

Pregnant or a New Parent?



Healthy Eating for Mom and Baby

Eating a healthy diet during pregnancy is one of the best things you can do for yourself and your baby. Good nutrition helps to give your developing baby the healthiest possible start in life.

Canada's Food Guide recommends:

Vegetables & Fruits –

- Eat 7 – 8 servings per day.
- Examples: fresh or canned fruit and frozen, raw or canned vegetables.
- One serving equals: 1 cup raw or 1/2 cup cooked spinach, carrots or broccoli, 1 apple or orange, 1/2 cup of berries.

Grain Products –

- Eat 6 – 7 servings per day.
- Examples: bread, crackers, bannock, cereal, rice and pasta. Choose whole wheat products when you can.
- One serving equals: 1 slice of bread, 1/2 cup cooked pasta, 1/4 cup hot cereal.

Milk Products –

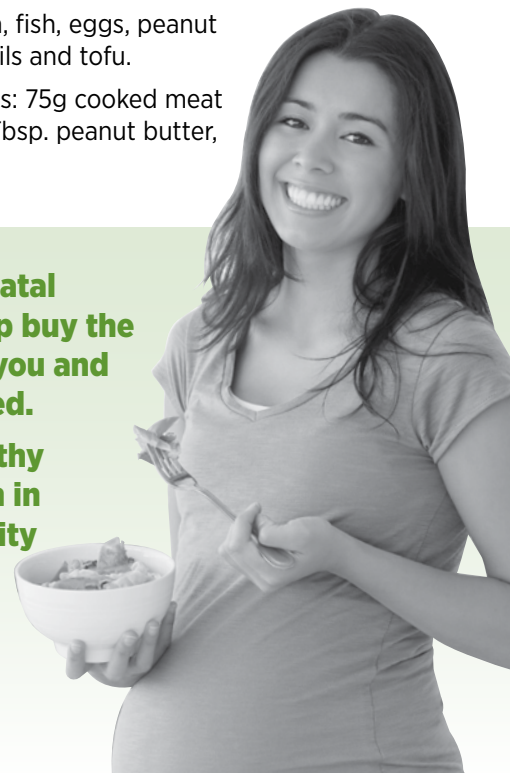
- Eat or drink 3 – 4 servings per day for teens and 2 servings for adults.
- Examples: milk, cheese, yogurt and pudding.
- One serving equals: 1 cup of milk, 3/4 cup of yogurt, 50g of cheese.

Meat & Alternatives –

- Eat 2 – 3 servings per day.
- Examples: chicken, fish, eggs, peanut butter, beans, lentils and tofu.
- One serving equals: 75g cooked meat or fish, 2 eggs, 2 Tbsp. peanut butter, 1/4 cup nuts.

Use your Prenatal Benefit to help buy the healthy food you and your baby need.

Attend a Healthy Baby program in your community and receive coupons for free milk.



Learn more about nutrition, health and your developing baby, and the Prenatal Benefit.

Connect with a Healthy Baby program in your community.

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.