



NUTRITION & PREGNANCY

Recommendation	Why?
<ul style="list-style-type: none">Follow Eating Well with Canada's Food Guide, and include an extra 2-3 servings per day from any food group during trimesters 2 and 3	<ul style="list-style-type: none">As your pregnancy progresses you need extra calories to ensure that your baby receives the nutrition he/she requires to grow
<ul style="list-style-type: none">Try to eat fish at least 2 times per week.Include when possible: canola oil, olive oil, avocado, tofu, flax seeds and walnuts.	<ul style="list-style-type: none">These foods all provide Omega-3 fat. Omega-3 fat plays an important role in overall health and in the development of your baby.
<ul style="list-style-type: none">Include at least 2 servings of lower fat milk products each day to meet your need for calcium during pregnancy	<ul style="list-style-type: none">Calcium is important to maintain good bone health during your pregnancy and to help your baby's bones grow.
<ul style="list-style-type: none">Include foods high in iron such as red meat and eggs. Vegetables including spinach and broccoli are good sources of iron when coupled with foods high in vitamin C	<ul style="list-style-type: none">Iron helps your blood and your baby's blood carry oxygen and is important for your baby's growth
<ul style="list-style-type: none">Include foods high in folic acid such as:<ul style="list-style-type: none">dark green vegetables like leafy greens, asparagus and broccolinuts, bananas, and orange juicebread and cereals fortified with folic acid	<ul style="list-style-type: none">Folic acid is essential to prevent neural tube defects in early pregnancy
<ul style="list-style-type: none">Take a daily multivitamin/mineral supplement containing folic acid (0.4mg/day) and iron (16-20mg/day)	<ul style="list-style-type: none">A multivitamin will help you meet the daily requirement for these and other essential nutrients
<ul style="list-style-type: none">Limit caffeine intake to no more than 300 mg per day (e.g. 2 cups or 16 oz or 500 ml of coffee per day)	<ul style="list-style-type: none">Excessive caffeine increases risk of a lower birth weight baby
<ul style="list-style-type: none">Limit the consumption of liver and avoid vitamin A supplements	<ul style="list-style-type: none">High levels of vitamin A are toxic to your baby. Low amounts in a multivitamin are safe.

<ul style="list-style-type: none"> ✚ Avoid drinking alcohol 	<ul style="list-style-type: none"> ✚ There is no safe amount or time for drinking alcohol during pregnancy due to the risk of fetal alcohol spectrum disorder
<ul style="list-style-type: none"> ✚ Avoid these artificial sweeteners: Cyclamate (Sugar Twin, Sweet'N Low & Sucaryl), Saccharin, and Stevia 	<ul style="list-style-type: none"> ✚ These artificial sweeteners are not safe to use during pregnancy. Acesulfame potassium, aspartame, and sucralose ARE considered safe to use.

Recommendations for Pregnant Women

Fish

- ✚ Include at least 2 servings per week of low mercury fish and shellfish. For example:
 - Canned light tuna (e.g. Skipjack, Yellowfin)
 - Anchovies
 - Herring
 - Atlantic Mackerel
 - Salmon
 - Trout
 - Shrimp
 - Clams
 - Mussels
 - Oysters
- ✚ Limit the consumption of fish higher in mercury:
 - Albacore or white canned tuna
 - Frozen or fresh tuna, swordfish, orange ruffly

Food Safety

Due to increased risk of bacterial contamination, the following foods should be avoided during pregnancy:

- ✚ Undercooked meat, poultry & seafood (e.g. hot dogs, non-dried deli-meats, meat spreads and refrigerated smoked seafood & fish)
- ✚ Raw seafood such as sushi
- ✚ Raw oysters, clams and mussels
- ✚ Raw or unpasteurized dairy products including soft and semi-soft cheese such as Brie, Camembert and blue-veined cheese
- ✚ Raw sprouts such as alfalfa, clover, radish and mung beans
- ✚ Unpasteurized fruit juice and cider

Healthy Weight Gain During Pregnancy

How much weight you should gain during your pregnancy depends on your weight before you became pregnant. Body Mass Index (BMI) compares your weight to your height (BMI= weight (kg)/height (m)²). The following chart shows how much weight you should gain during your pregnancy based on your BMI:

Pre-pregnancy BMI	Recommended Weight Gain (total)
Below 18.5	12.5 to 18 kg (28-40 lb)
18.5 to 24.9	11.5 to 16 kg (25-35 lb)
25.0 to 29.9	7 to 11.5 kg (15-25 lb)
Over 30	5 to 9 kg (11-20 lb)

Weight gain is minimal during the first trimester, then gradual and steady during the second and third trimesters.

Eating Well with Canada's Food Guide

Sample Menu Day 1

Breakfast: <ul style="list-style-type: none"> ▪ 2 slices whole wheat toast ▪ hardboiled egg ▪ 1 cup 1% milk ▪ ½ grapefruit 	AM snack: <ul style="list-style-type: none"> ▪ 100g yogurt
Lunch: <ul style="list-style-type: none"> ▪ ½ pita ▪ 2 tbsp hummus ▪ ½ cup carrots ▪ Apple 	PM snack: <ul style="list-style-type: none"> ▪ granola bar
Dinner: <ul style="list-style-type: none"> ▪ 1 cup cooked pasta ▪ 2 ½ oz. ground beef ▪ ½ cup tomato sauce ▪ 1 cup leafy green salad ▪ Orange 	Evening snack: <ul style="list-style-type: none"> ▪ ½ cup cereal ▪ banana ▪ 1 cup 1% milk

Food Group	
Vegetables and Fruit	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Was one orange?	Y <input checked="" type="checkbox"/> N <input type="checkbox"/>
Was one dark green?	Y <input checked="" type="checkbox"/> N <input type="checkbox"/>
Grain Products	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
Milk and Alternatives	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>
Meat and Alternatives	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>

Required serving

Optional serving during 2nd and 3rd trimesters

Eating Well with Canada's Food Guide

Sample Menu Day 2

Breakfast: <ul style="list-style-type: none"> ▪ 1 cup bran flakes ▪ ¼ cup walnuts ▪ 1 cup 1% milk ▪ Banana 	AM snack: <ul style="list-style-type: none"> ▪ orange
Lunch: <ul style="list-style-type: none"> ▪ 2 slices whole wheat bread ▪ ½ cup canned light tuna ▪ 1 tbsp mayonnaise ▪ celery sticks ▪ apple 	PM snack: <ul style="list-style-type: none"> ▪ 6 wheat thin crackers ▪ 1 ½ oz cheddar cheese
Dinner: <ul style="list-style-type: none"> ▪ 1 cup cooked rice ▪ 2 ½ oz baked chicken ▪ ½ cup cooked squash ▪ ½ cup steamed asparagus ▪ ½ cup berries ▪ 1 cup 1% milk 	Evening snack: <ul style="list-style-type: none"> ▪ 2 arrowroot cookies

Food Group	
Vegetables and Fruit	☒☒☒☒☒☒☒☒ ⊙
Was one orange?	Y <u>√</u> N <u> </u>
Was one dark green?	Y <u>√</u> N <u> </u>
Grain Products	☒☒☒☒☒☒☒☒ ⊗
Milk and Alternatives	☒☒☒
Meat and Alternatives	☒☒☒

Required serving

⊙ Optional serving during 2nd and 3rd trimesters

Eating Well with Canada's Food Guide

Track your daily intake:

Food Group	
Vegetables and Fruit*	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Was one orange?	Y__ N__
Was one dark green?	Y__ N__
Grain Products	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Milk and Alternatives	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>
Meat and Alternatives	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>

*Limit juice to no more than 1/2 cup per day

Required serving

Optional serving during 2nd and 3rd trimesters

Are "other" foods taking up too much room in your diet?

- | | |
|-----------|---------------|
| Butter | Fast food |
| Pastry | Donuts |
| Cake | Candy |
| Chocolate | Cookies |
| Pop | Sugary drinks |
| Ice cream | |

How often did you eat these foods today?

These foods are low in vitamins and minerals, and eating too many of these empty calories means you and your baby won't get enough important nutrients.

Nutrition goal for tomorrow:

Dietitian's Suggestions:

- increase intake of vegetables
 - include more dark green and orange vegetables
e.g. _____
 - increase intake of fruit
 - choose more whole grains (i.e. whole wheat bread > white bread)
 - include at least 2 servings of lower fat Milk & Alternatives each day
 - include 2 servings of leaner Meat & Alternatives each day
 - include fish ___ x per week
 - take a multivitamin that includes folate and iron
 - track food intake and compare it to the recommended
 - eat breakfast every day
 - reduce the number of "other" foods
 - decrease intake of sugary drinks
 - decrease intake of caffeine
 - increase physical activity: _____
- Other:
- _____
 - _____