

Nutrition During Pregnancy

What you eat and drink when you are pregnant helps support both you and your baby.

To help you and your baby get the nutrients you need:

- Eat a variety of foods.
- Take a daily multivitamin with 400 mcg (0.4 mg) of folic acid and 16-20 mg of iron in it.

In your second and third trimesters, you need a little more food each day to support your baby's growth and development. This could be eating an extra snack or having a little more food at your meals.

Your Healthy Baby Club may provide foods such as eggs, oranges, milk and bread for you to eat at home. These foods were chosen to provide important nutrients for a healthy pregnancy. Some Healthy Baby Club's give food vouchers or gift cards so you can buy these foods.



What foods should I eat when pregnant?



Eating a variety of foods is the best way to help get the nutrients you and your baby need. Use Canada's Food Guide to help make food choices.

Each day, include a variety of:

- Vegetables and fruits
- Whole grain foods
- Protein foods

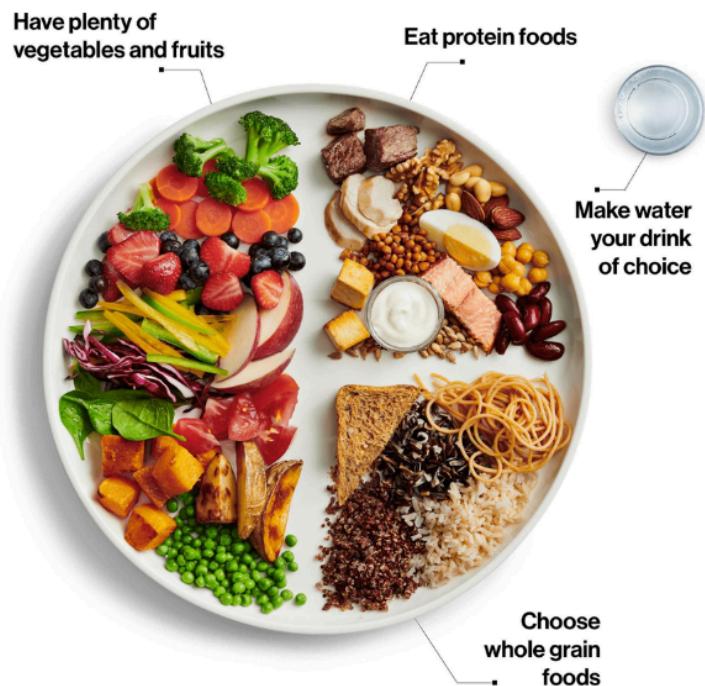
Choose foods with healthy fats, such as:

- nuts and seeds
- fatty fish

Try to limit highly processed foods such as:

- sugary drinks
- chips, chocolate and candies
- cakes, cookies and ice cream
- frozen dinners

Drink water to satisfy your thirst



Other Common Questions

Are there foods I should avoid when I am pregnant?

There are some foods that are not safe to eat when you are pregnant, such as:

- Hot dogs straight out of the package, without further heating
- Deli meats such as roast beef, turkey, ham and bologna
- Raw or undercooked meat, seafood or poultry
- Raw or lightly cooked eggs
- Soft, semi-soft and blue-veined cheeses

Can I eat fish when I am pregnant?

Try to eat fish every week. Eat different types of fish like salmon, trout, cod and light canned tuna.

Some fish may have higher levels of mercury. To help keep your baby safe, limit the amount of fish you eat that may be high in mercury like:

- Fresh/frozen tuna
- Canned albacore (white tuna)
- Shark

Can I have caffeine when I am pregnant? What about energy drinks or herbal teas?

Caffeine is safe in small amounts when you are pregnant. Try to keep your caffeine intake below 300 mg/day. Coffee, tea, chocolate, and some soft drinks have caffeine.

Energy drinks are not safe to drink during pregnancy.

The following herbal teas are generally considered safe if limited to 2-3 cups per day:

• bitter orange/orange peel	• peppermint	• rose hip
• echinacea	• red raspberry leaf	• rosemary

Are there any supports available to help with getting food?

The Prenatal-Early Childhood Nutrition Supplement (PECNS) is a financial benefit that provides money to those who are eligible to help with the extra cost of food during pregnancy. You can also visit 211 Newfoundland and Labrador or call 1-800-508-4788 to find out about other services in your area.

Where can I find more information?



- Canada's food guide: Healthy eating when pregnant and breastfeeding
- Safe food handling for pregnant women
- Mercury in Fish (Government of Canada)
- Caffeine in Foods (Government of Canada)
- Affordable Healthy Eating (Government of NL)
- 811's Dial-a-Dietitian