
 Y O J L L L D Y P S Z F V W L P G A F A J N H I R R X W M M  
 B N G T F M O C Z N I Y W O T G P X F E O E E R O M N S S U  
 S L P L A F O W R I S U P P O R T C E S A S B E V P R C E I  
 J Q S U I W L E O M N F O N E A H T R L E O J T P L U Z T C  
 I F Z B W K B B T A F O H N Z D T E T A U C T A E I B O E L  
 S C R Z C G Z X S T W H A I J P R H X P V H A W D S T I B A  
 H E A R T B E A T I C T R F B X Y Q X E L I S B Q T R F A C  
 P F I A D G A T N V A O Z O O S N Q N O R J N I G E A S I Q  
 B X F I I C S D L N I A G T H G I E W X C I G F R E W D  
 V I T A M I N D A R E L A X A T I O N Q C I J S I H W T  
 N W P P A Q Q T Z N R X D U Z I W D W H D S P A F J  
 G E B E A B A I T N A K I P C Z I G I G Q E L J  
 R T M N W N R X N X L Y A P Z S S F L H S Y  
 S A G D E G V T X Q I B V Q C H M T D W  
 H E E R M O T H E R H O O D T L K F  
 I S P I Z R M M T I M S P A R I  
 P R Z U Q U K N F A H E X Q  
 B A B Y M O O O H P F  
 O C Y Y R B A E R C  
 E J T W I A B H  
 S B G L Z L  
 C K F K  
 G P

**CALCIUM** – Calcium is important to help build baby’s bones and teeth! It keeps your bones strong too. Enjoy foods high in calcium, such as milk, yogurt and cheese. Other sources of calcium include canned salmon with bones, sardines, tofu, broccoli, kale and fortified soy beverage

**HEARTBURN** – The pressure of your growing baby can cause stomach acid to move up into your throat. This is called heartburn. To relieve heartburn, drink fluids between meals, not with meals. Eat slowly, and avoid coffee, cola, and spicy or greasy foods

**PRENATAL VITAMINS** – Take a prenatal vitamin every day to help meet your vitamin and mineral needs. Read the label to make sure your vitamin has 0.4 mg folic acid and 20 mg iron. Take your vitamin with water. If the vitamin makes you feel nauseous, take it at night right before bed

**WATER** – It is important to drink plenty of water when you’re pregnant. Water carries nutrients through your body and to your growing baby, and can also help prevent constipation. White milk and unsweetened fortified plant-based beverages (e.g. soy, almond) are also healthy drink options

**EXERCISE** – Regular physical activity can help improve your mood, reduce stress, promote better sleep, increase energy levels and help build stamina for labour and delivery. Aim for 30 minutes of activity, like walking, each day. If you’ve been inactive, start slow - even five minutes a day will help.

**FIBRE** – Constipation is common in pregnancy. To prevent or relieve constipation, choose high fibre foods like fruits and veggies, chickpeas, lentils, kidney beans, brown rice, oatmeal, whole grain breads and pasta, and plain popcorn. Drink more fluids when you are eating more fibre.

**FISH** – Omega-3 fatty acids are important for baby’s brain development. Eat cooked fish (canned, frozen or fresh) 2 times per week to provide omega-3 fats. Limit fresh and frozen tuna, shark, swordfish, orange roughly, marlin and escolar to no more than 150 g (5 ounces) per week.

**VITAMIN D** – Vitamin D helps your body absorb Calcium, which in turn helps to build strong bones for baby and you. Vitamin D is only found in a few foods, including fatty fish (salmon, sardines), milk, egg yolk and margarine. Taking a prenatal vitamin with Vitamin D will help meet your needs.

**LISTERIA** – Listeria is a type of bacteria that can cause foodborne illness, which can harm your baby. Avoid these foods when pregnant, as they may be contaminated with Listeria: deli meats and hot dogs (unless heated until steaming hot), raw fish, raw sprouts, undercooked meat and eggs, soft and semi-soft cheese (brie, feta, Havarti), unpasteurized milk/cheese

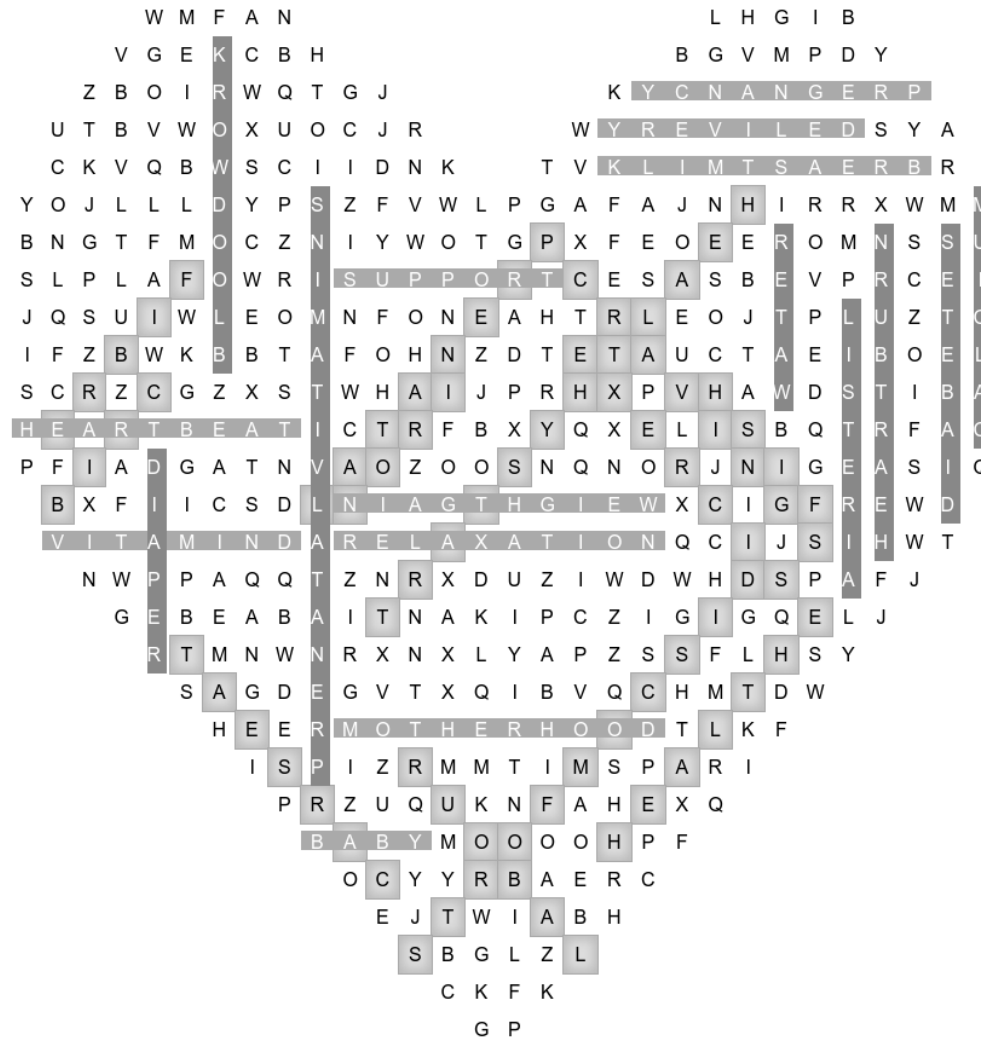
**WEIGHT GAIN** - Weight gain is a normal part of a healthy pregnancy. Your body is growing and changing to give your baby the best start in life! Women gain weight based on their own individual needs and body type. Talk to your health care provider if you have concerns.

**DIABETES** - Gestational diabetes is a type of diabetes that happens in pregnancy. Healthy foods and exercise help manage this condition. All women should be tested around 28 weeks.

**BLOOD WORK** - is a test ordered by your healthcare provider to make sure you and your baby are healthy. To learn more about different tests offered in pregnancy you can speak to a Public Health Nurse.

BABY	BLOODWORK	BREASTMILK	CALCIUM
CARSEAT	CRAVINGS	CRIB	DELIVERY
DIABETES	DIAPER	DISCOMFORTS	EXERCISE
FIBRE	FISH	HEALTH	HEALTHYSTART
HEARTBEAT	HEARTBURN	IRON	LABOUR
LISTERIA	MOTHERHOOD	PREGNANCY	PRENATAL
PRENATALVITAMINS	RELAXATION	SUPPORT	VITAMIND
WATER	WEIGHTGAIN		

# Hello Baby!



BABY  
 CARSEAT  
 DIABETES  
 FIBRE  
 HEARTBEAT  
 LISTERIA  
 PRENATALVITAMINS  
 WATER

BLOODWORK  
 CRAVINGS  
 DIAPER  
 FISH  
 HEARTBURN  
 MOTHERHOOD  
 RELAXATION  
 WEIGHTGAIN

BREASTMILK  
 CRIB  
 DISCOMFORTS  
 HEALTH  
 IRON  
 PREGNANCY  
 SUPPORT

CALCIUM  
 DELIVERY  
 EXERCISE  
 HEALTHYSTART  
 LABOUR  
 PRENATAL  
 VITAMIND