

## HEALTHY EATING FOR A HEALTHY PREGNANCY!

It is important for women who are pregnant to eat nutritious foods every day to gain weight and grow a healthy baby. Try to have healthy meals and snacks every 2–3 hours during the day. Most women need to gain 25–35 pounds (11.5–16 kg) during their pregnancy, some a little more, some a little less. Talk to your care giver about the weight gain range that is best for you.



Fruits and vegetables have lots of vitamins and minerals to help your baby’s brain, eyes, heart, lungs and other organs grow healthy.

Whole grain bread products have more fibre to help keep your bowels regular and give you energy to keep going all day.



Have at least 10 cups (2.3 L) of fluid each day from water, milk, soup, and juice.

Drink at least 2 cups (500 mL) of milk every day to keep your bones healthy and help your baby grow healthy bones and teeth.

Be active every day as part of a healthy pregnancy.  
See your doctor before increasing your activity level.



Eat iron-rich foods like meat, fish, chicken, beans, lentils, eggs, or nuts everyday to help you and your baby have healthy blood.



**Don’t forget to take a prenatal vitamin with iron and folic acid.**

**Who** – All pregnant women

**When** – Once every day

**Why** – To help you and your baby be healthy

**Talk to your caregiver about which prenatal supplement is right for you.**

Best Beginning is a free service for all pregnant women and their supporters who:

- are living on a low income
- need information to make healthy choices during pregnancy
- face language or cultural barriers

**Call (403) 228-8221 for more information.**