

# Eating well during pregnancy

The foods you eat before and during pregnancy help nourish you and your baby. Here are some tips for eating well during pregnancy so you and your growing baby get the important nutrients you need. To learn more, scan the QR code using your smartphone or visit [www.HealthyParentsHealthyChildren.ca](http://www.HealthyParentsHealthyChildren.ca)



## Vegetables and fruit

Try making half (1/2) of your plate vegetables and fruits.

- Serve raw vegetables with your meals
- Wash, chop, and refrigerate or freeze extra vegetables and fruits when preparing meals
- Choose fresh, frozen, or canned fruit for dessert
- Add canned pumpkin or squash purée to soups
- Add fresh fruits to salads
- Add frozen fruits to baking
- Try different types of leafy green vegetables, like kale, spinach, and bok choy

## Whole grain foods

Try making one quarter (1/4) of your plate whole grain foods.

- Start your day with a bowl of oatmeal, a mix of whole grain cereals, or whole grain toast
- Keep a variety of whole grain foods in your pantry
- Try a new whole grain each week
- Add pot barley, bulgar, or quinoa to soups, salads, and stir-fries
- Mix whole grain brown or wild rice into white rice

## Protein foods

Fill one quarter (1/4) of your plate protein foods.

- Eat animal-based protein foods for iron like beef, moose, chicken, and fish
- Eat a variety of fish and shellfish low in mercury and high in omega-3 fats like clams, salmon, and canned light tuna (yellow and skipjack)
- Choose protein foods that come from plants more often like beans, peas and lentils

## Other ways to meet your nutrition needs

- Drink milk or unsweetened fortified soy beverage
- Use milk in foods like smoothies, soups, and cereals
- Eat other protein foods like legumes, nuts, and eggs
- Get vitamin D from foods like fatty fish and eggs
- Get calcium from foods like yogurt, tofu, white beans, and cheese
- Drink more water to meet your fluid needs



### Did you know?

Health Link has dietitians to answer your nutrition questions. Call 811 and ask to talk to a dietitian or visit

[Alberta Health Services - Nutrition Services](http://www.albertahealthservices.ca/nutrition)

