**When you are pregnant you need extra nutrients. Along with a healthy diet you need foods that are richer in…**

*Folate (Folic Acid)* 🡪 this vitamin helps you and baby build healthy blood and tissue. These foods include dark green vegetables, grains, some fruits, nuts and seeds. Folate can also be taken as a multivitamin before and during pregnancy.

*Calcium & Vitamin D* 🡪 Both works together to keep your bones strong and grow baby’s. Drinking milk or soy, yogurt, cheese, almonds, and dried beans. Fish, such as salmon, is also rich in vitamin D.

*Iron & Vitamin C* 🡪 Both help build red blood cells while carry oxygen to you and your baby. These foods include meats, broccoli, cantaloupe, citrus fruit, potatoes, peppers and tomatoes.

*Protein* 🡪 Protein helps the uterus and placenta become strong to support the growing baby. Beans, lentils, tofu, nuts, seeds, lean meat, poultry, fish, shellfish, eggs, milk, yogurt and cheese are all high in protein.

*Omega-3 Fats* 🡪 Baby’s brain and tissue growth comes from these important fats. Fatty fish, approximately 150g, is highly recommended for pregnant women to eat each week. If you do not eat fish, eggs can also supply Omega-3 Fats.

**Tips to Ensure Healthy Eating:**

* People that are pregnant need a higher amount of nutrients. Having an extra health snack, a day can help bridge this gap. Some examples include:
* Apple & cheese,
* Veggies & hummus,
* Greek yogurt & fruit,
* Egg on an English muffin,
* Or mashed avocado on crackers.
* Limit highly processed and junk foods. While it may be tempting to have a pleasure meal, and it is okay everyone in a while, it is important to try and keep your diet has healthy as possible.
* Drinking water is the best choice.
* Try to meal plan ahead of time and cook at home.
* Eating healthy does not have to be boring. Try new things and find inspiration.
* Use you cooking and eating time as bonding time with the people in your life. When you are not doing it alone, eating healthy can be easier.
* Refer to the Canadian Food Guide.

If you are having trouble affording healthy options, contact your local Public Health Nurse, Healthy Baby Club or Mother Baby Nutrition Supplement Program.

**Foods to Avoid when Pregnant:**

* Deli meats, unless heated,
* Pâtés, meat spreads, & smoked seafood,
* Raw or partially cooked eggs,
* Unpasteurized milk, soft & semi soft cheese.
* Raw sprouts,
* More than 1 serving (75g) of liver/liver products a week,
* Undercooked meat, poultry, and seafood,
* Raw fish and foods made with raw fish,
* Fish liver oil,
* Raw seafood,
* And fish that is high in Mercury.

**Other Important Notes:**

* Try to drink approximately 9½ cups of fluids a day. Preferably water.
* Caffeine is okay, as long as it does not exceed 300mg per day.
* Limiting your sodium intake is a good idea. However, remember some foods have naturally occurring sodium so it can be harder to avoid.
* Prenatal vitamins are recommended along with healthy eating.
* Drinking alcohol is discouraged when pregnant and/or breastfeeding.

**Pregnancy Weight**

Gaining weight during pregnancy is normal. Typically, as the baby grows, so will your uterus, placenta, breasts and your blood volume.

On average, pregnancy can add between 25-35lbs.

While you are eating twice as healthy, you do not have to eat twice as much. *Quality > Quantity.*

A healthy baby weight =

* Lower risk of complications during pregnancy and delivery,
* Feel healthier,
* Be at a healthy weight faster after baby is born,
* Baby having a healthy weight,
* Spend less lime in the hospital after birth,
* And lower risk of diabetes later in life.

**Where does the Weight go?**

On average the body will gain the weight in the:

*Breasts:* 2-3 lbs.

*Placenta & Amniotic Fluid:* 4-6 lbs.

*Uterus:* 2-3 lbs.

*Baby:* 6-8 lbs.

*Extra Fluids:* 2-3 lbs.

*Energy Stored as Fat:* 5-8 lbs.

*Blood:* 4 lbs.

**Sexual Health Questions? We have Answers!**

**Location:**

47 St. Clare Ave

St. John’s, NL

**Hours:**

Monday: 9am – 4:30pm

Tuesday: 9am – 4:30pm

Wednesday: 9am – 4:30pm

Thursday: 12pm – 7pm

Friday: 9am – 4:30pm

**Phone:**

579-1009

Toll free 1-877-NO MYTHS

(1-877-666-9847)

**Website:**

www.plannedparenthoodnlshc.com

**Email:**

pp.nlshc@gmail.com

This information was retrieved from the Government of Newfoundland & Labrador’s website. For more information visit: <https://www.gov.nl.ca/education/files/HealthyStartForBabyAndMe_Final_May2020.pdf>

**Pregnancy Package:**

**Healthy Eating**

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