

Nutrition Matters

Eating For Two, Not Like Two!

Should a pregnant woman “eat for two”? Yes, but eating for two does not mean eating like two. During pregnancy, you need extra vitamins and minerals and slightly more food. You do not need to eat twice as much food!





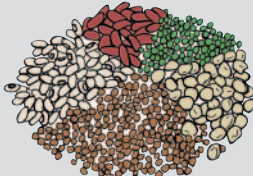
During your first trimester you do not need any extra calories, but it is important to make healthy food choices to ensure your baby is getting enough nutrients. During the second and third trimester your calorie needs increase slightly. Eating an extra snack during the day will help you get the extra calories your body requires.

Your body also needs more fluid during pregnancy. This is because your body needs to make more blood and your

kidneys must work harder during pregnancy. You should be drinking ten cups (1 cup = 250 mL) of fluid per day. Fluids include water, milk, broth, vegetable and fruit juices. When buying juices, always look to make sure they are 100% pure juice. Fruit punch, fruit drink, and fruit and vegetable cocktails are mostly sugar and water.

During pregnancy, calcium, vitamin D, omega 3 fatty acids, folate and iron are very important. These nutrients are needed for the growth and development of the baby. Canada’s Food Guide to Healthy Eating can help you get all the nutrients your body needs. Call your local Public Health Unit to receive a copy.




Nutrients that are very important during pregnancy:

Nutrient	Found In:	Role
Calcium 	Milk, Fortified Soy Milk, Yogurt, Canned Salmon or Sardines with Bones, Tofu made with Calcium, Orange juice with Calcium	<ul style="list-style-type: none"> • Builds strong bones and teeth for baby • Keeps your bones strong
Vitamin D 	Milk, Fortified Soy Milk, Eggs, Fatty Fish	<ul style="list-style-type: none"> • Works with calcium to build strong bones and teeth for baby • Keeps your bones strong
Folate (called Folic Acid in vitamin supplements)	Dark Green Leafy Vegetables, Lentils, Nuts, Seeds, Orange Juice 	<ul style="list-style-type: none"> • Builds healthy blood for you and your baby • Reduces risk of birth defects that affect the brain and spine
Omega -3 Fats (Essential Fatty Acids)	Salmon, Sardines, Mackerel, Herring 	<ul style="list-style-type: none"> • Important for the development of baby’s brain and eyes
Iron	Red Meat, Beans and Lentils, Enriched Breads and Cereals *Pregnant women should eat only one serving (size of a deck of cards) of liver per month. 	<ul style="list-style-type: none"> • Builds healthy blood for you and your baby

Healthy Snacks

An Easy Way to Get the Extra Energy that You and Your Growing Baby Need!

Are you getting enough? See how these snacks can help you meet your daily servings of the four food groups...

  	Grain Products	Vegetables & Fruit	Milk & Milk Products	Meat & Alternatives
Whole wheat tortilla rolled with peanut butter and banana	✓	✓		✓
High fibre cereal or granola mixed with yogurt and fruit	✓	✓	✓	
Fresh fruit salad or fruit dipped in vanilla yogurt		✓	✓	
Raw vegetables dipped in hummus		✓		✓
Whole grain crackers with cheddar cheese and apple slices	✓	✓	✓	
Hard boiled egg with whole grain toast and tomato slices	✓	✓		✓
Mixed nuts and dried fruits (raisins, apricots, figs, prunes)		✓		✓
Bean salad with toasted pita wedges	✓			✓
Bran muffin and milk	✓		✓	
Baked potato with plain yogurt and chives		✓	✓	
Cottage cheese with canned peach or pineapple slices		✓	✓	

Fruity Smoothies

1 cup	milk or fortified soymilk	250 mL
1/2 cup	yogurt or silken tofu	125 mL
1/2 – 1 cup	your favourite fruits	125-250 mL

- Place all ingredients in a blender and blend until smooth.
- Different combinations to try:
 - Milk, strawberry yogurt, banana (for an extra thick smoothie use frozen banana)
 - Milk, plain yogurt, canned peaches (canned in juice instead of syrup)
 - Milk, vanilla yogurt, frozen blueberries
- To add more nutrients, try calcium fortified orange juice or wheat bran.

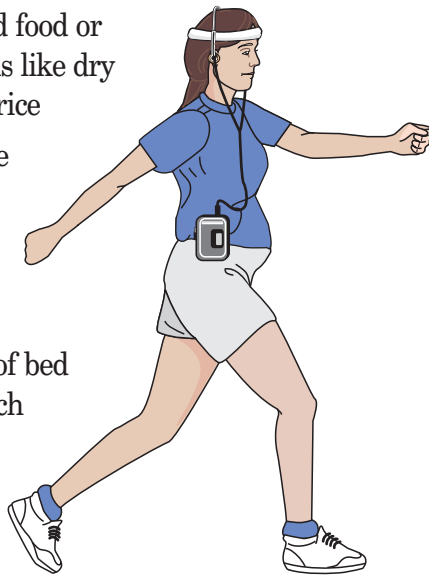


Tips to Feel Your Best During Pregnancy

Nausea:

Many women suffer from nausea or “morning sickness” during pregnancy. Even though it is called “morning sickness” it can happen at any time of the day and it is most common during the first three months. If you are having a lot of nausea or vomiting, see your doctor. Severe vomiting and dehydration can be dangerous.

- Eat small meals or snacks every 2 to 3 hours
- Drink small amounts of fluids between meals; including soup, water, fruit or vegetable juices
- Avoid drinking large amounts of fluids with meals
- Limit greasy or fried foods
- Eat lightly seasoned food or bland, starchy foods like dry crackers, bread or rice
- Have a snack before bed or during the night if you feel hungry
- Eat something before getting out of bed in the morning, such as bread or crackers



Heartburn:

Heartburn is a ‘burning’ feeling in your throat and chest. It is most common in the last few months of pregnancy when there is less room for your stomach because of your growing baby.

- Eat 5–6 small meals or snacks instead of 3 big meals
- Try not to eat right before bedtime
- Limit high fat food such as greasy or fried foods, creamy sauces, large amounts of oil or butter
- Limit chocolate, coffee, mint, and spicy foods
- Limit acidic foods like orange, lemon, tomatoes and their juices
- Drink your fluids between meals, not with your meals

Constipation:

Constipation is common during pregnancy because food moves more slowly through your body and there is less room for your intestines as your baby grows. You are constipated if you have hard stools that are difficult to pass or if you are rarely having bowel movements.

- Drink plenty of fluids including warm or cold water, milk, broth and fruit and vegetable juices
- Increase your fibre gradually with: vegetables and fruits, dried fruits, whole grain breads and cereals, beans and lentils
- Daily exercise like walking is helpful
- Do not take laxatives without talking to your doctor. Some laxatives may be harmful during pregnancy

Answers to some common questions you may have during your pregnancy...

Do I have to give up coffee while I’m pregnant?

No, but you may want to cut down. Coffee, tea, cola drinks and some medications contain caffeine. Large amounts of caffeine may be harmful to your baby. Limit caffeine to no more than 300 mg per day (less than 500 mL or two 8-ounce cups of filter drip coffee). Other options include hot water with lemon, hot milk or hot apple juice. For more information about sources of caffeine, refer to the “Caffeine” Nutrition Matters Newsletter.

Can herbal teas be used during pregnancy?*

The following herbal teas are generally considered safe during pregnancy if taken in moderation (no more than 2 to 3 cups of weak tea a day; 1cup=250ml): ginger, lemon balm, orange peel, rose hip, citrus peel and linden flower (not recommended if you have a heart condition). Some herbal teas contain caffeine. Read the label carefully! For more information on herbal teas, refer to the Nutrition Matters called "Pregnant or Breastfeeding? Get the Facts on Herbal Teas and Natural Health Products".

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*Reference: Health Canada, Nutrition for a Healthy Pregnancy, updated 2005

Questions *continued from p.2*

Can I drink alcohol while I'm pregnant?

Drinking alcohol is **NOT** recommended during pregnancy because it can cause birth defects and damage to your baby's brain. The amount of alcohol a woman has to drink to cause harm is not known. It is best to not drink any alcohol while you are pregnant. This includes beer, wine, wine coolers and liquor.

Can I use artificial sweeteners while I'm pregnant?*

Diet pop and other diet products contain artificial sweeteners. When you are pregnant, you should limit your intake of these foods as they could be replacing more nutritious choices. Certain artificial sweeteners are considered safe during pregnancy. Look at the ingredient list to see what type of artificial sweetener the food contains.

Safe During Pregnancy	Not Recommended During Pregnancy
Acesulfame-potassium	Cyclamates
Aspartame	Saccharin
Sucralose	

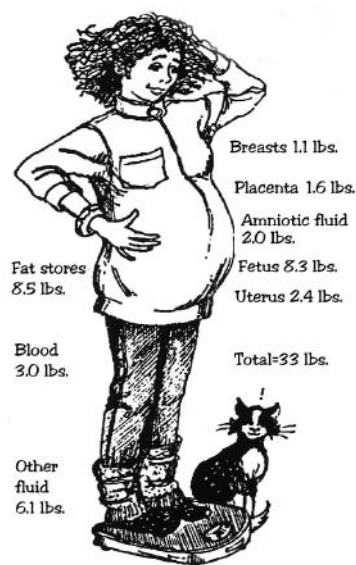
*Reference: Health Canada, Nutrition for a Healthy Pregnancy updated 2005 and Canadian Diabetes Association, Clinical Practice Guidelines 2003

My doctor told me I have anemia. What does that mean?

Anemia means your blood cannot carry enough oxygen to your body. This can make you feel tired, look pale, feel dizzy, get headaches and lose your appetite. The most common cause of anemia in pregnancy is low iron. When you are pregnant, you make a lot of extra blood to support your growing baby. With all that extra blood, you also need extra iron. Many women have trouble getting enough extra iron and therefore develop anemia. Eating iron rich foods and using a prenatal multivitamin are great ways to prevent anemia during pregnancy. Your doctor will test your blood to make sure your iron is not low. You should never take iron supplements without talking to your doctor.

Gaining Weight for a Healthy Baby

When you are pregnant, weight gain is good news! It is a sign that your body is changing to meet the needs of your growing baby. The amount of weight you need to gain depends on your height and weight before pregnancy. It is important to remember that many factors affect how much weight you gain, such as diet, activity and your genes.



RECOMMENDED WEIGHT GAIN BASED ON MOM'S WEIGHT BEFORE PREGNANCY:

Underweight	Average	Overweight
28-40 lbs	25-35 lbs	15-25 lbs
12-18 kg	11-16 kg	7-12 kg

Slow and steady weight gain is best during pregnancy. You can do this by eating nutritious foods regularly throughout the day and by keeping active. If you gain or lose weight suddenly, see your doctor right away.