

WHAT TO EAT DURING PREGNANCY

WHAT YOU EAT BEFORE AND DURING PREGNANCY CAN AFFECT THE HEALTH OF YOUR DEVELOPING BABY

EAT A VARIETY OF HEALTHY FOODS EACH DAY

Vegetables, fruits, whole grains, and protein foods are all part of a healthy diet.

Try to make half your plate fruits and vegetables at meal and snack times.

Choose foods that have little to no added salt, sugar, and saturated fat.

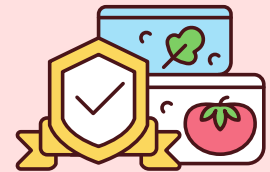
DRINK WATER

Water carries nutrients to your body and to your growing baby. It also takes away waste products, keeps you cool, helps prevent constipation, and helps control swelling.

BE FOOD SAFE

Food poisoning during pregnancy can be very dangerous for your developing baby.

It is important to avoid foods that have a high risk of foodborne illness during pregnancy.



CHOOSE FOODS WITH HEALTHY FATS

Foods like nuts, seeds, fish, seafood, and vegetable oils contain healthy fats, like omega-3 fatty acids.

You need more omega-3 fatty acids during pregnancy to support the growth of your baby's brain and other tissues



EAT A LITTLE MORE FOOD

During the second and third trimesters you need a little more calories.

Most pregnant people need an extra snack or small meal.

CHOOSE FISH LOW IN MERCURY

Eat different types of fish and choose smaller fish, like salmon or trout, rather than larger fish. If eating tuna, choose skipjack or yellowfin instead of albacore



TAKE A PRENATAL MULTIVITAMIN

A prenatal multivitamin that has at least 0.4 mg of folic acid and 16-20 mg of iron can help you get all of the nutrients your developing baby needs.

AVOID ALCOHOL

Alcohol can harm your baby. If you are pregnant, the safest choice is to avoid alcohol.

LIMIT CAFFEINE

Caffeine is safe in small amounts. Try to keep your caffeine intake to less than 300mg. We get caffeine from coffee, black tea, green tea, chocolate, caffeinated sodas, energy drinks, and some herbs.



SEE A REGISTERED DIETITIAN

If you have questions about your diet and would like to see a Registered Dietitian, call 226-779-5550 to schedule a free in-person, phone, or virtual appointment.

Adapted from: <https://www.canada.ca/en/public-health/services/health-promotion/healthy-pregnancy/healthy-pregnancy-guide.html>

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WHEN YOU DON'T WANT TO EAT

NAUSEA, CONSTIPATION, LOW ENERGY, A SMALLER STOMACH, AND MANY OTHER THINGS CAN MAKE IT HARDER TO EAT BALANCED MEALS DURING PREGNANCY.

EAT WHAT SOUNDS GOOD TO YOU

It is most important to get enough energy (calories) to support you and your growing baby. Many pregnant people find bland carbohydrates, like bread and crackers, most appealing, especially early in their pregnancy.

ADD IN NUTRITION WHERE YOU CAN

Can you add some protein, vegetables, and/or fruit to your carbohydrates? Eating a lot of different foods during pregnancy can help you get the nutrition that you and your developing baby need. But if that is too hard, even adding in one extra food can help boost your nutrition!

EASY PREGNANCY SNACKS

- Fruit (apple/orange/grapes/melon/berries/etc) with a handful of nuts or 1-2 tbsp peanut butter
- Yogurt with fruit or granola
- Crackers with cheese or canned light (skipjack or yellowfin) tuna
- Raw vegetables with hummus or cottage cheese as a dip
- A small smoothie made with milk or Greek yogurt and frozen fruit
- Roasted chickpeas or edamame with fruit
- Homemade muffin or granola bar
- Whole grain cereal with milk
- Trail mix with dried fruit, nuts, and maybe a little sweet treat like some chocolate chips!

MAKING MEALS MORE NUTRITIOUS IN PREGNANCY

- Add cooked canned or frozen vegetables to your meal
- Add nut butters (like peanut butter) or cheese to bread, bagels, or crackers
- Use bone broth instead of stock or water to make ramen noodles. You can add extra nutrition with frozen vegetables, edamame, or a scrambled egg mixed in while cooking.
- Canned beans are an easy and inexpensive way to add protein and fibre to your meal
- An omelette with added vegetables and toast on the side is a quick and easy meal
- Use canned fish like light tuna and salmon to boost your omega-3 intake. You can make a tuna melt or add salmon and frozen peas to some pasta with a sauce like pesto or alfredo.