

But eating for two doesn't mean eating twice as much. For example, women need about 350 extra calories per day in the second trimester and 450 calories per day in the third trimester. You can get this by eating an extra 2 to 3 Food Guide Servings each day, for example:

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

As your body gets used to being pregnant, you may find that you feel hungry all the time. If you're hungry, eat. But eat something that's healthy for you for your baby. Celery or carrot sticks, fresh fruit, whole grain toast, and bran muffins are all healthy snacks.

Look in the Healthy Eating section for more information about foods for a healthy pregnancy.



Not smoking while you are pregnant is one of the best things you can do for your own health and the health of your baby. It's also important for your own health—as well as your baby's—to remain smoke-free after your baby is born.

Always being in a smoke-free environment is another way to protect your health. Even if you don't smoke yourself, second-hand smoke from the people around you can harm you and your baby—now and after your baby is born.

It's never too late to stop smoking.

Benefits of being smoke-free

When you are smoke-free:

- You have a lower risk of cancer (lung, breast, and cervix), heart disease, stroke, respiratory illness, ulcers, tooth loss, gum disease, osteoporosis, and thyroid disease.
- You have more energy.
- You breathe more easily and cough less.
- You have more money. Nova Scotians who smoke a pack a day spend between \$2400 and \$4100 per year on cigarettes. Think of all the other things you can do with that money!
- You are half as likely to miscarry.
- You are less likely to have problems in labour and delivery.

No Smoking

- You are in control of your life. Addiction makes you feel powerless. Being smoke-free means that you can control where you go and what you do, instead of tobacco controlling you.
- Your social life is easier. Most Nova Scotians do not smoke. Most public places are smoke-free. It's easier to hang out or join peers in smoke free places if you do not smoke.
- Your skin looks better, with fewer wrinkles and better colour.
- Your clothes, hair, and home smell better.
- Food tastes better.

Babies whose mothers are smoke-free:

- Are less likely to be born too early.
- Are less likely to have breathing problems—like asthma and bronchitis.
- Are less likely to get ear and throat infections.
- May cry less.

Family and friends benefit when you are smoke-free because:

- Children of parents who do not smoke are less likely to have asthma, pneumonia, colds, and ear problems.
- Nonsmokers who are not exposed to second-hand smoke are less likely to develop lung cancer.

What can I do?

If you are concerned about your own smoking, the best thing you can do is to stop now.

Quitting smoking may seem stressful, but in reality, smoking adds stress to your body. It speeds up your heart and your baby's heart and raises your blood pressure. If you stop now, you and your baby can enjoy all the benefits of being smoke-free.

Smoking is an addiction. It is not easy to stop. But it's not impossible either. Millions of people have done it and it is one of the most important things you can do for your health and the health of your baby.

If you need help to quit smoking or to keep your home or car smoke-free, call the Smoker's Helpline (1-877-513-5333). Smoker's Helpline offers free telephone support, self-help booklets, websites, and referral to local support. They offer special support to pregnant women who want to stop smoking.

There are medications available that can help you stop smoking. Talk to a health care provider such as a doctor or pharmacist to find out what is right for you. You can also talk with staff at your local Addiction Services.

The less you smoke, the better it is for you and your baby. Even if you are not ready to quit smoking for good, try taking a break from tobacco. You can stop for hours, days, weeks, or months. You can increase the amount of time between each cigarette you smoke. You can smoke fewer cigarettes each day. The more you cut back, or the longer the breaks you take, the better. Any time you spend being smoke-free is good for your health and the health of your baby and the other people in your home.

If you are concerned about other people smoking around you, let them know about the harm that their smoking can do to you and your baby. If they aren't ready to quit, ask them to smoke outside.

Even if you and the people around you smoke, you can reduce the amount of smoke you and your baby are exposed to by making your home and car smoke-free spaces. Smoking in a small, enclosed space like a car is 23 times more toxic than smoking in a house. The smoke in a car builds up quickly, even with the window down. As a parent who smokes, making your home and car smoke-free may reduce the likelihood that your children will start using tobacco in the future.

Alcohol and Pregnancy Don't Mix

When you drink, your baby drinks too. Drinking alcohol during pregnancy could cause your baby to be born with Fetal Alcohol Spectrum Disorder (FASD) or other alcohol-related disorders. A child with FASD may have low birthweight, problems with thinking, speaking, hearing, or learning, and behavioural difficulties. These problems do not go away when the child grows up.

There is no amount of alcohol that is known to be safe during pregnancy. So the best choice is not to drink any alcohol at all when you're pregnant.

If you do drink, you should know that no one kind of alcohol is safer than another. There is about the same amount of alcohol in:

- a bottle of beer
- a glass of wine
- a shot of liquor

Each of these affects your baby in exactly the same way.

If you have been drinking heavily, you may need counselling to help you stop. For your own sake, and your baby's, please look for the help you need. Contact Addiction Services or ask your doctor or public health nurse about programs in your community.



Taking Medicines

As soon as you know that you're pregnant, talk with your doctor about any drugs you are using. This includes all prescription drugs and all of the medicines that you can get at the drug store, such as aspirin, pain relievers, cough and cold remedies, and even vitamin pills. If you go to more than one doctor, make sure that all your doctors know that you are pregnant and that they are all aware of any medicines that you are using.

To be safe, you should not take any drugs of any kind except on the advice of your doctor. If you do need medication, follow your doctor's directions.

Any drug you take can reach your baby. So before you take any medicine, ask your doctor, pharmacist, and even your dentist these questions:

- What is it?
- What's it for?
- What will it do to me and my baby?
- What are the side effects?
- What is the smallest dose I can take?
- Can it wait until after the baby is born?

If you do drugs, so does your baby. Any drug you take reaches your baby. Your baby can become addicted to the drugs you use.

All street drugs like cocaine, heroin, and marijuana have serious and harmful effects on you and on your baby.

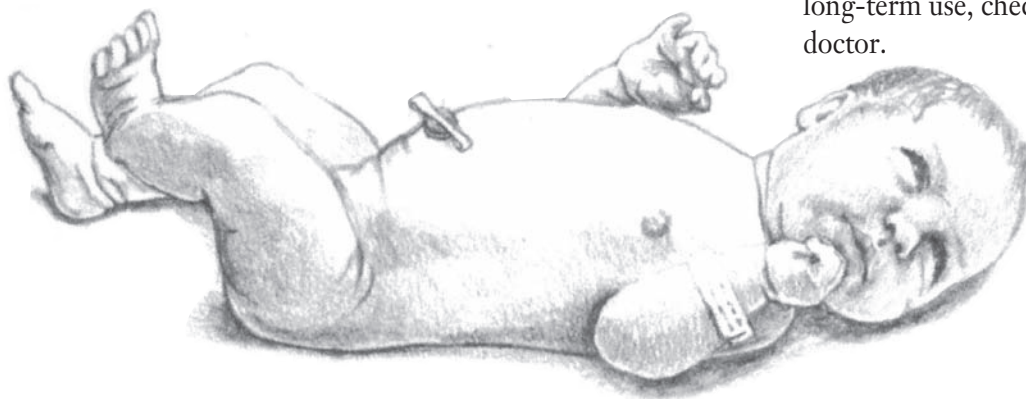
If you use drugs, you may find it difficult to stop on your own. For your own sake and your baby's, please look for the help you need. Contact Addiction Services or ask your doctor or public health nurse about programs in your community.

Don't Let Your Baby Do Drugs



Risks to Your Unborn Baby

Substance	Risk	Recommendation
Alcohol	Risk to unborn baby of low birth-weight, problems with thinking, speaking, hearing or learning and behavioural difficulties. This risk increases with amount and frequency of drinking.	“Safe” level is not known. The N.S. Department of Health and Wellness recommends no alcohol during pregnancy.
Amphetamines	Can increase the risk of miscarriage, premature delivery, low birth weight.	DO NOT USE.
Antacids	Probably safe in occasional doses.	Use only occasionally and do not exceed dosage on label.
Antihistamines (e.g., cold and allergy remedies)	Little known about risks during pregnancy.	See your doctor before using.
Caffeine	Suspected of harming the fetus if taken in large amounts (coffee, tea, chocolate, cola beverages).	Limit caffeine to no more than 300 mg a day.
Cannabis (Marijuana, Hashish)	Risk of abnormalities in development of fetus, undersize baby, and later behaviour problems (addiction, withdrawal).	DO NOT USE. If you need help to stop, talk to your doctor, or local Addiction Services office.
Cocaine, Crack	Risk of miscarriage, premature delivery; possible malformations of fetus.	DO NOT USE. If you need help to stop, talk to your doctor, or local Addiction Services office.
Hemorrhoid preparations	No known risk.	Ask your doctor or pharmacist to suggest a suitable remedy. For long-term use, check with your doctor.



Drug	Risk	Recommendation	
Household chemicals, paints, cleaning solvents, fertilizers	Accidental breathing in of fumes may harm fetus.	Use with caution, in a well-ventilated area.	
Laxatives	Bulk-forming type (e.g., Metamucil) are considered safe.	Use other types only if your doctor has approved them.	
Nausea (morning sickness) remedies	Anti-nausea drugs vary in risk to unborn baby.	DO NOT USE unless your doctor approves use of this medication.	
Opiates such as heroin and illegally obtained prescription drugs (e.g., Percocet, Talwin, Darvon)	Risk of miscarriage, premature delivery, complications during delivery; baby born with breathing problems or withdrawal symptoms, slow mental and physical development.	DO NOT USE. If you need help to stop, see your doctor immediately. Unsterile needles used for drugs raise the risk of hepatitis and AIDS/HIV infection in both mother and unborn baby.	
Pain Killers	<ul style="list-style-type: none"> • Non-prescription, containing ASA (e.g., Aspirin, Bufferin, Anacin) or acetaminophen (e.g., Tylenol, Atasol) • Non-prescription, containing codeine (e.g., 222s, Tylenol with codeine) 	<ul style="list-style-type: none"> • Safe for occasional use. • (Probably) safe for occasional use. 	For occasional use only. Check with your doctor before using regularly. Do not exceed recommended dose. Do not use ASA during your last three months of pregnancy. Check with your doctor.
Sleeping Pills	These vary greatly in risk to the unborn baby. If used regularly, baby may have breathing problems when born or may have withdrawal symptoms.	Use only if your doctor recommends. You may need your doctor's help to stop if you are a regular user.	
Tobacco	Smoking increases the risk of miscarriage, premature delivery, problems in labour and delivery, undersized baby, stillbirth and sudden infant death syndrome (SIDS). Children exposed to tobacco smoke in the home have a higher risk of SIDS, breathing problems such as asthma and bronchitis, colds and ear and throat infections.	DO NOT USE. If you need help to stop, talk to your doctor, or local Addiction Services office.	
Tranquilizers	If used regularly, baby may be born with breathing problems or withdrawal symptoms.	Use only if your doctor recommends. You may need your doctor's help to stop if you are a regular user.	

Caffeine

Many of us use caffeine without realizing it. Did you know that there is caffeine in coffee, tea, cola, chocolate, and many medications?

Caffeine can affect you in several ways. It is a diuretic—which means it causes you to lose fluids by urinating more often. It also acts as a stimulant—which means it makes your heart beat faster. For some people, this can cause sleeplessness, headaches, irritability, and nervousness.

Health Canada recommends that women who are planning to become pregnant, pregnant women and breastfeeding mothers limit caffeine to 300 mg/day.

Caffeine in Foods and Drinks

Food or Drink	Amount of Caffeine (mg)
Coffee (6 oz/200 mL)	
Percolated	72-144
Filter drip	108-180
Instant	60-90
Tea (6 oz/200 mL)	
Weak	18-24
Strong	78-108
Some varieties of pop (one 12 oz can /355ml)	28-64
Chocolate bar (2 oz/60 g)	
Milk chocolate	3-20
Dark	40-50