

Healthy Eating

What have you fed your baby today?

While you're pregnant, you are your baby's world. When you eat, you are feeding your baby, too. What you eat during your pregnancy can make a real difference to your baby's growth and development. Eating healthy food is even more important now that you are pregnant.

Healthy eating can also make a difference to your own health during pregnancy and for life. It can help you to prevent or control some of the discomforts of pregnancy, like nausea, constipation and heartburn.

It's important to look at your eating habits while you're pregnant. Your eating habits have a great influence on your family's eating habits. Developing healthy eating habits now will help you, your baby, and your family stay healthy for life.

Healthy eating is good for you, good for your baby, and delicious, too! *Eating Well with Canada's Food Guide* (see page 87) will help you plan meals and snacks high in the nutrients you need for a healthy pregnancy and healthy baby.



It's natural, normal and healthy to gain weight during your pregnancy. The weight you gain is building a healthy baby, keeping you well, and getting your body ready for breastfeeding. This is not a time to lose weight.

The amount of weight you should gain during pregnancy will depend on how much you weighed **before** you got pregnant.

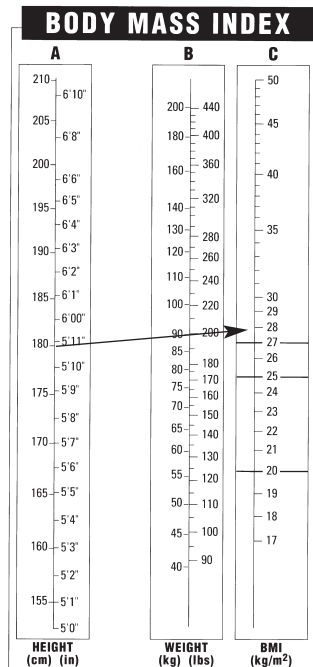
Weight Gain

Body Mass Index

Use this table to find your pre-pregnancy BMI.

How to Find Your Body Mass Index (BMI)

1. Mark an X at your height on the line in box A.
2. Mark an X at your weight in box B.
3. Draw a straight line from the X in box A through the X in box B and across to the line in box C.
4. Your Body Mass Index (BMI) is the number where your line crosses the line in box C.

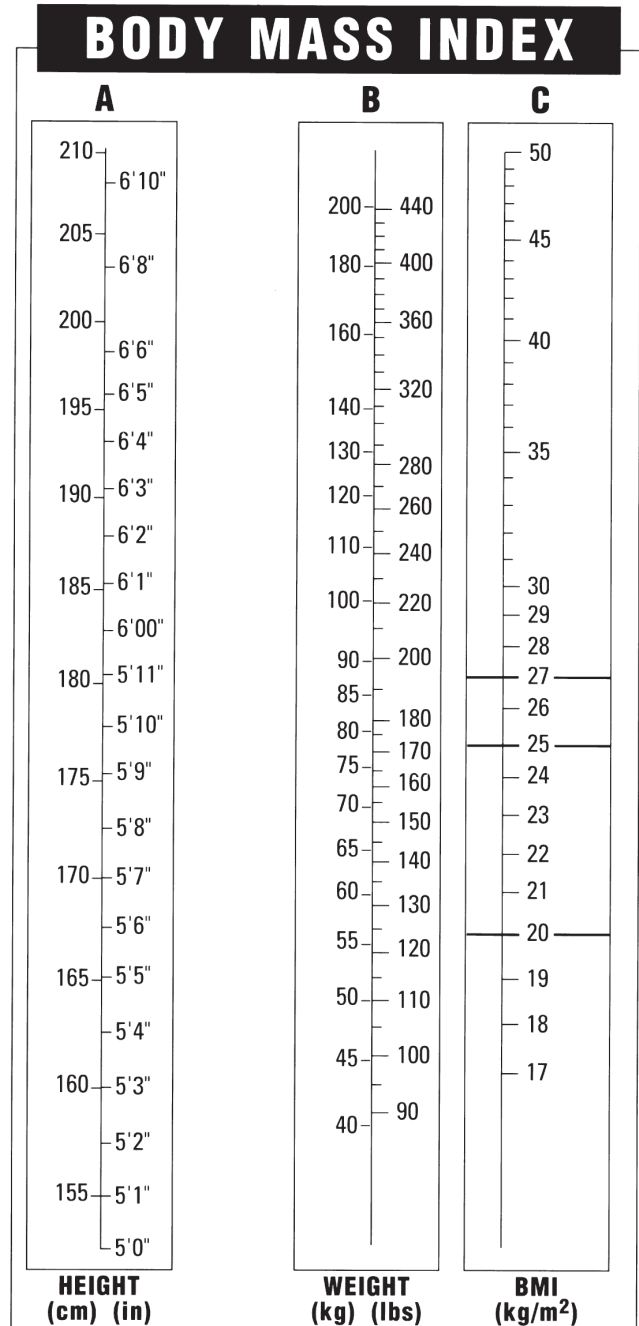


Example:

This person is
5 ft.11 in. tall, and
weighs 200 lbs.

His BMI is 28.

My BMI is _____.



Source: Expert Group on Weight Standards, Health and Welfare Canada

Once you know your Body Mass Index (BMI) before you became pregnant, you can use this table to see how much weight you need to gain during pregnancy.

Pre-pregnancy BMI category	Mean rate of weight gain in the 2nd and 3rd trimester		Recommended* range of total weight gain	
	kg/week	lb/week	kg	lbs
BMI < 18.5 Underweight	0.5	1.0	12.5 - 18	28 - 40
BMI 18.5 - 24.9 Normal weight	0.4	1.0	11.5 - 16	25 - 35
BMI 25.0 - 29.9 Overweight	0.3	0.6	7 - 11.5	15 - 25
BMI ≥ 30 ³ Obese	0.2	0.5	5 - 9	11 - 20

* Calculations assume a total of 0.5 - 2 kg (1 - 5 lbs) weight gain in the first trimester.

If you are pregnant with more than one baby (twins, triplets) you will need to gain more weight. Your health care provider will advise you.

When you gain weight during pregnancy is just as important as how much weight you gain.

Most women don't gain much weight during the first three months of pregnancy. About 0.5 to 2 kg (1 to 5 pounds) is normal. Although still very small, your baby is developing very quickly. Healthy eating is very important early in your pregnancy.

For the rest of your pregnancy, the baby continues to develop and to grow bigger and stronger. If you are in the normal weight range, you should expect to gain about 0.5 kg (1 pound) a week.

This steady, gradual weight gain is a sign of a normal, healthy pregnancy. If you find you are gaining much more, or much less, than 0.5 kg (1 pound) a week, talk it over with your doctor.

***Gaining
Weight
Gradually***

Gain a healthy amount of weight

Gaining a healthy amount of weight gives you the best chance of having a healthy baby.

A healthy weight gain for most mothers is 25 to 35 pounds. Your health care provider may recommend a different weight gain if you

- were overweight or underweight before you became pregnant
- are 19 or younger
- are having twins or triplets

When you gain a healthy amount of weight, only 5 to 8 pounds of this weight gain is fat. Your body stores this fat to give you the extra energy you will need while pregnant and breastfeeding. Breastfeeding can help you to lose this extra weight.

Breasts — 2 to 3 pounds

Blood — 4 pounds

Uterus — 2 to 3 pounds

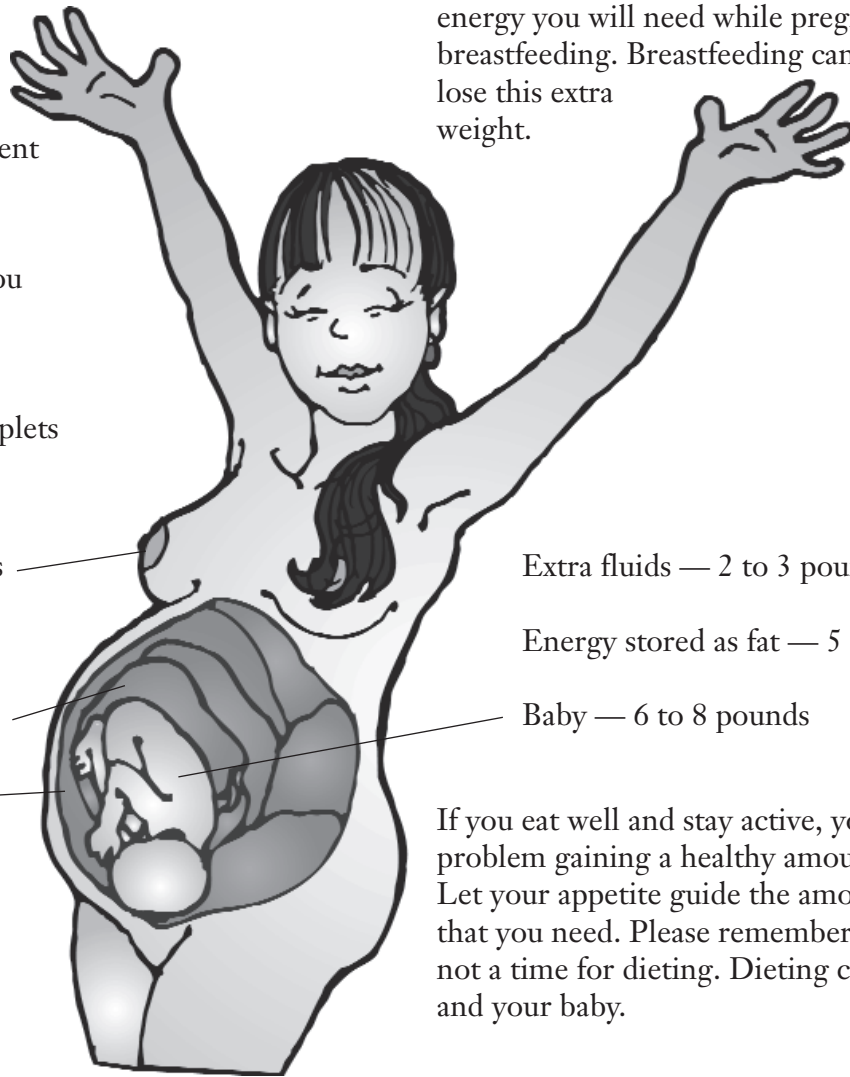
Placenta and amniotic fluid — 4 to 6 pounds

Extra fluids — 2 to 3 pounds

Energy stored as fat — 5 to 8 pounds

Baby — 6 to 8 pounds

If you eat well and stay active, you will have no problem gaining a healthy amount of weight. Let your appetite guide the amount of food that you need. Please remember, pregnancy is not a time for dieting. Dieting can harm you and your baby.



What You Need

While you're pregnant, you need to eat healthy foods because you are making food and nutrient choices for yourself **and** your growing baby.

This means that **every day** you should have

- regular meals and snacks
- food from each of the 4 food groups
- plenty of water
- a small amount (30 to 45 mL) of unsaturated fat
- a multivitamin supplement containing folic acid and iron

It means that you may have to limit or avoid

- alcohol (avoid)
- caffeine
- artificial sweeteners
- less nutritious foods

No one food is perfect. You need a variety of healthy foods to be healthy and to build a healthy baby.



Regular Meals

Eating regular meals and snacks is an important part of healthy eating. You and your baby both need a steady supply of food to stay well. It's very difficult to get this if you skip meals.

It's a good idea to make a habit of eating regularly. If you find that eating three meals a day is difficult, you can try having smaller meals and snacks more often. The important thing is to stick to an eating pattern that is comfortable for you and gives you and your baby the food you need.

It's especially important that you eat when you first get up in the morning. From bed time to waking up is a long time to go without food. Your body slows down while you're asleep, and you need healthy food to help it get going again.

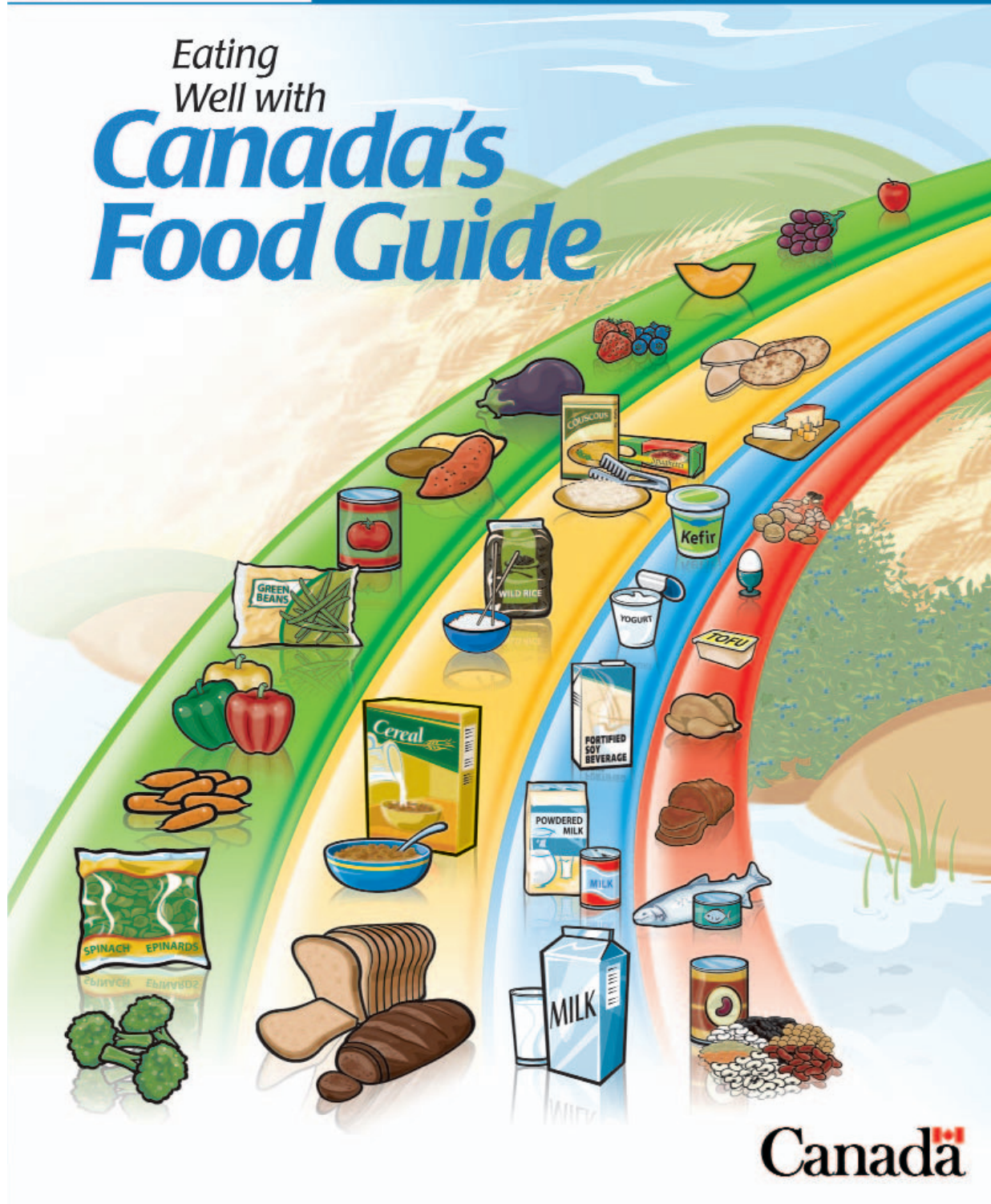


Health
Canada Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Eating Well with **Canada's Food Guide**



Canada

Recommended Number of Food Guide Servings per Day

Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving?

Look at the examples below.



Fresh, frozen or canned vegetables
125 mL (½ cup)



Leafy vegetables
Cooked: 125 mL (½ cup)
Raw: 250 mL (1 cup)



Fresh, frozen or canned fruits
1 fruit or 125 mL (½ cup)



100% Juice
125 mL (½ cup)



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
Hot: 175 mL (¾ cup)



Cooked pasta or couscous
125 mL (½ cup)



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 (1 ½ oz.)



Cooked fish, shellfish, poultry, lean meat
75 g (2 ½ 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)

Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



Make each Food Guide Serving count...
wherever you are – at home, at school, at work or when eating out!

► **Eat at least one dark green and one orange vegetable each day.**

- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

► **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

► **Have vegetables and fruit more often than juice.**

► **Make at least half of your grain products whole grain each day.**

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

► **Choose grain products that are lower in fat, sugar or salt.**

- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

► **Drink skim, 1%, or 2% milk each day.**

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

► **Select lower fat milk alternatives.**

- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

► **Have meat alternatives such as beans, lentils and tofu often.**

► **Eat at least two Food Guide Servings of fish each week.***

- Choose fish such as char, herring, mackerel, salmon, sardines and trout.

► **Select lean meat and alternatives prepared with little or no added fat or salt.**

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.



* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Advice for different ages and stages...

Children

Following *Canada's Food Guide* helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.



Women of childbearing age

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **folic acid** every day. Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Here are two examples:

- Have fruit and yogurt for a snack, or
- Have an extra slice of toast at breakfast and an extra glass of milk at supper.



Men and women over 50

The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).



How do I count Food Guide Servings in a meal?

Here is an example:

Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

250 mL (1 cup) mixed broccoli, carrot and sweet red pepper	=	2 Vegetables and Fruit Food Guide Servings
75 g (2 ½ oz.) lean beef	=	1 Meat and Alternatives Food Guide Serving
250 mL (1 cup) brown rice	=	2 Grain Products Food Guide Servings
5 mL (1 tsp) canola oil	=	part of your Oils and Fats intake for the day
250 mL (1 cup) 1% milk	=	1 Milk and Alternatives Food Guide Serving
1 apple	=	1 Vegetables and Fruit Food Guide Serving



Eat well and be active today and every day!

The benefits of eating well and being active include:

- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

Be active

To be active every day is a step towards better health and a healthy body weight.

Canada's Physical Activity Guide recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

Start slowly and build up.

Eat well

Another important step towards better health and a healthy body weight is to follow Canada's Food Guide by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Read the label

- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

Limit trans fat

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

Nutrition Facts

Per 0 mL (0 g)

Amount	% Daily Value
Calories 0	
Fat 0 g	0 %
Saturates 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

Take a step today...

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.
- ✓ Enjoy eating with family and friends!
- ✓ Take time to eat and savour every bite!

For more information, interactive tools, or additional copies visit Canada's Food Guide on-line at:
www.healthcanada.gc.ca/foodguide

or contact:

Publications
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Également disponible en français sous le titre :
Bien manger avec le Guide alimentaire canadien

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The Four Food Groups

The four food groups of *Eating Well with Canada's Food Guide* are

- Vegetables and Fruit
- Grain Products
- Milk and Alternatives
- Meat and Alternatives

You should be eating a variety of foods from each of these food groups **every day**.

Eating Well with Canada's Food Guide describes the amount of food people need and the types of food that are part of a healthy eating pattern. During pregnancy women need extra calories. For most women, this means an extra 2 to 3 Food Guide Servings each day. Remember to listen to your body—eat when you are hungry and stop when you are full.

The foods you eat now are the building blocks for a healthy baby. All together, they add up to healthy eating. If it's difficult for you to get foods from all these groups—for example, if you are a vegetarian or if you are allergic to milk—talk with a registered dietitian in your community.

What foods are in this group?

This group includes all vegetables and fruit—fresh, cooked, or dried—as well as fruit and vegetable juices. You should eat at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. You should have vegetables and fruit more often than juice.

Why do I need them?

Vegetables and fruit give you:

- folic acid, which helps build red blood cells
- vitamin A, which helps build bones and teeth and keeps eyes and skin healthy
- vitamin C, which keeps your gums and blood vessels healthy and helps you resist infection

How big is a Food Guide Serving?

A Food Guide Serving is:

- 125 mL (½ cup) cooked fruits or vegetables (fresh, frozen, or canned)
- 125 mL (½ cup) fruit or vegetable juice (fresh, frozen, or canned)
- 1 medium fruit or vegetable (like a carrot, potato, green pepper, tomato, peach, apple, orange, or banana)
- 60 mL (¼ cup) dried fruit

Vegetables and Fruit



Grain Products

What foods are in this group?

This food group includes foods like bread, rice, pasta, and cereal. Try to choose grain products that are lower in fat, sugar and salt. Look for “whole grain” varieties since at least half of your daily grain intake should be whole grain. Bread, oatmeal, bran muffins, rice, shredded wheat, noodles, and pasta are all part of this food group.

Why do I need them?

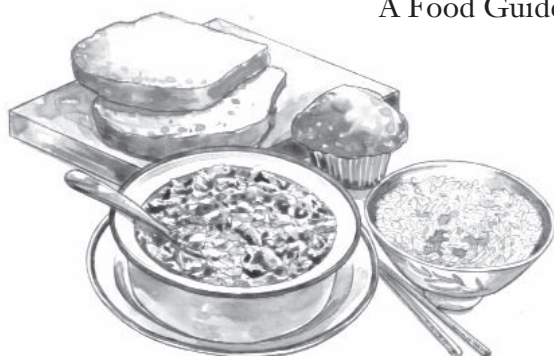
Grain products give you

- carbohydrates, which give you energy and help your body use fats
- B vitamins, which help your body to use energy from foods and keep your eyes, skin, nervous system, and appetite healthy. B vitamins are also important for normal growth and development
- iron, which keeps blood healthy

How big is a Food Guide Serving?

A Food Guide Serving is:

- 1 slice (35 g) of bread
- 175 mL ($\frac{3}{4}$ cup) cooked cereal
- 30 g cold cereal
- 125 mL ($\frac{1}{2}$ cup) cooked brown or white rice, macaroni, spaghetti, or noodles
- $\frac{1}{2}$ pita or $\frac{1}{2}$ tortilla (35 g)



Milk and Alternatives

What foods are in this group?

This group includes milk, fortified soy beverage, canned (evaporated) milk, powdered milk, cheese, and yogurt. *Eating Well with Canada's Food Guide* recommends that you drink low fat milk (skim, 1%, or 2% milk) each day. You should have 500 mL (2 cups) of milk every day to get enough vitamin D. Drink fortified soy beverage if you do not drink milk.

Why do I need them?

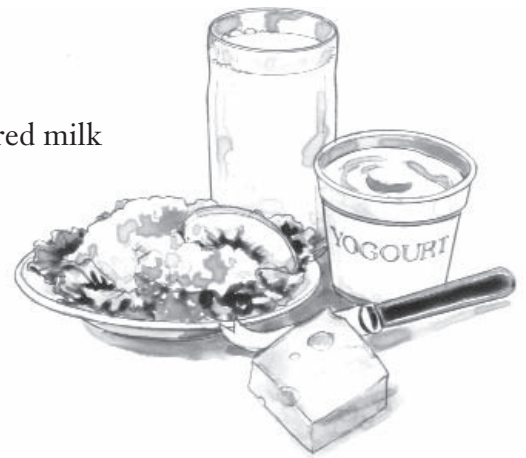
Milk and Alternatives give you:

- calcium, which builds bones and teeth and keeps them strong. It also helps nerves to function and blood to clot
- vitamin D, which also builds strong bones and teeth
- protein, which helps to build and repair all parts of the body and helps to fight infections

How big is a Food Guide Serving?

One Food Guide Serving is:

- 250 mL (1 cup) milk, fortified soy beverage or reconstituted powdered milk
- 125 mL (½ cup) canned (evaporated) milk
- 175 mL (¾ cup) yogurt
- 50 g (1½ ounces) firm cheese (like cheddar)



Meat and Alternatives

What foods are in this group?

Besides meat, this group includes fish, poultry, eggs, dried peas and lentils, peanut butter, nuts and seeds.

Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week. Select lean meat and alternatives prepared with little or no added fat or salt.

Health Canada recommends that women who are or may become pregnant, or who are breastfeeding, limit their consumption of fresh/frozen tuna, shark, swordfish, marlin, orange roughy and escolar to two Food Guide Servings per month. Canned albacore tuna (not canned light tuna) should be limited to four Food Guide Servings a week.

Why do I need them?

Meat and Alternatives give you

- protein, which builds and repairs all parts of the body and helps fight infection
- iron, which keeps blood healthy
- folic acid, which helps build red blood cells



How big is a Food Guide Serving?

A Food Guide Serving is:

- 75 g (2 ½ ounces) or 125 mL (½ cup) cooked fish, shellfish, poultry, lean meat
- 30 mL (2 Tbsp) peanut butter
- 175 mL (¾ cup) cooked legumes (like peas, beans or lentils)
- 60 mL (¼ cup) nuts or seeds
- 2 eggs

Oils and Fats

Oils and fats supply calories and essential fats and help your body absorb fat-soluble vitamins. Fat is found naturally in many foods—such as meat, fish, cheese, nuts and avocados. However, a significant amount of the fat we eat comes from fats and oils that are added during cooking—such as oil in a stir fry—or fats added at the table, including salad dressing, margarine, or mayonnaise.

Eating Well with Canada's Food Guide recommends that you include a small amount—30 to 45 mL (2 to 3 Tbsp)—of unsaturated fat each day. This includes oils used for cooking, salad dressings, margarines and mayonnaise. A small amount of unsaturated fat is part of the healthy eating pattern that includes mostly lower fat foods.

Eating Well with Canada's Food Guide recommends that people drink water regularly. It can satisfy thirst and give you the fluid you need without adding calories to your diet. Water plays an important role in keeping your body healthy.

- It helps keep your body temperature normal.
- It moves vitamins and minerals to where your body needs them.
- It helps to keep your bowels regular, prevents constipation, and lets the fibre in your food do its job.

Fresh, clean drinking water is part of healthy eating during pregnancy. You need 6 to 8 glasses of water every day, but it doesn't help to drink so much water that you have no appetite left for food.

Water safety

You are responsible for ongoing monitoring of your well water quality. Your well should be checked for bacteria every six months. The chemical quality should be checked every two years, or earlier if you notice any change in your water. These changes could be things like more dirt or particles in your water, staining or hardness, or a change in taste or odour.

Whether you get your water from a well or a municipal water supply, if there is lead in your pipes, pumps, or plumbing, Health Canada recommends that you let your cold water tap run for about 2 minutes every morning—or just flush your toilet. This will flush out lead and copper that could build up in the water overnight.

Hot water will draw out more lead and other minerals that may be in your plumbing. Always use cold tap water for drinking, cooking and filling your kettle.

Some municipalities in Nova Scotia keep track of which houses get their water through lead pipes. You can call your municipal water supply to see if they know whether your pipes are lead.

To find out what tests you need and how to do them, contact Nova Scotia Department of Environment: 1-877-9ENVIRO (1-877-936-8476).

Iron and folic acid are important for your baby's growth and development. For this reason you need more of these nutrients than usual while you are pregnant.

The best way to be sure you're getting enough folic acid and iron is to eat a variety of foods from each of the four food groups and take a multivitamin every day.

*Extra Iron,
Folic Acid and
Calories*

Iron

Why do I need iron?

You need iron to build the red blood cells that carry oxygen and iron to you and your baby. It's important for babies to have a good supply of iron in their bodies when they're born. The iron they're born with has to last them for the first six months of life.

Eating foods containing iron and taking a daily multivitamin that has 16-20 mg of iron will help you and your baby get enough iron.

What foods contain iron?

Some good sources of iron are:

- **Meat and alternatives—like meat, fish, poultry, eggs, legumes, nuts and tofu.** Try adding lean ground meat, canned beans or lentils to soups or pasta sauces for extra iron. You can also get extra iron by eating nuts and seeds and by sprinkling them into salads and cereal.
- **Whole grain breads and cereals, and wheat germ**
Switch from white to whole wheat and whole grain breads. Add oatmeal to meatloaf and meatballs. Use bran flakes in recipes that call for corn flakes.
Add wheat germ to meat loaves, hamburgers, muffins, breads, and cookies. Use it as a crunchy topping on casseroles and fruit crisps. Sprinkle it on salads and cereals.
- **Dried fruits, like raisins, dates, apricots, prunes and prune juice**
Dried fruits make good snacks. You can also add them to cereals, applesauce, salads, muffins, sweet loaves, and cookies. Drink prune juice on its own, or try mixing it with other juices for extra iron.

Vitamin C helps your body to use the iron in vegetables and fruits. Try to eat food rich in vitamin C at the same meal as non-meat food rich in iron. Some foods high in vitamin C are oranges and grapefruit and their juices, tomatoes and tomato sauces, broccoli, kiwi, potatoes, cantaloupe, cabbage, and cauliflower.

Avoid coffee or tea at mealtimes. Coffee and tea make it more difficult for your body to use iron. Wait at least an hour after meals before having coffee or tea.

Why do I need folic acid?

Folic acid is a vitamin that works with iron to keep your blood healthy and to build healthy blood and tissue for your baby.

In addition to following *Eating Well with Canada's Food Guide*, women of childbearing age need extra folic acid. Extra folic acid decreases the risk of your baby developing neural tube defects (NTDs) such as spina bifida. All women who are of childbearing age, or who are pregnant or breastfeeding, should take a daily multivitamin containing 400 micrograms (0.4 mg) of folic acid.

What foods contain folic acid?

Many different kinds of food are good sources of folic acid:

- vegetables and fruits, like broccoli, greens, green peas, brussels sprouts, tomatoes, sweet potatoes, oranges, grapefruit, cantaloupe, and citrus juices (Orange juice is an inexpensive, quick way to get folic acid into your eating plan.)
- meats and alternatives like, peanuts and peanut butter, other nuts, dried peas, and dried beans
- whole grain breads and cereals and wheat germ

Folic acid is easily destroyed by heat, air, and water. Be sure to keep fruits and vegetables refrigerated until you use them. When you can, eat fruits and vegetables raw. When you cook, use as little water as possible. Try steaming your vegetables instead of boiling them.

Easy Ways to Get More Folic Acid

Use spinach.	Try a spinach salad, or add spinach to your regular salads. Use it with or in place of lettuce in sandwiches, Add it to soups, stews, and casseroles.
Eat raw vegetables and fruit.	Try raw veggies like broccoli, cauliflower, carrots, and green pepper with a dip. Add fruits and vegetables to your salads. Tomatoes are good with most salads, and oranges are great with spinach. Oranges are an especially good source of folic acid.
Add vegetables whenever you can.	Try making stew with tomato juice. Add tomatoes to casseroles like macaroni and cheese. Add an extra can of tomatoes to your favourite chili or spaghetti sauce recipe.
Drink citrus juices.	Orange juice is always good. Try mixing it with grapefruit or pineapple juice for a change of taste. Be sure that you get real juice. Fruit drinks and drink crystals do not contain folic acid.
Use wheat germ.	Sprinkle it on salads and cereals. Add it to meat loaf and casseroles. Throw some in when you bake bread, muffins, or cookies.
Use whole grain flour.	Make baked goods rich in folic acid by using whole wheat flour, oatmeal, and wheat germ when you make cookies, fruit crisps, muffins, granola, or fruit loaves.
Use nuts.	Snack on peanut butter and crackers or whole wheat toast. Snack on peanuts, almonds, and walnuts. Add them to salads. Toss them into casseroles and vegetable dishes. Add chopped nuts to cookies, muffins, and bread when you bake.
Eat beans, peas, and lentils.	Try pea soup, bean soup, lentil soup, bean salads, and canned or homemade baked beans.

Extra Calories

During pregnancy, women need extra calories so that they will gain enough weight to support the baby's growth and development. Women need about 350 extra calories per day in the second trimester and 450 extra calories per day in the third trimester.

You can get these extra calories by consuming an additional 2 to 3 Food Guide Servings each day. For example:

- Have fruit and yogurt as a snack.
- Have an extra slice of toast and an extra glass of milk at breakfast.

Choosing foods that are higher in fibre and lower in fat is a healthy idea any time. Research has shown that a diet higher in fibre and lower in fat may decrease your chances of getting heart disease or cancer.

Higher Fibre, Lower Fat Foods

Higher Fibre

Constipation is a common problem during pregnancy. Fibre is a natural laxative and will help to prevent or relieve constipation. When eating foods higher in fibre, be sure to drink lots of fluid to keep the fibre soft.

Higher fibre foods include

- whole grain breads and cereals
- vegetables and fruits
- dried peas, beans, and lentils

Staying active is also important in preventing constipation. See page 39 in the Nine Months of Changes section for more information.

Lower Fat

It is normal and necessary to gain weight during pregnancy. Most of the weight you gain comes from your baby and the extra blood and tissue your body needs to nourish and support that new life.

Staying healthy and building a healthy baby takes nourishment from many different kinds of foods. Fatty foods may be replacing the more nutritious foods you and your baby need. You may be getting a lot of calories but not a lot of nourishment.

Oils and fats supply calories and essential fats and help our bodies absorb fat-soluble vitamins. The type of fat you eat is as important for health as the total amount of fat you consume. *Eating Well with Canada's Food Guide* recommends that you include a small amount—30 to 45 mL (2 to 3 tablespoons)—of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.

- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

To reduce the amount of unhealthy fat in your diet

- Avoid high fat snacks like potato chips, pastries and chocolate
- Use cooking methods such as roasting, baking, poaching, steaming or broiling instead of frying
- Select lean meat and alternatives prepared with little or no added fat
- Select lower fat milk and alternatives



Multivitamin Supplements

Enjoying a wide variety of healthy foods is the best way for you and your baby to get the energy and nutrients you need.

In addition to eating healthy, all women of childbearing age—including those who are pregnant or breastfeeding—should take a multivitamin containing 400 mcg (0.4 mg) of folic acid every day. During pregnancy, the multivitamin should also include 16-20 mg of iron.

Depending on your own health and your family medical history, you may need more iron or folic acid.

Talk with your health care provider to find the multivitamin that is right for you or if you have any questions or concerns about healthy eating.

Treat multivitamins like medicine. Take them according to directions. Keep them out of reach of children.

Canada's Food Guide suggests...

- ☐ Eat the recommended **amount** and **type** of food each day.
- ☐ Eat at least one dark green and one orange vegetable each day.
- ☐ Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- ☐ Have vegetables and fruit more often than juice.
- ☐ Make at least half of your grain products whole grain each day.
- ☐ Choose grain products that are lower in fat, sugar or salt.
- ☐ Drink skim, 1 % or 2 % milk each day.
- ☐ Select lower fat milk alternatives.
- ☐ Have meat alternatives such as beans, lentils and tofu often.
- ☐ Eat at least two Food Guide Servings of fish each week.
- ☐ Select lean meat and alternatives prepared with little or no added fat or salt.
- ☐ Include a small amount of unsaturated fat each day.
- ☐ Satisfy your thirst with water.
- ☐ Limit foods and beverages high in calories, fat, sugar or salt.
- ☐ Be active every day.

What You Don't Need

In this section, we'll be talking about caffeine, artificial sweeteners, and foods to limit.

Foods and beverages that contain caffeine and artificial sweeteners are sometimes called “empty calories.” They contain few nutrients and fill you up, leaving less room for the healthy foods you and your growing baby need.

There are several reasons why it's a good idea to limit caffeine while you're pregnant.

Caffeine

- Caffeine enters the baby's bloodstream, and the baby's system can't get rid of it very well.
- Drinks containing caffeine — like coffee, tea and colas — may take the place of more nourishing drinks — like milk or fruit juice.
- Caffeine makes you urinate more often. If you have a problem with frequent urination, caffeine will make it worse.
- Caffeine makes it hard for your body to use calcium. Calcium is important to your baby's growth and development.

Many of us use caffeine without realizing it. Did you know that besides coffee and tea, there is caffeine in chocolate and in many soft drinks and medicines? Read labels and choose the products that have the least caffeine.

During pregnancy limit caffeine to no more than 300 mg a day to keep your baby safe. To stay within this limit, you could drink a little more than two 8-oz cups of coffee a day, as long as you did not eat or drink any other products that contain caffeine.

You'll find a chart showing the amounts of caffeine in some foods and drinks on page 14.

If you are thinking about trying herbal teas as a replacement for coffee and tea, keep in mind that some herbal teas are safe to drink during pregnancy and others are not. Speak to your health care provider.

One way to cut down on caffeine is to look carefully at **when** you use it and think about things you could do instead. For example:

- Do you need two or three cups of coffee to get going in the morning? Try to stop after one cup and move away from the table. Switch to decaffeinated tea or coffee or other hot drinks.
- Are you used to drinking coffee on your breaks at work? Drink something other than coffee or tea. Try water, milk or fruit juice instead. Or eat an apple. Make sure that whatever you eat or drink instead of coffee is nourishing.
- Do you drink coffee or cola or eat chocolate to give yourself a boost? Getting plenty of rest and exercising regularly will boost your energy throughout the day.

Artificial Sweeteners

Limit the artificial sweetener aspartame during pregnancy. While studies suggest that it is not a health risk, it is found in foods and drinks that may not offer nourishment for you or your baby.

Avoid the artificial sweeteners saccharin and cyclamates during pregnancy. These may harm your baby.

If you use artificial sweeteners, think about the kinds of foods and drinks that contain them. Most of them don't provide the nutrient and energy that you and your growing baby need. Be very careful that these products do not replace more nourishing foods. Pregnancy is an important time to make healthy food choices. Milk, juice, and water are healthier drinks than sugar-free cola. An apple or orange is a more nourishing snack than sugar-free gelatin.

Limit foods and beverages high in calories, fat, sugar or salt

Follow *Eating Well with Canada's Food Guide* by eating the recommended amount and types of food each day. You should also limit foods and beverages high in calories, fat, sugar or salt (sodium). These include:

- Cakes and pastries
- Chocolate and candies
- Cookies and granola bars
- Ice cream and frozen desserts
- Doughnuts and muffins
- French fries
- Potato chips, nachos and other salty snacks
- Fruit flavoured drinks
- Soft drinks
- Sports and energy drinks
- Sweetened hot or cold drinks

Replace these foods with more nutritious foods. For example, try:

- An apple instead of a chocolate bar
- Cheese and crackers instead of cheesies
- Milk instead of coffee

Before you eat something that you know isn't nourishing, ask yourself "Have I eaten all or most of the recommended number of Food Guide Servings listed in *Eating Well with Canada's Food Guide*?"

Take extra care to handle food safely when you are pregnant. Illnesses from poor food handling can harm you and your unborn baby.

Unpasteurized milk, soft cheeses, and patés may cause Listeria infection, a food-borne illness. Avoid these foods during pregnancy. Deli meats carry a lower risk of Listeria, but you may choose to avoid them during pregnancy. Avoid raw hot dogs—make sure that they are fully cooked. Avoid prepared refrigerated foods—such as smoked fish—unless they are re-cooked to steaming hot to kill bacteria.

Handle food safely

Food safety tips:

- Wash your hands before you prepare or eat food.
- Wash all surfaces where food is prepared, especially after cutting raw meats or fish.
- Eat fully cooked meat and fish.
- Wash raw vegetables and fruits, even those with skin or peel.

Getting the Foods You Need

It's one thing to know what you should be eating. It's another thing to fit all that information about food groups, extra iron, folic acid and calories, and lower fat, higher fibre foods, into the meals you eat and the food you prepare every day.

We're here to help! In this section, there are sample menus and recipes to show you how to get the foods you need.

Follow *Eating Well with Canada's Food Guide* to ensure you are getting the correct number of Food Guide Servings you need from each of the following food groups:

	Women age 14–18	Women age 19–50
• Vegetables and Fruit:	7 servings	7–8 servings
• Grain Products:	6 servings	6–7 servings
• Milk and Alternatives:	3–4 servings	2 servings
• Meat and Alternatives:	2 servings	2 servings

Pregnant and breastfeeding women need extra calories. Include an extra 2 to 3 Food Guide Servings each day.

✓ Iron-rich Foods



✓ Folic Acid-rich Foods



✓ Vitamin C-rich Foods



The menu sheets on the next few pages are designed to help you to plan your meals to get the energy and nutrients you and your baby need.

The first two menu sheets have been filled in. They contain meals and snacks that are familiar, easy to make, and not too expensive and that still give you the right number of servings from each food group as well as the extra iron, folic acid, and calories you and your baby need.

Once you've seen, and perhaps even tried, the first two menus, fill in the blank menu sheets to keep track of your own eating for a few days. Do your menus provide all the foods you and your baby need? If they do, congratulations! Keep up the good work!

If they don't, keep trying. Try following the sample menus for a few days to get the feel of healthy eating. Then start making small changes to give yourself variety. For example, substitute an orange or a pear for an apple. Try green beans instead of peas, or broiled pork chops instead of roast beef.

As you keep track of what you eat, remember that you don't have to eat something from each food group at every meal. The idea is to get the number of Food Guide Servings you need from each food group over the course of the day.

When you look at these menus, it may seem like they have more food than you could possibly eat in one day. Please remember that these are Food Guide Servings. A Food Guide Serving may be smaller than the amount you usually eat. The idea is to eat a variety of foods from each of the four food groups.

This means that you should try to eat Food Guide Servings of many different kinds of foods rather than large servings of just a few kinds.



Sample one-day menu for pregnant females between the ages of 19 and 50

Recommended Daily Food Guide Servings*

Female	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
19+	7-8	6-7	2	2

*Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Foods	Number of Food Guide Servings				
	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Added Oils and Fats
Breakfast 1 slice whole wheat toast 30 mL (2 Tbsp) peanut butter 1 orange 250 mL (1 cup) skim milk	1	1	1	1	
Morning Snack 3 graham crackers 1 apple Water	1	1			
Lunch Tuna sandwich (30 g light canned tuna and mayonnaise) on 2 slices of rye bread 125 mL (1/2 cup) baby carrots with dip 1 banana 250 mL (1 cup) skim milk	1 1	2		1/2	✓ ✓
Afternoon Snack 1/2 cup grapes 1/2 cup milk	1		1/2		

Foods	Number of Food Guide Servings				
	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Added Oils and Fats
Dinner ½ cup rice 1 whole wheat roll 1 Tbsp margarine ½ cup broccoli 250 mL (1 cup) milk 75 g small steak ½ cup fruit salad	1	1	1	1	✓
Evening Snack ¾ cup hot whole grain cereal ½ cup kiwi ¼ cup milk Water	1	1	¼		
Total Food Guide Servings for the day	8	7	3 ¾	2 ½	

Count the number of Food Guide Servings from each food group to see if this menu gives you and your baby the foods you need.

	You Get:	Females 19-50 need:
Vegetables and Fruit:	8	7-8
Grain Products:	7	6-7
Milk and Alternatives:	3 ¾	2
Meat and Alternatives:	2 ½	2

Remember pregnant women need an extra 2 to 3 Food Guide Servings each day. This meal plan provides an extra 2 ¼ Food Guide Servings.

Sample one-day menu for pregnant females between the ages of 14 and 18

Recommended Daily Food Guide Servings*

Female	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
14-18	7	6	3-4	2

*Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Foods	Number of Food Guide Servings				
	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Added Oils and Fats
Breakfast 1/2 whole wheat bagel (45 g) 2 boiled eggs 1 peach 250 mL (1 cup) skim milk	1	1	1	1	
Morning Snack 60 mL (1/4 cup) carrot sticks and broccoli florets 10 crackers, saltines Water	1/2	1			
Lunch Stir-fry: 175 mL (3/4 cup) tofu; 125 mL (1/2 cup) orange pepper; 125 mL (1/2 cup) zucchini cooked with canola oil 250 mL (1 cup) quinoa 250 mL (1 cup) skim milk 1 apple	1 1 1	2	1	1	✓
Afternoon Snack 1 banana 1 cup plain popcorn	1	1/2			

Foods	Number of Food Guide Servings				
	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Added Oils and Fats
Dinner 500 mL (2 cups) spinach salad with 125 mL (½ cup) strawberries and kiwi and 60 mL (¼ cup) almonds Salad dressing 1 whole wheat roll 50 g cheese 250 mL (1 cup) milk	2 1	 1	 1 1	 1	 ✓
Evening Snack 1 whole grain toast with margarine Water		1			✓
Total Food Guide Servings for the day	8 ½	6 ½	4	3	

Count the number of Food Guide Servings from each food group to see if this menu gives you and your baby the foods you need.

	You Get:	Females 14-18 need:
Vegetables and Fruit:	8 ½	7
Grain Products:	6 ½	6
Milk and Alternatives:	4	3-4
Meat and Alternatives:	3	2

Remember pregnant women need an extra 2 to 3 Food Guide Servings each day. This meal plan provides an extra 3 Food Guide Servings.

Recommended Daily Food Guide Servings*

Female	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
14-18	7	6	3-4	2
19-50	7-8	6-7	2	2

*Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Foods	Number of Food Guide Servings				
	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Added Oils and Fats
Breakfast					
Morning Snack					
Lunch					
Afternoon Snack					

Foods	Number of Food Guide Servings				
	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Added Oils and Fats
Dinner					
Evening Snack					
Total Food Guide Servings for the day					

Count the number of Food Guide Servings from each food group to see if this menu gives you and your baby the foods you need.

	You Get:	Females 19-50 need	Females 14-18 need
Vegetables and Fruit:		7-8	7
Grain Products:		6-7	6
Milk and Alternatives:		2	3-4
Meat and Alternatives:		2	2

Remember pregnant women need an extra 2 to 3 Food Guide Servings each day.

Recommended Daily Food Guide Servings*

Female	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
14-18	7	6	3-4	2
19-50	7-8	6-7	2	2

*Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Foods	Number of Food Guide Servings				
	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Added Oils and Fats
Breakfast					
Morning Snack					
Lunch					
Afternoon Snack					

Foods	Number of Food Guide Servings				
	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives	Added Oils and Fats
Dinner					
Evening Snack					
Total Food Guide Servings for the day					

Count the number of Food Guide Servings from each food group to see if this menu gives you and your baby the foods you need.

	You Get:	Females 19-50 need	Females 14-18 need
Vegetables and Fruit:		7-8	7
Grain Products:		6-7	6
Milk and Alternatives:		2	3-4
Meat and Alternatives:		2	2

Remember pregnant women need an extra 2 to 3 Food Guide Servings each day.

Cravings and Aversions

You may find that during your pregnancy there are certain foods that you crave — you can't seem to get enough of them.

There may be other foods that you can't stand the sight of — just thinking about them can make you queasy.

No one knows why this happens, but there are usually no physical reasons for cravings or aversions. That is, it's not likely that you are craving chocolate bars because your body "needs" chocolate for some reason.

If you crave something that's good for you and your baby, like milk or citrus fruit, go ahead and enjoy! Just make sure that you leave enough room in your diet for other good foods.

If you crave less nutritious foods, like sweets or candy, look for foods that are both sweet and nourishing. For example, dried fruits, date squares, and quick breads are just as sweet and much more nourishing than candy or cake.

The same advice goes for aversions. If you can't stand something that isn't good for you, fine. For example, if you can't stand fried foods, don't worry. Broil or bake instead. It's much better for you anyway.

If your aversion is to a nourishing food that you and your baby need, try to find creative ways to sneak it into your diet or find other sources or other foods from the same food group. For example, if you can't stand milk, try yogurt or cheese or try putting extra powdered milk into other things you cook, like whole grain muffins or meat loaf. If this doesn't work, look for other sources of calcium, like salmon, tofu, or broccoli. If you can't stand the smell of fish cooking, try to have someone else do the cooking for you.

If you are seriously concerned about cravings or aversions, ask your doctor or a registered dietitian for advice.



If you are vegetarian, you can get the nourishment you and your baby need with a well-planned vegetarian eating style.

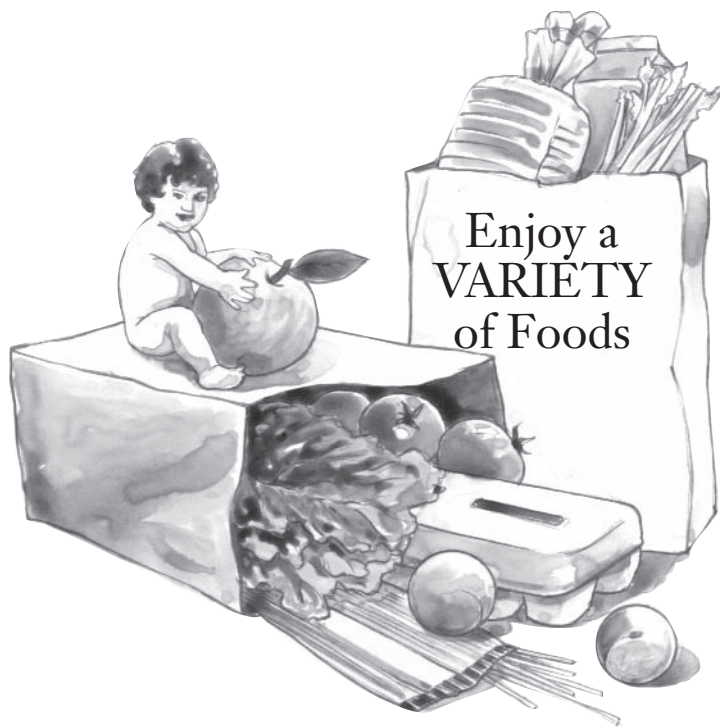
Vegetarian Eating

Be sure to:

- **Follow Canada's Food Guide.** Following the recommendations in *Eating Well with Canada's Food Guide* (starting on page 87) will help you get the nourishment you and your baby need. If you don't use milk products, you can choose fortified soy beverages as part of the Milk and Alternatives food group. You can get the protein you need by eating a wide variety of the alternatives in the Meat and Alternatives food group—for example, beans, lentils, eggs, tofu, soy-based meat substitutes, nuts, nut butters and seeds.
- **Eat enough.** While you're pregnant, it's very important that you get enough food energy (calories) to meet your own needs and the needs of your baby. Vegetarian foods often contain fewer calories, so you may need to eat more than usual to get the energy you need.
- **Get the vitamins and minerals you need.** If you avoid all food that comes from animals, you may need extra calcium, iron, zinc, vitamin D, or vitamin B₁₂ while you're pregnant.

If you have any questions about vegetarian eating during pregnancy, contact your local Public Health Services office, or talk to your health care provider.

After the Baby Comes



Healthy eating doesn't stop when your pregnancy ends. Pregnant or not, you still need food from each of the four food groups every day. See *Eating Well with Canada's Food Guide* (page 87) to find out how many Food Guide Servings you need from each of the four food groups. Remember: breastfeeding women need an additional 2 to 3 Food Guide Servings each day.

Healthy eating will help you and your family to stay healthy and active. *Eating Well with Canada's Food Guide* can help you make healthy choices.

Losing Weight

Every mother loses weight as soon as her baby is born. You lose the weight of the baby, the weight of the placenta, and the weight of the amniotic fluid.

Over the next few weeks, you'll lose the weight of your uterus as it returns to its non-pregnant size, as well as the weight of the extra blood and fluid you needed during pregnancy. Although you shouldn't try a reducing diet while breastfeeding, when you breastfeed you'll begin to use up the fat your body stored during pregnancy to prepare for breastfeeding.

If you've followed *Eating Well with Canada's Food Guide* during your pregnancy and continue to eat a healthy diet afterward, you probably won't have much trouble losing the extra weight. Many women find that they have lost the weight gained during pregnancy by the time the baby is about eight months old. This may seem like a long time, but remember that you were pregnant for nine months. Your body will need time to get back to normal.

Getting back to your pre-pregnancy weight does not guarantee that you'll be back to your pre-pregnancy shape. Healthy eating and active living will help with this. Look for a new mother's exercise program to get you off to a good start and see the Healthy Activity section for more information.

After you've had your baby, it's natural to want to "get back into shape" as quickly as possible. This is fine as long as you don't risk your health trying to reach an unrealistically low weight.

Before you think about losing weight, think about your goal. What's a healthy weight range for you?

The Body Mass Index (BMI) is an easy way to find your healthy weight range. On page 82, there's a table to help you find your BMI. The BMI works for men too. Once you've found your healthy weight range, you can decide whether you need to lose weight. You may be pleasantly surprised to find that your weight isn't a problem. You may just need exercise to get back into shape.

This chart will tell you whether your BMI poses a risk to your health.

A Healthy Weight Range

How your BMI affects your health risk

BMI	Weight Level	Risk of developing health problems
Less than 18.5	Underweight	Increased risk
18.6 to 24.9	Normal weight	Least risk
25.0 to 29.9	Overweight	Increased risk
30.0 to 34.9	Obese class 1	High risk
35.0 to 39.9	Obese class 2	Very high risk
Higher than 40.0	Obese class 3	Extremely high risk

My Contract for Body Balance

I would like to work toward reaching or keeping my BMI within the range of 18.6 to 24.9.

My goal for Healthy Eating is:

My goal for Physical Activity is:

Your risk for health problems is also affected by other factors, like your lifestyle habits and fitness level. It is also affected by whether or not you have other conditions that affect your health.

The BMI chart should not be used by pregnant women, breastfeeding mothers, or anyone under the age of 18.

Cutting Back on Fats

If you find you need to lose a few pounds to reach your healthy weight, do it slowly and sensibly. Remind yourself that it took nine months to gain the weight.

Keep eating the recommended Food Guide Servings of food from each of the food groups. Just look for lower calorie choices. The best way to lose weight is to cut calories from your diet, not nourishment. And the best way to cut calories is to cut back on the amount of fat we eat.

You can include a small amount—30 to 45 mL (2 to 3 Tbsp)—of unsaturated fat each day. This includes oil used for cooking, as well as the oil in salad dressings, margarine and mayonnaise.

- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

Cutting back on fats is not that difficult and it can make losing weight easier than you might expect.

Regular physical activity will help you to burn off calories, tighten muscles, and feel great!

Ideas for Cutting Back on Fats

- Choose vegetables and fruit prepared with little or no added fat
- Choose grain products that are lower in fat
- Drink skim, 1% or 2% milk each day
- Select lower fat milk alternatives
- Have meat alternatives such as beans, lentils and tofu often
- Select lean meat and alternatives prepared with little or no added fat
- Bake, broil, roast or steam foods
- Avoid deep fried foods
- Read food labels

Make Healthy Eating a Habit

Healthy eating is a good habit to have. It means enjoying a wide variety of nourishing, good tasting foods and limiting those high in fat, alcohol, caffeine, sugar and salt (sodium).

Good eating habits can help you, your baby and your family stay healthy for life. Right now is a good time to make a habit of healthy eating.

Once your new baby comes along contact your local Public Health Services office for copies of **Breastfeeding Basics**, **Loving Care: Birth to 6 Months**, **6 to 12 Months** and **Parents & Families**, and **After Year One: Food for Children**.



Public Health Services

www.gov.ns.ca/hpp

