

Healthy Pregnancy

You need to make choices that will help your baby grow to be strong and healthy. One of these choices includes healthy eating. This means eating foods from all four food groups. Eating a wide variety of foods and taking your prenatal supplements everyday will help you to get all of the important nutrients that you and your baby need.

Nutrients are the materials found in food that keep us healthy. The five that are important during pregnancy include:

- Iron
- Folate
- Calcium
- Vitamin D
- Vitamin A



IRON

Foods With Iron



Oysters or Clams



Salmon



Chicken



Spinach



Beef



Pork

Why is it important?

- Iron is needed to make extra blood for you and your baby.
- Iron helps your baby's brain develop.
- The baby stores iron while they are in the mother's belly. A baby cannot get enough iron from breast milk. When a baby is born they use the stored iron until they can eat solid foods.

Traditional Foods With Iron



Bear



Moose



Elk



Beaver



Deer

During pregnancy a woman's need for iron increases by 66% because her body gives some to the baby.

FOLATE

Foods With Folate



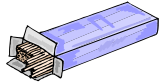
100% Orange Juice



Wild Rice



Broccoli



Pasta



Bread



Orange



Banana



Lettuce



Cereal

Traditional Foods With Folate



Strawberry



Dandelion Greens



Raspberry

Why is it important?

- Folate is needed before and during pregnancy.
- Folate is important in the growth of your baby's spine, brain and body tissues.
- Folate decreases the chance of a baby having a Neural Tube Defect (NTD).

Neural Tube Defects

- A NTD occurs when the spinal cord or brain does not grow properly.
- Pregnancies affected by a NTD could lead to a miscarriage or stillbirth.
- Children born with a NTD could have a mild to severe disability or they could die early in life.

CALCIUM & VITAMIN D

Why are they important?

- Calcium and vitamin D work together to make strong bones and teeth.
- If you do not get enough calcium and vitamin D your bones could become weak and break when you get older. This is called osteoporosis.
- Calcium is also needed for healthy nerves, muscles and heart.
- If you are lactose intolerant you should choose other food items that will provide you with calcium. You can also try lactose drops or pills to help with digestion or try lactose-free milk or soy milk.

Did you know?

That when your skin is exposed to the sun your body can make vitamin D.

Foods With Calcium



Milk



Cheese



Almonds



Yogurt



Chocolate Milk



Canned Salmon with Bones

Foods With Vitamin D



Egg Yolk



Fish



Margarine



Milk

VITAMIN A

Foods With Vitamin A



Milk



Cantaloupe



Carrot



Pumpkin



Broccoli



Sweet Potatoes



Spinach



Margarine



Tomato

Why is it important?

- It helps make you and your baby's eyes healthy.
- For the growth of bones, teeth, skin and body tissues.
- It works to help the body fight off infections and diseases.

Traditional Foods With Vitamin A



Salmon



Squash



Dandelion Greens

Do you notice what most of these food have in common?

They are **ORANGE** !

FLUIDS

Why are they important?

- Water moves important nutrients to you and your baby.
- Water carries waste products away from the body.
- Fluids help keep you cool.

Pregnant women need to drink, at least, 8 cups (2 litres) of fluid throughout the day.



Tips That Can Help...

- Fluids include a variety of drinks such as water, skim, 1% or 2% milk, vegetable juice, 100% fruit juice and caffeine free teas.
- When a woman is pregnant she holds more water which can make her look swollen. This is normal, but if a woman has a lot of swelling she should go see a doctor or nurse.

HEALTHY WEIGHT GAIN

Weight gain during pregnancy is healthy and normal.

How much weight gain is healthy?

Choose A Healthy Snack...

During your second and third trimester you should have a healthy snack during the day. This will help you get enough energy for healthy weight



Banana & 1 large muffin



1 cup yogurt with peaches and toast



Bagel with 2 Tbsp. peanut butter

Weight Before Pregnancy	Very thin or underweight	Healthy weight	Overweight	Obese
Recommended Total Weight Gain	28 to 40 lb	25 to 35 lb	15 to 25 lb	11 to 20 lb
Weight Gain per week (2nd & 3rd trimesters)	1 lb	1 lb	0.6 lb	0.5 lb

LIFESTYLE CHOICES

Drugs

- Using drugs such as cocaine, crystal meth or marijuana can effect the baby's growth.
- Use of these drugs can also lead to sudden infant death.



Cigarettes and Chewing Tobacco

- When you smoke your baby does not get enough oxygen or nutrients.
- A mother who smokes could have a difficult pregnancy or a low birth weight baby.

Alcohol

- If a mother drinks alcohol it could cause the baby to have mental or physical retardation.

Caffeine

- A mother who has a high caffeine intake could have a miscarriage.
- It is safe to drink up to 300 mg of caffeine a day. This is equal to about 3 cups (250ml) of coffee.
- Caffeine is also found in chocolate, colas and some teas. These need to be limited as well.