



Top 10 Eating Tips for a Healthy Pregnancy

1. Eat a variety of healthy foods each day

- Follow Canada's Food Guide to help plan your meals
- Cook more often. Look for recipes on: Canada.ca/FoodGuide, Unlockfood.ca or hsmm.ca



2. Eat regular meals

- Aim for 3 meals a day with healthy snacks in between
SNACK IDEAS: roasted chickpeas, veggies and hummus, yogurt and fruit, piece of fruit, peanut butter on bread
- Eat meals with family or friends – it's a great time to share and connect



3. Eat plenty of vegetables and fruits

- Try eating a vegetable or fruit with each meal or snack
- These foods are good sources of vitamins, minerals and fibre
- Fresh, frozen or canned are all healthy options
- Choose fruit instead of juice
IDEAS: make a veggie pizza, add more veggies to sandwiches, snack on raw vegetables and dip, add vegetables to soups and casseroles, try apple slices with peanut butter, make a smoothie with frozen berries or mangos



4. Eat beans, fish, meat, tofu, eggs, nuts and seeds

- Aim to have one of these protein-rich foods at each meal
- These foods also have iron, which helps to make healthy blood
- Choose protein foods that come from plants more often, like black beans, lentils or chickpeas (canned or dried)
- Fish has omega-3 fatty acids which can help with baby's brain and eye development:
 - Eat at least 2 servings (75 grams each) of cooked fish each week
 - Choose canned light tuna, salmon, sardines, shrimp and sole more often as these fish are lower in mercury
 - Limit canned albacore tuna, fresh or frozen tuna, escolar, orange roughy, marlin, shark and swordfish as these fish are high in mercury**IDEAS:** bean dip, bean burritos, add beans to soup/salad/rice, beef & barley soup, tuna cakes, smoothie made with soft tofu, peanut butter on toast, trail mix with nuts and seeds, scrambled eggs



5. Drink milk and eat cheese & yogurt

- Drink 2 cups of milk a day - the calcium will help to build strong bones and teeth for baby and will protect your bones too. (More calcium is needed if you are under 18 years old.)
- If you do not drink cow's milk, try fortified soy or plant beverages
IDEAS: Make a yogurt smoothie, have cheddar cheese and crackers for a snack, make homemade pudding with milk, try cottage cheese with fruits and vegetables, make oatmeal or pancakes with milk, try homemade ranch dressing made with yogurt and milk



Tip: If you crush the bones in canned salmon or sardines, you will get calcium!

6. Eat whole grain foods

- Try barley, quinoa, oats, wild rice, whole wheat bread, whole wheat pasta and brown rice more often
- Whole grains give you energy and are high in fibre. Fibre helps to relieve constipation, which is common in pregnancy

IDEAS: Add barley and quinoa to soups, salads and stir-fries, add brown or wild rice to white rice for more fibre and a nutty flavour, start your day with a bowl of oatmeal, whole grain cereal or whole grain toast, add oats to your smoothie



7. Make water your drink of choice

- Aim to drink 9 cups of fluids each day to keep you hydrated and help prevent constipation. Limit drinks high in sugar, such as pop and juice.
- Winnipeg tap water is safe and has fluoride to keep teeth healthy

IDEAS: Add lemon, orange, cucumber slices or mint to water to make it tasty, suck on ice cubes, carry a water bottle with you and keep a jug of water in the fridge, set a reminder to drink water throughout the day



8. Limit or avoid caffeine

- Coffee, black/green teas, cola drinks and energy drinks all have caffeine
- Too much caffeine can affect baby's growth
- Drink less than 300 mg caffeine a day. 1 cup (250 ml) coffee = 150 mg caffeine

IDEAS: Try decaffeinated coffee or safe herbal teas like peppermint or ginger

9. Get your daily vitamins

- Choose a vitamin with 0.4mg (400mcg) folic acid and 16-20 mg iron
- Take your prenatal vitamin every day with water
- Some women find taking it before bed is easier on their stomach
- Talk to your Doctor and Dietitian to find out if you need more iron, folic acid, vitamin B12, calcium or vitamin D



10. Be food safe

- Pregnant women are 20 times more likely to get food poisoning
- Listeria is a kind of bacteria that can cause a foodborne illness called **listeriosis**, which can harm your baby
- Some foods can be contaminated with Listeria – avoid these when pregnant:

AVOID: deli meats and hot dogs (*unless* heated until steaming hot), raw fish (like in sushi), raw sprouts, undercooked meat and eggs, soft and semi-soft cheese (brie, feta, havarti), smoked salmon (*unless* canned), unpasteurized milk or cheese



If you have nutrition questions, call Healthy Start for Mom & Me at 204-949-5350 and ask to speak with a Dietitian