

Healthy Eating for a Healthy Baby

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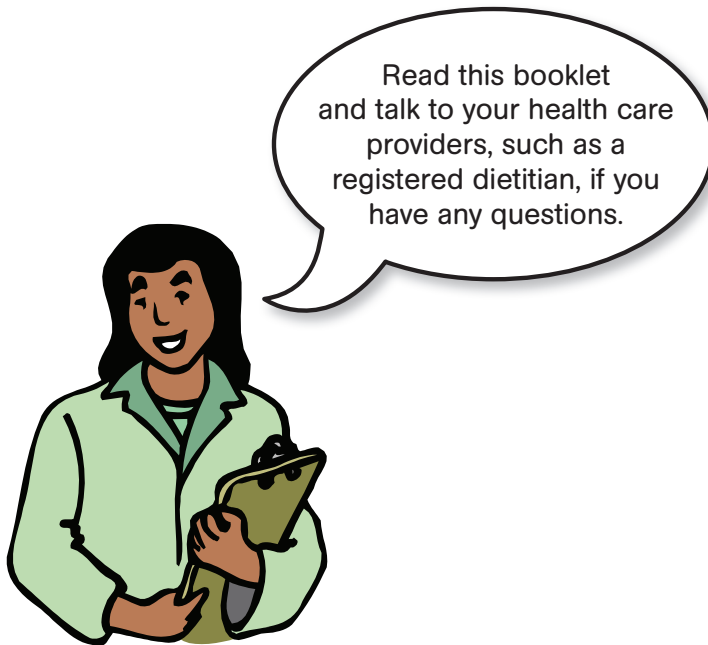


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Congratulations!

You are having a baby.

Making healthy choices is even more important now. You are more likely to have a healthy baby if you eat well and stay active.

Many women try to make healthy choices while they are pregnant. There are many good reasons to eat in a healthy way.

Healthy eating while you are pregnant:

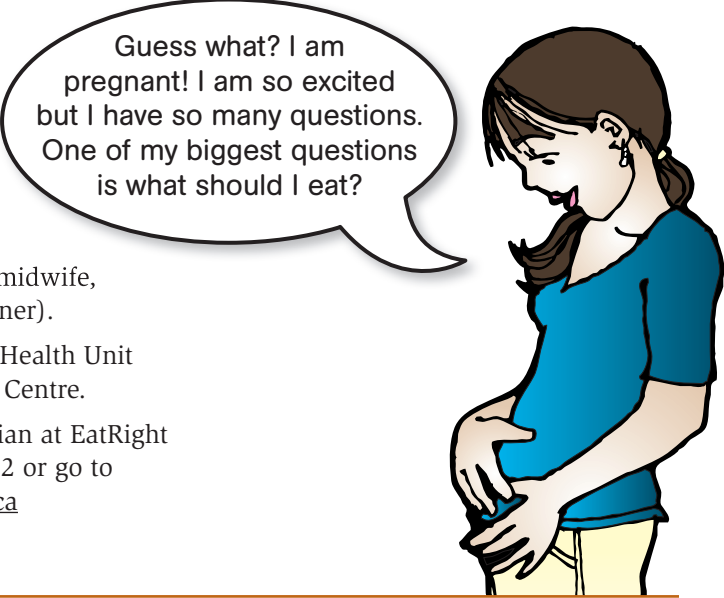
- Helps your baby grow and be healthy.
- Lowers your chance of having health problems such as low iron or high blood pressure.
- Helps you gain a healthy amount of weight.
- Helps you feel good about yourself.
- Helps you and your family develop healthy eating habits for life.

This booklet will answer many of the questions you may have about healthy eating while you are pregnant.

- Take time to read this booklet.
- Try some of the food and recipe ideas.

If you have questions or feel like you need extra help:

- Talk to your health care provider (midwife, doctor, nurse practitioner).
- Call your local Public Health Unit or Community Health Centre.
- Call a registered dietitian at EatRight Ontario 1-877-510-510-2 or go to www.eatrightontario.ca



Guess what? I am pregnant! I am so excited but I have so many questions. One of my biggest questions is what should I eat?



Cravings are normal. You can eat less healthy foods sometimes. But be careful. If you eat too many of these foods you may not get the nutrients you and your baby need. You may also gain too much weight.

Sometimes pregnant women crave and eat things that are not food, like dirt, clay, chalk or ice. Talk to your health care provider if this happens to you.

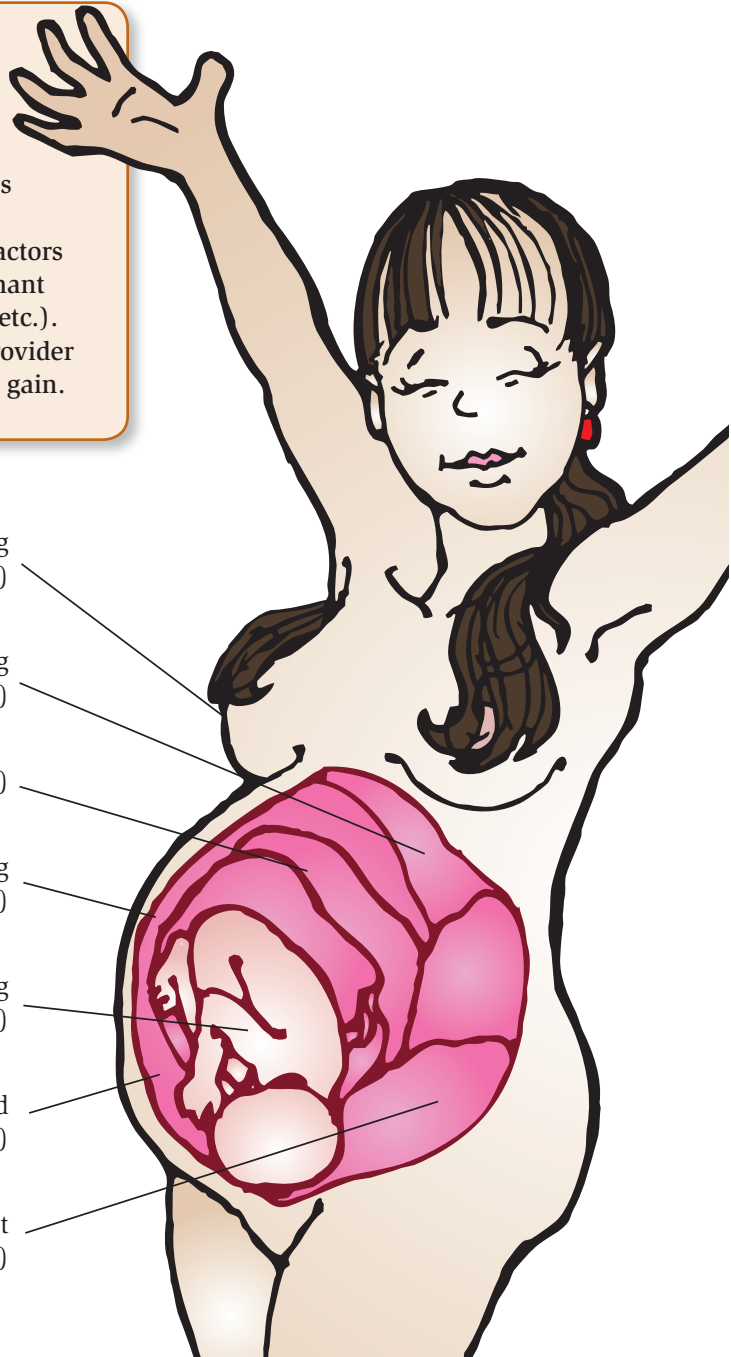


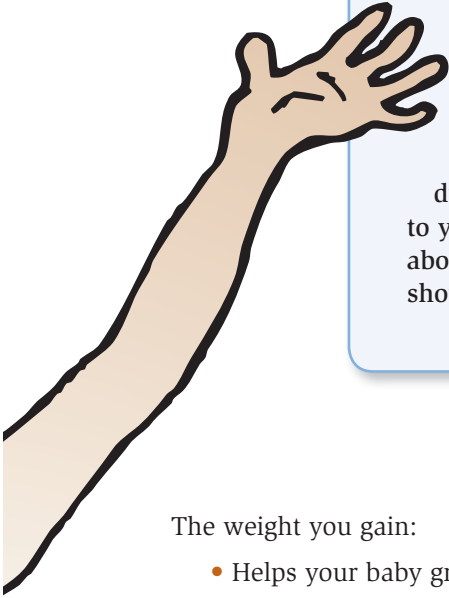
You may need some extra food while you are pregnant. You do not need twice as much. The small amount of food from an extra two to three Food Guide Servings each day during the second and third trimester is usually enough. Enjoy them with meals or as a healthy snack. Remember to listen to your body – eat when you are hungry and stop when you are full. For examples of Food Guide Servings check page 6 and 7.

How much weight should you gain?



It is important to gain a healthy amount of weight for you and your growing baby. This amount depends on your weight before you were pregnant and other factors (e.g. teen pregnancy, pregnant with more than one baby, etc.). Talk to your health care provider about your healthy weight gain.

- 
- Breasts 1 to 1.5 kg
(2 to 3 pounds)
 - Extra fluids 1 to 1.5 kg
(2 to 3 pounds)
 - Blood 2 kg (4 pounds)
 - Uterus 1 to 1.5 kg
(2 to 3 pounds)
 - Baby 2.5 to 3.5 kg
(6 to 8 pounds)
 - Placenta and Amniotic fluid
2 to 2.5 kg (4 to 6 pounds)
 - Energy stored as fat
2 to 3.5 kg (5 to 8 pounds)



It is normal and healthy to gain weight during pregnancy. Stay active. Eat healthy food when you are hungry and stop when you are full. Pregnancy is not a time to go on a diet. Dieting can harm you and your baby.

There are risks to gaining too much or too little weight during your pregnancy. Talk to your health care provider about how much weight you should gain.



The weight you gain:

- Helps your baby grow.
- Helps you stay healthy.
- Gets your body ready for breastfeeding.

You may be surprised that only 2 to 3.5 kg (5 to 8 pounds) of this weight gain is fat. The rest of the weight gain is for the baby, the placenta, blood and fluids. Your body stores fat to give you the extra energy you need for pregnancy and breastfeeding. Eating well and being active can help you slowly return to your usual weight.

How quickly should you gain weight?

It is important to pay attention to how quickly you gain weight. Weight gain is usually slow during the first three months. Most weight gain will happen in the second and third trimesters.







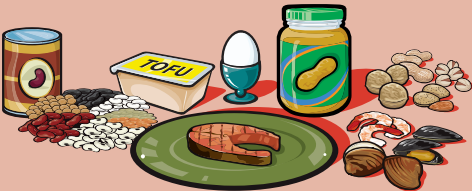


Gaining weight at a steady pace is a sign of a healthy pregnancy. Talk to your health care provider if you are gaining a lot more than 0.4 kg (1 pound) a week, or a lot less.

Eating Well with Canada's Food Guide

Your growing baby depends on you to eat the foods that are the building blocks for a strong body and healthy brain.

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	Fresh, frozen or canned vegetables: 125 mL (½ cup) Leafy vegetables – cooked: 125 mL (½ cup) or raw: 250 mL (1 cup) Fresh, frozen or canned fruits: 1 fruit or 125 mL (½ cup)
Grain Products	6	6-7	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 (½ cup) Cereal – cold: 30 g or hot: 175 mL (¾ cup) Cooked pasta or couscous: 125 mL (½ cup)
Milk and Alternatives	3-4	2	Milk or powdered milk (reconstituted): 250 mL (1 cup) Canned milk (evaporated): 125 mL (½ cup) Fortified soy beverage: 250 mL (1 cup) Yogurt: 175 g (¾ cup) Kefir: 175 g (¾ cup) Cheese: 50 g (1½ oz)
Meat and Alternatives	2	2	Cooked fish, shellfish, poultry, lean meat: 75 g (2½ oz.)/125 mL (½ cup) Cooked legumes: 175 mL (¾ cup) Tofu: 150 g or 175 mL (¾ cup) Eggs: 2 eggs Peanut or nut butters: 30 mL (2 Tbsp) Shelled nuts and seeds: 60 mL (¼ cup)
You need more calories when you are pregnant or breastfeeding. To get the calories you need, eat 2 to 3 extra Food Guide Servings from the food groups of your choice every day during your second and third trimester.			OILS AND FATS Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day.

To personalize the information found in Canada’s Food Guide go to www.canada.ca/en/health-canada/services/canada-food-guides.html. Click on “My Food Guide”.

		Where does it help?
		Brain and Nerves
		Growth
		Bones
		Muscles and Blood
<p>This includes oil used for cooking, salad dressing, margarine and mayonnaise.</p> 	<p>Eat a variety of foods from all four food groups and take a prenatal multivitamin that contains folic acid and iron. Ask your health care provider to recommend a supplement that is right for you.</p>	

Tips for using Canada's Food Guide

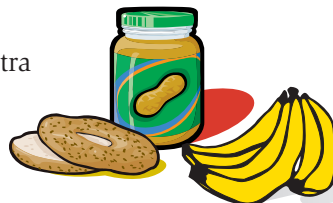
☐ Do you eat regular meals including breakfast?

If you go without food, your baby does too! Try to eat every three to four hours. Make sure you have breakfast, because you have gone all night without eating.

☐ Do you eat healthy snacks?

Choose healthy snacks to help you get the extra nutrients and calories you need. Try these:

- Fruit and yogurt smoothies
- Hummus and whole wheat pita
- Peanut butter and bananas on whole-wheat bread



☐ Do you eat at least one dark green and one orange vegetable each day?

Choose colourful vegetables and fruit more often.

- Dark green vegetables are important sources of folate. Choose broccoli, romaine lettuce and spinach.
- Orange vegetables are rich in beta-carotene. The body turns beta-carotene into vitamin A. Enjoy carrots, sweet potatoes and winter squash.



☐ Are at least half of your grain products each day made from whole grain?

Try these foods instead of refined grain products (such as white bread). They are higher in fibre, vitamins and minerals:

- Whole grain breads
- Oatmeal
- Brown and wild rice
- Whole wheat pasta



☐ Do you include healthy fats each day?

Include a small amount of unsaturated fats each day.

Unsaturated fats are found in:

- Olive and canola oil
- Non-hydrogenated margarine
- Avocados
- Nuts and seeds (almonds, pecans, walnuts)



A small amount of oils and fats help your body absorb certain vitamins. Oils and fats also supply fats your body needs, such as omega-3 fats. Limit use of butter, hard margarine, and non-hydrogenated margarine.

☐ Do you have meat alternatives often?

Examples of meat alternatives are:

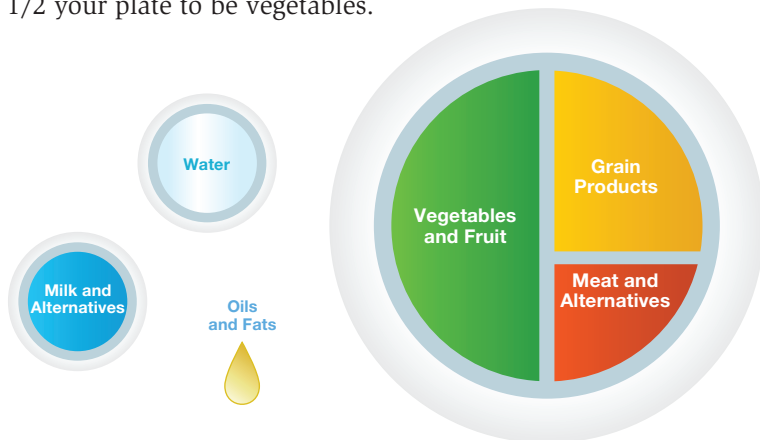
- Beans
- Lentils
- Tofu
- Eggs
- Nuts



Replace some of the meat in your meals with these foods. Beans and lentils are also low in fat and high in fibre.

☐ Are you eating a healthy plate?

Aim for 1/2 your plate to be vegetables.





☐ **Do you drink at least 500 mL (2 cups) of milk or fortified soy beverage each day?**

Milk and alternatives are the main food sources of calcium and vitamin D. Drink 500 mL (2 cups) of milk or fortified soy beverage every day. To learn more about vitamin D, see page 14.

☐ **Do you drink water regularly?**

Water helps to carry nutrients to you and your baby and carries away waste products. It also helps prevent constipation. Drink plenty of fluids every day, and more in hot weather or when you are active. Healthy sources of fluid are:


- Water
- Milk
- Reduced-sodium soup



Baby building nutrients

Your growing baby depends on you to eat the foods that are the building blocks for a strong body and healthy brain. The key building blocks for a healthy baby are:

- Folate and vitamin C from vegetables and fruit
- B-vitamins and fibre from grain products
- Calcium and vitamin D from milk and alternatives
- Iron and protein from meat and alternatives
- Omega-3 from certain fish and oils



I am already eating well. Do I need to take a prenatal multivitamin?

Yes, pregnant women should take a prenatal multivitamin every day. Eating healthy foods is important to help you get the nutrients you and your baby need. When you are pregnant you need more nutrients. It is not easy to get enough of some vitamins and minerals, such as folate and iron, from food. A prenatal multivitamin helps you get the extra vitamins and minerals you need while you are pregnant and breastfeeding.



Folate (Folic Acid)

Folate is a vitamin that helps build healthy blood for you and your baby. It lowers the risk of some birth defects.

Along with healthy eating you will need to take extra folic acid. Folic acid is very important before you become pregnant and during the first few weeks. Folic acid can help reduce the risk of neural tube defects. These birth defects affect the baby’s brain and spine. Spina bifida is a neural tube defect.

A daily prenatal multivitamin with at least 0.4 mg of folic acid will give you the extra folic acid you need while you are pregnant. Some women need even more folic acid. Talk to your health care provider about the amount of folic acid you should take.

Even though the prenatal multivitamin will give you extra folic acid, it is still important to get folate from the foods that you eat. Some folic acid is added to all white flour, enriched pasta and cornmeal products sold in Canada.

Here are some ideas:

- Choose romaine lettuce or spinach for your salads. Sprinkle salads with sunflower seeds.
- Top cereal with your favourite berries.
- Eat these vegetables more often: asparagus, broccoli, green peas and brussels sprouts.
- Have beans and lentils more often. Try chili, bean curries, dals, hummus and lentil soups.
- Choose fruits like oranges or avocados more often.

RECIPE – Spinach and Lentil Soup

1 Tbsp (15 mL) vegetable oil	1. Heat oil in a large
1 onion, finely chopped	saucepan. Add onion,
2 cloves garlic, finely chopped	garlic and celery. Cook
2 stalks celery, finely chopped	for about 2 minutes.
2 Tbsp (25 mL) tomato paste	2. Add tomato paste and
6 cups (1 ½ L) water	water or stock to sauce
2 cups (500 mL) cooked red or brown	pan. Bring to boil.
lentils, rinsed (canned or cook your own)	Reduce heat.
1 package (300 g) frozen spinach, thawed	3. Add lentils, spinach and
pepper to taste	pepper. Cook for about
	5 minutes until heated
	through.

Makes 6 servings. This recipe is a good source of folate and iron.

RECIPE – Mango Black Bean Salsa

- 1 can (540 mL) black beans
- 1 diced mango
- $\frac{1}{2}$ cup (125 mL) diced red onion
- $\frac{1}{4}$ cup (50 mL) lemon juice
- 2 tbsp (25 mL) vegetable oil

1. Mix ingredients together. Toss with $\frac{1}{4}$ cup (50 mL) chopped cilantro if you wish.
2. Chill for one hour before serving.

This recipe is a good source of iron and vitamin C.


Iron

You need extra iron when you are pregnant. Iron helps build the red blood cells that carry oxygen to your baby. It is important that babies have a good supply of iron when they are born. The iron they are born with has to last for the first six months of life. If you do not get enough iron your baby may be born with a low supply of iron. You may also feel tired and weak.

To make sure you get enough iron, it is best to eat well and take a prenatal multivitamin with iron.

Choose foods high in iron, such as:

- Meat, poultry, fish or seafood
- Eggs
- Tofu
- Legumes (beans, lentils, peas)
- Vegetables (spinach, asparagus, etc.)
- Nuts and seeds
- Grain products

 Take a prenatal multivitamin with 16 – 20 mg of iron to help you get the extra iron you need.



Liver is very high in vitamin A. Too much vitamin A can be harmful to your growing baby. Eat no more than 75 grams (2 $\frac{1}{2}$ oz) of liver once every 2 weeks. That equals one Food Guide Serving.

Vitamin C

Vitamin C helps your body use the iron in vegetables, grain products, beans and lentils. Try to eat foods high in vitamin C at the same time as you eat non-meat sources of iron.

Some foods high in vitamin C are:

- Oranges, grapefruit, papaya, kiwifruit, strawberries and cantaloupe
- Tomatoes and tomato sauce
- Red peppers, broccoli and cabbage



Here are some ideas to help you get more iron and vitamin C:

- Enjoy whole grain pasta with meat or tofu and tomato sauce.
- Have an orange or grapefruit with your breakfast cereal.
- Make chicken fajitas with red and green peppers and mango-black bean salsa.
- Enjoy bean dishes more often. Heat up some chili, bean or lentil curries or pea soup.

Calcium and Vitamin D

Calcium and vitamin D help to keep your bones strong. They also work together to build strong bones and teeth for your baby.

The following are good sources of calcium:

- Milk, yogurt, cheese, kefir
- Fortified soy beverages
- Tofu, beans, almonds
- Fish with bones





There are many non-dairy beverages in grocery stores. If you choose non-dairy beverages, make sure that they are fortified or enriched. That means vitamins and minerals have been added. Fortified soy beverage is nutritionally the most similar to cow's milk.

There are only a few good food sources of vitamin D:

- Milk, fortified soy beverages, fish



Ask your health care provider if you should take extra vitamin D.

Here are some ideas to help you get enough calcium and vitamin D:

- Have 500 mL (2 cups) of milk every day. Drink fortified soy beverages if you do not drink milk.
- Make a stir-fry with bok choy, kale, broccoli and calcium-set tofu.
- Snack on sardines or salmon (canned with bones) on whole grain crackers.
- Grate some cheese into your soup or salad.
- Look for yogurt with vitamin D added.



RECIPE – Fruit and Yogurt Smoothie

In a blender, mix:

- $\frac{1}{2}$ cup (125 mL) fresh or frozen berries
- $\frac{1}{2}$ banana
- $\frac{1}{2}$ cup (125 mL) yogurt
- $\frac{1}{2}$ cup (125 mL) milk or fortified soy beverage

This recipe is a good source of calcium and vitamin D.



Take care of your teeth and gums when you are pregnant. Poor oral health can affect your teeth and gums and the health of your developing baby.

Omega-3 Fats

You need more omega-3 fats when you are pregnant. Some omega-3 fats are important for your baby's brain, nerves and eyes.

Here are some ideas to help you get enough omega-3 fats:

- Eat at least 150 grams (5 oz) of fish each week. This equals two Food Guide Servings. Choose fatty fish more often, such as salmon, trout, mackerel, sardines, herring and char. See page 20 for advice on limiting fish that contain mercury.
- Choose canned fish such as salmon, mackerel or sardines instead of deli meats.
- Enjoy a small handful of walnuts for a snack. Add them to salads or cereals.
- Cook with canola or soybean oil, or use it in salad dressings.
- Use margarine made from canola or soybean oil on bread or in baking. Look for the word non-hydrogenated on the label.
- Choose omega-3 eggs and other foods with omega-3 fats added such as some milks and yogurts.
- Add ground flax seeds to salads, oatmeal or yogurt.
- Talk to your health care provider if you have questions about fish oil supplements when you are pregnant.

RECIPE – Salmon Salad Pita Pockets

1 can (213 g) salmon, drained	1. Mix ingredients in a small bowl.
2 Tbsp (25 mL) light mayonnaise	2. Cut two whole wheat pitas in half.
1 Tbsp (15 mL) lemon juice	3. Stuff the pitas with lettuce and salmon mixture.
1½ cup (125 mL) grated carrot	
1½ cup (125 mL) diced cucumber	
1 green onion, chopped	

Makes 4 servings. This recipe is a good source of omega-3 fats.

Vegetarian eating



Vegetarian eating based on Canada's Food Guide can provide you with all of the nutrients you and your baby need. You just have to plan well. If you do not eat any foods that come from animals, it is harder to meet your needs while you are pregnant.

Ask your health care provider to refer you to a registered dietitian, or call EatRight Ontario (1-877-510-5102), for information on vegetarian eating while you are pregnant.

Here are ideas to help you get the nutrients you need if you are a vegetarian:

- If you do not include any foods that come from animals, you may need extra nutrients while you are pregnant. These include protein, B12, calcium, iron, zinc, vitamin D and omega-3 fats.
- Choose different meat alternatives to help you get enough protein. These include eggs, beans, peas, lentils, tofu, nuts and seeds.
- Drink milk or fortified soy beverages. These help you get enough calcium and vitamin D.



Is there anything you should not eat?

How much caffeine is safe during pregnancy?

Caffeine passes through the placenta into your baby's bloodstream. Your baby's system cannot get rid of caffeine very well. To keep your baby safe, have less than 300 mg of caffeine a day. This is the amount of caffeine in about two 250 mL (8 oz) cups of coffee.

There is also caffeine in tea, cola and chocolate. Read labels and choose the products that have low or no caffeine.

This chart shows the amounts of caffeine in some foods and drinks.

Food or Drink	Amount of Caffeine (mg)
Brewed coffee 250 mL (8 oz)	135
Instant coffee 250 mL (8 oz)	76-106
Tea, leaf or bag 250 mL (8 oz)	50
Green tea 250 mL (8 oz)	30
White tea 250 mL (8 oz)	15
Iced tea 250 mL (8 oz)	5-50
Cola beverage 1 can, 355 mL (12 oz)	35-47
Milk chocolate bar 30 g (1 oz)	7
Dark chocolate bar 30 g (1 oz)	25-58

250 ml (8 oz) = 1 cup

Are herbal teas safe to drink while you are pregnant?

Be careful if you use herbal teas or drinks. The safety of all herbal teas and drinks during pregnancy has not been tested. Some can harm your baby or may cause early labour. Herbal teas that are generally considered safe in moderation (two to three cups of 8 oz/250 ml per day) are:

- Ginger, bitter orange/orange peel, echinacea, peppermint, red raspberry leaf, rosemary and rose hip

All other herbal teas should be avoided. Energy drinks should also be avoided during pregnancy.



Talk to your health care provider about the safe use of herbal teas or drinks.



! Wait at least an hour after meals before having coffee or tea. These drinks make it harder for your body to use iron.

It is a good idea to have no more than one or two cups of coffee or other drinks with caffeine each day. These include tea and cola. Choose beverages that do not have caffeine and are more nutritious such as: water, milk, or fortified soy beverages.



Can you drink alcohol when you are pregnant?

Drinking alcohol during pregnancy can cause birth defects and brain damage to your baby. The safest choice in pregnancy is no alcohol at all. In fact, it is best to stop drinking before you get pregnant.

! **Need help?** If you drank alcohol before you knew you were pregnant or if you need help to stop drinking talk to your health care provider. Call the Motherisk Alcohol and Substance Use in Pregnancy Helpline at 1-877-327-4636 or online at www.motherisk.org/women/alcohol.jsp

Will artificial sweeteners harm your baby?

Moderate amount of sugar substitutes are safe during pregnancy. There are guidelines about how much is safe to consume based on your body weight. In general, most people consume amounts well below the limits in the guidelines. Foods containing sugar substitutes should not replace nutritious foods. Milk and water are healthier choices than sugar-free drinks. A piece of fruit is healthier than a sugar-free dessert. If you have concerns or questions about using sweeteners, talk to your health care provider or visit www.eatrightontario.ca.

Are there fish that pregnant women should not eat?

Fish is a healthy food to eat when you are pregnant. Fish is a good source of protein and can be a good source of omega-3 fats. Eat at least 150 grams (5 oz) of fish each week. This equals two Food Guide Servings.

Some types of fish can have high levels of mercury. Too much mercury can harm your growing baby. The types of fish listed below are low in mercury.

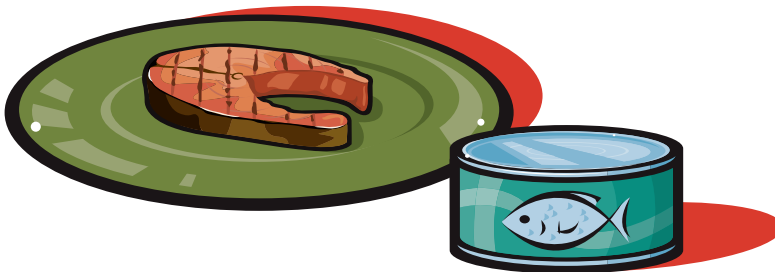
Choose these fish most often, as they are a source of omega 3 fats:

- Salmon
- Atlantic or pacific mackerel
- Sardines
- Anchovies
- Rainbow trout
- Arctic char
- Herring

Also include these fish:

- Canned light tuna
- Tilapia
- Pollock
- Sole
- Basa
- Atlantic cod

Some types of fish can have high levels of mercury. Too much mercury can harm your growing baby. For information on mercury and fish visit: www.eatrightontario.ca



Protect yourself and your baby from food poisoning

Food poisoning can be very dangerous when you are pregnant.

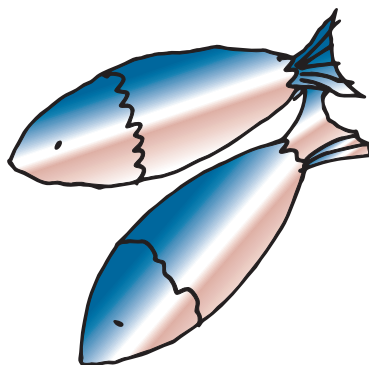
Keep Food Safe

- Wash your hands before, during and after handling food.
- Wash raw vegetables and fruit well, including the skin.
- Cook meat, poultry, seafood and hotdogs well.
- Cook all soft, semi-soft and blue-veined cheeses well.
- Follow “best before” dates.
- Cook eggs until white and yolk are firm.
- Eat left-overs within 2-4 days after thorough re-heating.



Foods to Avoid

- Raw fish and sushi made with raw fish
- Raw shell fish such as oysters and clams
- Undercooked meat, poultry, seafood and hot dogs
- Pâté, smoked fish products and non-dried deli meats such as bologna, roast beef and turkey breast
- Foods made with raw or lightly-cooked eggs
- Unpasteurized milk products (such as raw milk) and foods made from them
- All uncooked (raw) soft cheeses such as brie, camembert, feta, goat cheese and queso blanco
- Unpasteurized juices, such as unpasteurized apple cider
- Raw sprouts, especially alfalfa sprouts



For more information on food safety during pregnancy: <http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/vulnerable-populations/pregnant-enceintes-eng.php>

Sample food diary for one day

	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Oils and Fats
Breakfast Fruit and Yogurt Smoothie* (½ cup milk, ½ cup yogurt, ½ cup fruit) 2 slices whole wheat toast 1 tbsp peanut butter	✓	✓ ✓	✓	½	
Snack Homemade bran muffin 2 tsp soft margarine ½ an orange	✓	✓			✓
Lunch Spinach and lentil soup* (½ cup lentils, ½ cup spinach) Whole grain crackers ½ cup carrot sticks 1 cup 1% milk	✓ ✓	✓	✓	½	
Snack Salmon Salad Pita* (75 g salmon, ½ cup vegetables, ½ whole wheat pita, mayonnaise)	✓	✓		✓	✓
Supper Fast & Easy Chicken Cacciatore* (75 g chicken, ½ cup vegetables) 1 cup brown rice 1 cup garden salad 2 Tbsp oil and vinegar salad dressing 1 cup 1% milk	✓ ✓	✓ ✓	✓	✓	✓
Snack ½ cup fruit salad ¾ cup low fat yogurt	✓		✓		
TOTALS	8	7	4	3	2-3 Tbsp

*Recipes can be found in this booklet.

This food diary includes the right amounts and types of foods from all the food groups. It is also a good source of baby-building nutrients such as: folate, iron, vitamin C, calcium, vitamin D and omega-3 fats.



Your food diary

Choose one day to complete your own food diary. Write down everything you had to eat and drink that day. Count up the number of servings you ate from each food group. How did you do compared to Canada's Food Guide? Look on page 6 and 7 to help you complete your food diary.



	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Oils and Fats
Breakfast					
Snack					
Lunch					
Snack					
Supper					
Snack					
TOTALS					

When you don't feel so well

Nausea and Vomiting

Many pregnant women feel sick from time to time. It often happens in the first few months of pregnancy.

The ideas below may help you feel better:

- Eat several small meals each day rather than three large meals. Try not to skip meals. You will feel worse if your stomach is empty.
- Try eating crackers, bread or dry cereal before getting out of bed in the morning.
- Get out of bed slowly in the morning.
- Have a small, healthy snack before bedtime.
- Drink fluids before or after meals, not with meals.
- Stay away from coffee, fatty foods and foods with strong smells or tastes.


Call EatRight Ontario (1 877 510 5102) for more ideas to help you feel better. For more information, visit www.eatrightontario.ca



Talk to your health care provider if you cannot stop vomiting, or if you feel too sick to eat at all.

Heartburn is common when you are pregnant. There are things you can try to help prevent heartburn.





I'm over the nausea but now I have heartburn. It is really bad at night.

Heartburn

In the second half of pregnancy, many women get heartburn. Heartburn happens because of hormone changes and the pressure of the baby against your stomach. This can cause stomach acid to move up to your throat, causing a burning feeling.

The ideas below may help you feel better:

- Eat several small meals each day, and not three large meals.
- After eating, wait at least one to two hours before sleeping.
- When you lie down on your back, raise your head and shoulders with a pillow.
 - Drink fluids before or after meals, not with meals.
 - Choose lower fat foods.
 - Stay away from coffee, colas, alcohol and smoking.



Talk to your health care provider before you take antacids or if your heartburn does not go away.

RECIPE – Fast and Easy Chicken Cacciatore

1 can (796 mL) diced tomatoes

2 cups (500 mL) mushrooms, sliced

4 skinless chicken pieces

1 green pepper, diced

Makes 4 servings.

1. In a large saucepan, combine undrained tomatoes with mushrooms. Bring to a boil.

2. Add chicken pieces. Cover and simmer over low heat for 30 minutes.

3. Turn the chicken over and add the green pepper. Continue cooking for 10 minutes.

4. Remove the chicken. Boil sauce, uncovered until thickened. Pour over the chicken.

Constipation

Food passes through your body more slowly when you are pregnant. This helps you absorb the extra nutrients you and your baby need. It can also cause constipation.

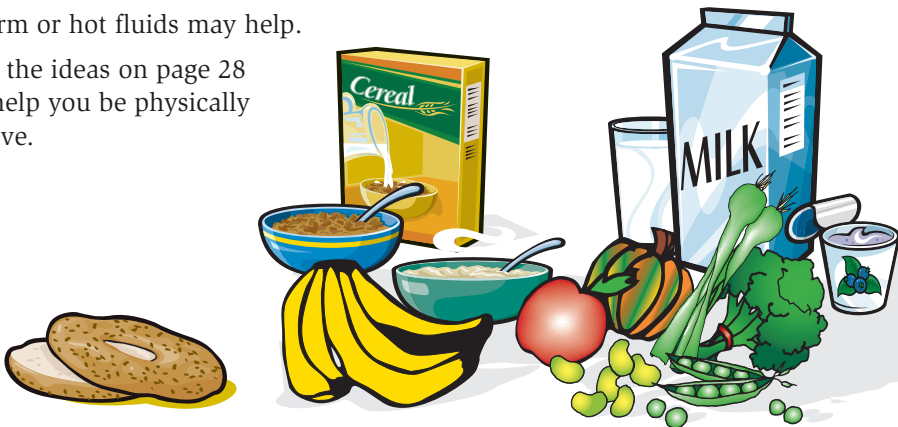
To prevent constipation eat foods that are high in fibre and drink more fluids. Being physically active is also important.

Try these ideas to help you feel better:

- Start the day with a whole grain cereal.
- Choose whole grain breads, brown rice and whole wheat pasta.
- Eat beans and lentils more often.
- Aim for 7 to 8 Food Guide Servings of vegetables and fruit each day.
- Drink more fluids. Choose water or milk. Warm or hot fluids may help.
- See the ideas on page 28 to help you be physically active.



Before you take laxatives, talk to your health care provider. Some laxatives are not safe to take when you are pregnant.



Gestational Diabetes

Some women develop diabetes when they are pregnant. Diabetes means blood sugar levels are too high.

High blood sugar can harm you and your baby. All women are tested for diabetes within 28 weeks of pregnancy.

You are more likely to get gestational diabetes if:

- You are 35 or older.
- You are overweight.
- You had pre-diabetes or gestational diabetes in a previous pregnancy.
- You have a family history of diabetes.
- You are of Aboriginal, Asian, Hispanic or African descent.
- You have had a baby over 4.5 kg (9 pounds).

For more information about diabetes and pregnancy, see <http://guidelines.diabetes.ca/CDACPG/media/documents/patient-resources/gestational-diabetes.pdf>

If you develop gestational diabetes, ask your health care provider to refer you to a registered dietitian. Changing what and how you eat can lower your blood sugar levels. Gestational diabetes often goes away after you have your baby. However, you will be at a higher risk of developing diabetes later in your life. It is important to be tested for diabetes 1.5-6 months after your baby is born.



RECIPE – Vegetable Cheese Quesadillas

1 Tbsp (15 mL) vegetable oil
 $\frac{1}{2}$ red or green pepper, diced
1 cup (250 mL) fresh spinach, chopped
1 tomato, diced
2 large whole wheat or whole grain tortillas
 $\frac{3}{4}$ cup (175 mL) shredded Cheddar cheese

Makes 4 servings.

1. Heat oil in pan over medium heat. Add peppers, spinach and tomatoes. Cook and stir for 1 minute. Put vegetable mixture on a plate.
2. Place one tortilla in the pan. Spoon cooked vegetables onto the tortilla. Sprinkle with cheese. Top with the second tortilla.
3. Heat 2 to 3 minutes or until cheese begins to melt. Flip and cook for another 2 to 3 minutes. Remove from pan and cut into wedges. Serve with sour cream and salsa.

Should you be physically active while pregnant?

Yes! Regular exercise builds bones and muscles and keeps you healthy. It is best for all adults to be active for at least 150 minutes per week in bouts of 10 minutes or more. Being active is just as important now that you are pregnant.

Regular physical activity can help in several ways:

- It can help to prepare your body for labour.
- It can help you feel less stressed.
- It can help prevent constipation.
- It can help to keep your weight gain at a healthy rate.
- It can help increase your energy levels.
- It can help you feel more positive about your body.

One month to go and I'm still active. I just take it easy and make sure I don't overdo it.

You can be active all through your pregnancy. Just keep these tips in mind:

- Talk to your health care provider about your plans to be active.
- Choose safe activities, such as walking, low impact aerobics, swimming or water aerobics.
- Do not exercise outdoors when it is very hot or humid.
- Try not to get too hot.
- Drink plenty of water, before, during and after you are active.
- Pay attention to your body and how you feel.
- If you have any problems, stop exercising and talk to your health care provider right away.



Get a copy of the Canadian Physical Activity Guidelines. Go to www.csep.ca and download a free PDF.

Ask your health care provider for a PARmed-X for pregnancy or get this at www.csep.ca/cmfiles/publications/parq/parmed-xpreg.pdf



Congratulations! After you have your baby, keep making healthy choices such as healthy eating, being active, and getting sleep. This may give you more energy to help you breastfeed and care for your baby.

For more information on healthy eating during pregnancy:

- EatRight Ontario. Call toll-free to speak to a registered dietitian 1-877-510-510-2 or go to www.eatrightontario.ca
- Your local Public Health Unit – to find your local public health unit call 1-866-532-3161 or go to www.health.gov.on.ca/english/public/contact/phu/phuloc_mn.html
- A community health centre – www.aohc.org, click on “Find a centre”
- Public Health Agency of Canada www.healthypregnancy.gc.ca
- Canada Prenatal Nutrition Program Directory <http://cpnp-pcnp.phac-aspc.gc.ca>



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