

Healthy Eating

Goal

To increase awareness about healthy eating and weight gain during pregnancy.

Objectives

By the end of the module, participants will be able to describe:

- The benefits of good nutrition for the pregnant woman and her baby.
- The importance of partner support.
- How weight gain is distributed in a pregnant woman's body.
- Canada's Food Guide for Healthy Eating recommendations for pregnancy.
- Important nutrients needed in pregnancy and their sources.
- Ways to decrease the risk of contracting food poisoning.
- Foods to avoid during pregnancy.
- Where to go for more information.

Healthy Eating Outline (45 minutes)

- 1) Introductions and housekeeping
- 2) Benefits of healthy eating
- 3) Healthy weight gain
- 4) Canada's Food Guide recommendations
- 5) Special nutrients
- 6) Food safety
- 7) Where to get more information

Special Equipment

- Laptop/computer and projector
- Food models or empty food containers

Handouts

- Healthy Beginnings, 5th Edition*, or
- A Healthy Start for Baby and Me. Best Start Resource Centre. 2016*
- Healthy Eating for a Healthy Baby. Best Start Resource Centre. 2016*
- Prenatal Education: Key Messages for Ontario – [Healthy Eating and Weight Gain](#)
- Health Canada, My Food Guide Servings Tracker www.hc-sc.gc.ca/fn-an/alt_formats/pdf/food-guide-aliment/track-suivi/table_femelle-femme_preg-ence_age19-50-eng.pdf
- Health Canada, Safe Food Handling for Pregnant Women <http://healthycanadians.gc.ca/alt/pdf/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/vulnerable-populations/pregnant-enceintes-eng.pdf>

Videos

- Something you ate: Episode 4: Protecting yourself
- www.phac-aspc.gc.ca/fs-sa/videos/video04-eng.php

Healthy Eating

Websites

- Health Canada: My Food guide Servings Tracker
<http://hc-sc.gc.ca/fn-an/food-guide-aliment/track-suivi/index-eng.php>
- EatRight Ontario
www.eatrightontario.ca/en/default.aspx
- Health Canada: Pregnancy Weight Gain Calculator
<http://hc-sc.gc.ca/fn-an/nutrition/prenatal/bmi/index-eng.php>
- Government of Ontario: Guide to Eating Ontario Fish
www.ontario.ca/document/guide-eating-ontario-fish
- Government of Canada: Fish Consumption Advisories
www.ec.gc.ca/mercure-mercury/default.asp?lang=En&n=DCBE5083-1

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Dietitians of Canada (2010). *Practice-Based Evidence in Nutrition*. Ottawa, Canada: Author.

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Health Canada (2009b). *Prenatal Nutrition Guidelines for Health Professionals, Background on Canada's Food Guide*. Ottawa, Canada: Author. Retrieved from www.hc-sc.gc.ca.

Health Canada (2009c). *Prenatal Nutrition Guidelines for Health Professionals, Fish and Omega-3 Fatty Acids*. Ottawa, Canada: Author. Retrieved from www.hc-sc.gc.ca.

Health Canada (2009d). *Prenatal Nutrition Guidelines for Health Professionals, Iron*. Ottawa, Canada: Author. Retrieved from www.hc-sc.gc.ca.

Health Canada (2016). *Safe Food Handling for Pregnant Women*. Ottawa, Canada: Author. Retrieved from www.hc-sc.gc.ca.

Institute of Medicine (IOM). (2009). *Weight gain during pregnancy - Reexamining the guidelines*. Kathmandu, Nepal: Author. Retrieved from <https://www.ncbi.nlm.nih.gov/books/NBK32813/>.

Ontario Ministry of the Environment (2010). *Guide to Eating Ontario Sport Fish*. Ottawa, Canada: Author. Retrieved from www.ene.gov.on.ca.

Healthy Eating

Spotting the Trends: Building a healthy pregnancy through nutrition

Time: 5 minutes

Teaching Method: Lecture/discussion and home work.

Purpose: To help learners identify and chart their food intake over the course of a week and to identify any gaps.

Materials: Handouts provided by the prenatal educator (use whatever materials you have for nutrition and a chart similar to the one below).

Instructions:

Following the discussion on healthy eating the prenatal educator invites the participants to chart their intake of whole grains, fruits & vegetables and healthy proteins over the course of a week. This activity helps people understand the concept of balance and how nutrition overall can impact a pregnancy in a positive way. Charting for a period of time (for example over 7 days) helps people see their intake patterns in a more holistic way and can make adjustments if necessary and make note of where they might need to increase food items.

Day of the week	Water	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Other

Other ways to add to the activity:

- Give examples of serving sizes (size of your fist, palm thickness without the fingers, etc.).
- Suggest alternatives for people who are vegan or vegetarian.
- Give cautions for any possible health conditions such as high blood pressure, gestational diabetes, etc.

Source: Adapted with permission from the Institute of Childbirth Educators.