



I'm pregnant.

How can I eat healthfully?

www.healthypregnancyBC.ca

“Eating for two” means that you need extra vitamins, minerals, and other nutrients for your health and your baby’s growth. But, most women only need to eat a little more energy (calories) during pregnancy.

Following Canada’s Food Guide can help you add the extra 2 or 3 Food Guide servings a day typically needed during pregnancy. Choose healthy foods as an extra snack or as part of your usual meals. For example, have a piece of fruit and yogurt as a snack, or have an extra slice of toast at breakfast and an extra glass of milk at dinner. Having meals and healthy snacks at about the same times each day helps maintain energy levels and avoid unhealthy snacking. Go to My Food Guide at www.healthcanada.gc.ca/foodguide to create a personal version of the Food Guide.

Many women think of pregnancy as a great time to start new healthy habits. Use this time to make healthy eating a life-long habit for you, your baby, and your family.

Healthy Choices

Vegetables and Fruit:

Have 7 or more servings every day. Try all different colours and types of vegetables and fruit.

Grain Products:

Have 6 or more servings every day. Look for whole grains such as “whole grain” bread, roti, wild rice, and oatmeal.

Milk and Alternatives:*

Have 2 or more servings of milk, fortified soy beverages, yogurt, and pasteurized cheese every day.

Meat and Alternatives:*

Have 2 servings each day. Choose lean meats, chicken, fish, beans, soy, lentils, dried peas, eggs, nuts, and seeds.

Multivitamin with Folic Acid and Iron:

Take a multivitamin that contains 400 micrograms (0.4 mg) of folic acid and also has iron. Some women, including women with a BMI over 35, may need more folic acid. Talk to your health care provider about whether you need more.

* For more information on avoiding unsafe choices during pregnancy see the Eating for Pregnancy and Breastfeeding chapter in **Baby’s Best Chance** available online or pick up a free copy at your local Public Health Unit.

If you are having difficulty affording healthy foods, contact the Public Health Nurse at your local Public Health Unit to find out about resources available in your community.

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Healthy Choices

Healthy Fluids:*

Water and milk are healthy options. Small amounts of 100% fruit or vegetable juice are okay but eating the whole fruit or vegetable gives you more nutrients and fibre. Sugary drinks like pop, slurpees, and choices labelled “drink” and “beverage” have lots of energy (also called calories) with little nutrition. Limit caffeine. Limit or avoid sugary drinks, fancy coffee and tea drinks because they can have a lot of added fats and sugar.

Avoid alcohol:

It is recommended that you don't drink at all during pregnancy. There is no known safe amount of alcohol use in pregnancy. Alcohol can affect the baby's development resulting in lifelong disabilities. Also, alcohol provides calories with little nutrition.

Quit or reduce smoking:

Gaining too much weight is a concern that some women have about quitting smoking. Quitting smoking is the best health decision for you and your baby.

For resources to help you quit and stay quit go to www.healthypregnancyBC.ca.

Taking care of myself

Since I got pregnant there are some days where all I think about is eating all the donuts and chocolate and candy in sight! Then I remember that eating healthfully is the best thing for my baby and me. So I satisfy my craving by enjoying a little chocolate and then focus on being active and eating healthfully. I know that both healthy eating and enjoying something sweet is a part of taking care of myself and my baby.

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