

Healthy Eating



best start
meilleur départ

Resource Centre/Centre de ressources

by/par health **nexus** santé

Benefits of Healthy Eating



- Healthy growth for baby
- Lower risk of health problems for mother
- Gain healthy amount of weight
- Feel good
- Develop healthy eating habits

A Note to Partners

Improve your own eating habits to reduce risk of:

- obesity
- high blood pressure
- diabetes
- heart disease
- some cancers

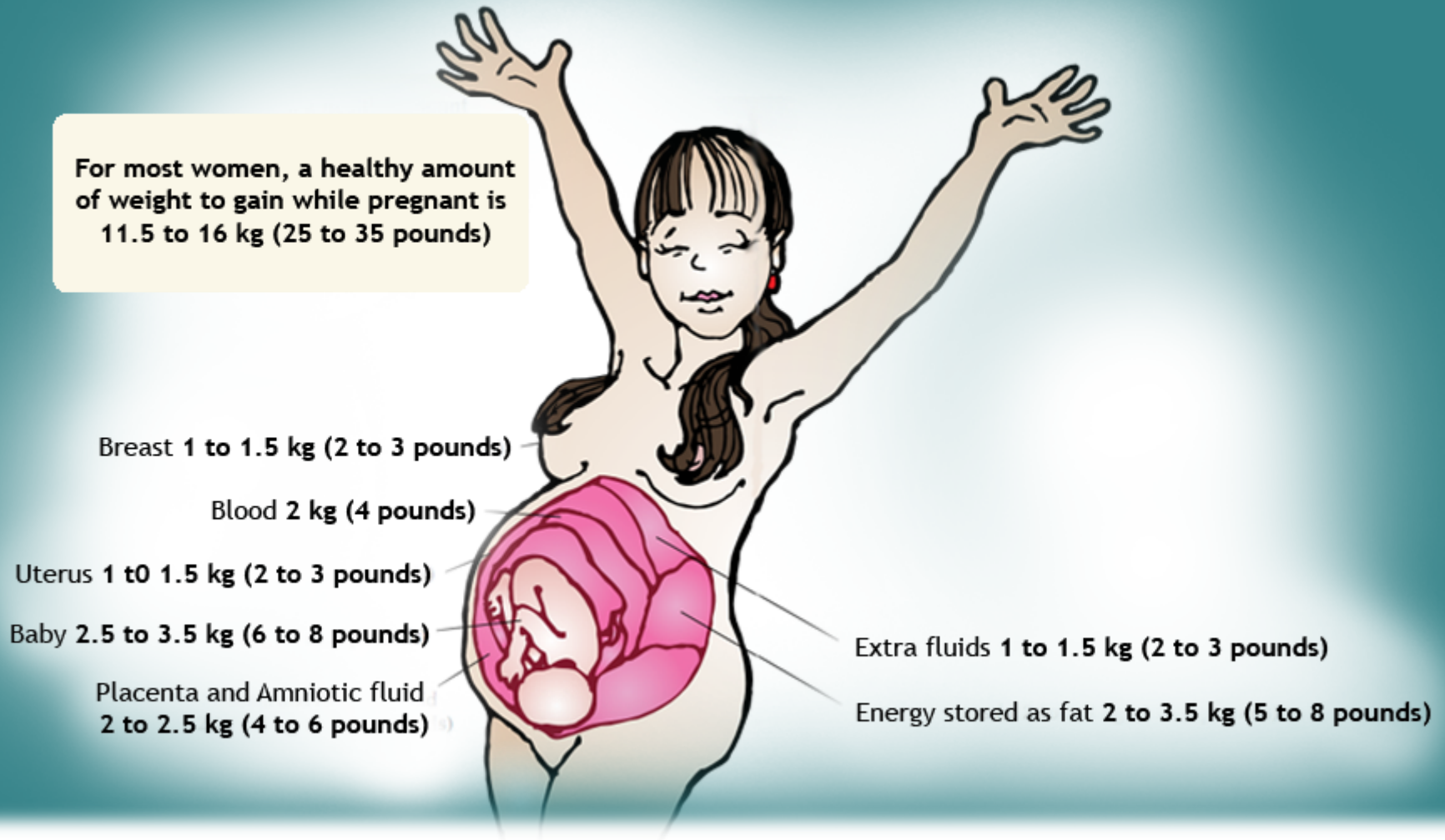


Food For Thought...

| | TRUE | FALSE |
|---|-------------|--------------|
| 1. Now that you are eating for two you need twice as much food. | | |
| 2. You need extra iron when you are pregnant. | | |
| 3. Drinking milk is the only way to get the calcium and vitamin D to build your baby's bones. | | |
| 4. You should not eat fish when you are pregnant. | | |
| 5. Even if you eat well you should take a multivitamin. | | |

How Much Weight Should You Gain?

For most women, a healthy amount of weight to gain while pregnant is 11.5 to 16 kg (25 to 35 pounds)







Alicia and Felipe







Alicia and Felipe



Eating Well with Canada's Food Guide

| How many Food Guide Servings per day should women have? | | | What is One Food Guide Serving? |
|---|-----------|-----------|--|
| | Age 14-18 | Age 19-50 | |
| Vegetables and Fruit | 7 | 7-8 | <p>Fresh, frozen or canned vegetables: 125 mL (½cup) Leafy vegetables - cooked: 125 mL (½cup) or raw: 250 mL (1cup) Fresh, frozen or canned fruits: 1 fruit or 125 mL (½cup) 100% Juice 125 mL (½cup)</p>  |
| Grain Products | 6 | 6-7 | <p>Bread: 1 slice (35 g) Bagel: ½ bagel (45 g) Flat breads: ½ pita or ½ tortilla (35 g) Cooked rice, bulgur or quinoa: 125 mL (½cup) Cereal - cold: 30 g or hot: 175 mL (¾cup) Cooked pasta or couscous: 125 mL (½cup)</p>  |
| Milk and Alternatives | 3-4 | 2 | <p>Milk or powdered milk (reconstituted): 250 mL (1cup) Canned milk (evaporated): 125 mL (½cup) Fortified soy beverage: 250 mL (1cup) Yogurt: 175 g (¾cup) Kefir: 175 g (¾cup) Cheese: 50 g (1½ oz)</p>  |
| Meat and Alternatives | 2 | 2 | <p>Cooked fish, shellfish, poultry, lean meat: 75 g (2½oz.)/125 mL (½cup) Cooked legumes: 175 mL (¾cup) Tofu: 150 g or 175 mL (¾cup) Eggs: 2 eggs Peanut or nut butters: 30 mL (2 Tbsp) Shelled nuts and seeds: 60 mL (¼cup)</p>  |

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Baby-building Nutrients

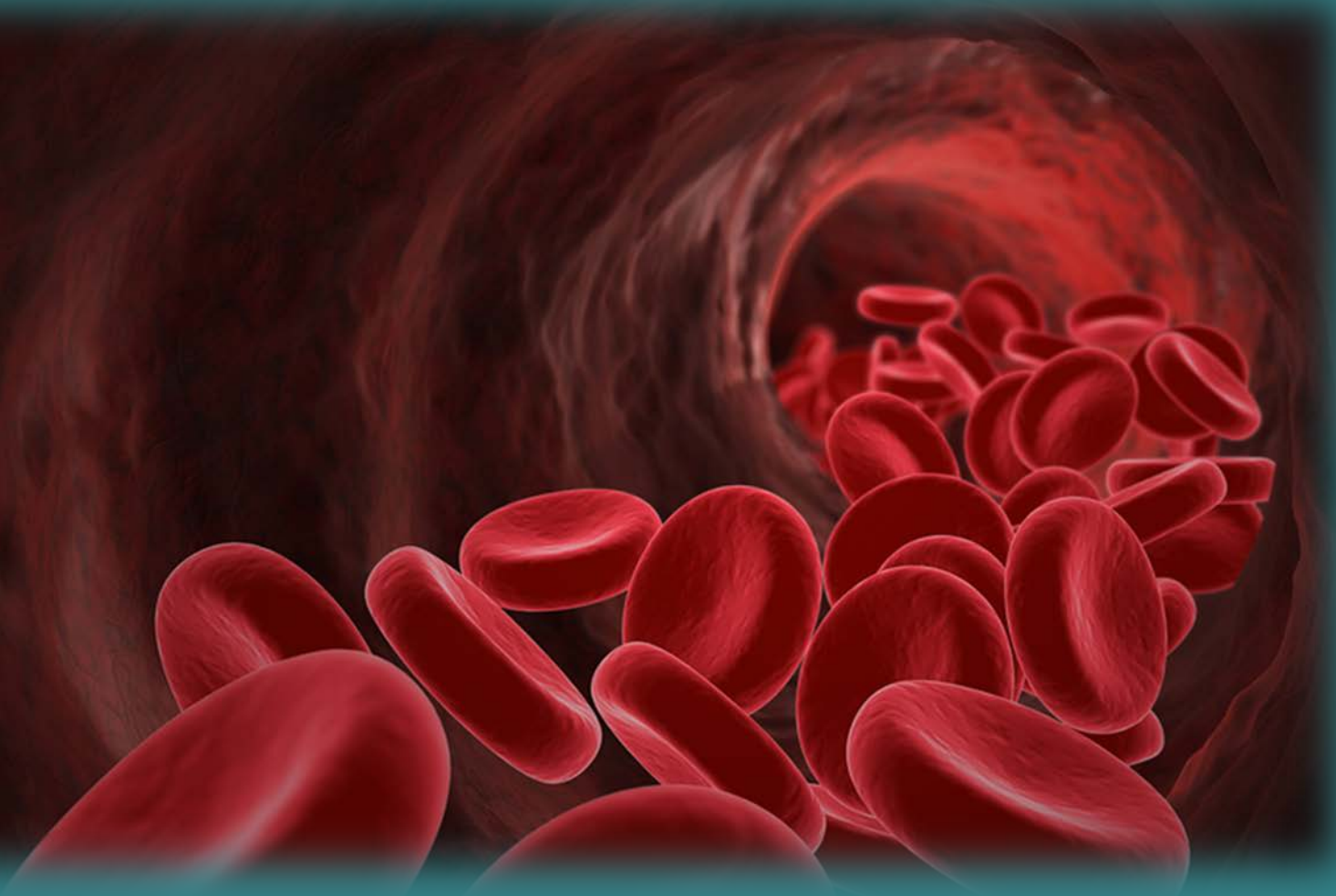
- Folate (Folic Acid) and vitamin C
- Carbohydrates and fiber
- Calcium and vitamin D
- Iron and protein
- Omega 3-Fats



Folate (folic acid)



Iron



Iron and Vitamin C



Calcium and Vitamin D



Omega-3 Fats

Dietary sources of omega-3 fatty acids

- Fatty fish like salmon, trout, mackerel, sardines, and herring.
- Some seafood like mussels and oysters.
- Flaxseed and flaxseed oil.
- Soy beans and soybean oil.
- Canola oil.
- Walnuts.
- Some seaweed.



Food Safety



Foods to Avoid



- Foods most likely to cause listeriosis.
- Fish containing high levels of mercury.
- Excess caffeine.
- Liver and liver products.

Keeping Your Baby Safe

- Artificial sweeteners
- Herbal teas, energy drinks,
& supplements
- Lead and heavy metals
- Pesticides



Keeping Your Baby Safe

- Bisphenol A
- Toxoplasmosis



For More Information

- Health care provider
- Local public health department
- Dietitians of Canada
- The Society of Obstetricians and Gynaecologists
- Health Canada

The information represents the
best practice guidelines at the time of publication.
The content is not officially endorsed by the Government of Ontario.
Consult your health care provider for information specific to your pregnancy.



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