

Healthy eating during pregnancy

- TO SUPPORT THE BABY'S GROWTH AND DEVELOPMENT
- TO MANAGE DISCOMFORTS AND SYMPTOMS DURING PREGNANCY
- TO PREVENT CERTAIN COMPLICATIONS DURING PREGNANCY

👍 During the 2nd and 3rd trimester, energy and proteins needs are increased.

Eat 3 balanced meals and 3 snacks per day

FRUITS AND VEGETABLES

- Eat at least one green and one orange vegetable per day
- Prioritize fresh, frozen or canned fruits and vegetables instead of juices
- Eat at least 5 fruits and vegetables per day

GRAIN PRODUCTS

Make at least half of your grain products whole grain



SNACKS

PROTEINS

- Dairy products
- Meat and alternatives



CARBOHYDRATES

- Fruits and vegetables
- Grain products



PROTEINS

INCLUDE A VARIETY OF PROTEIN SOURCES EVERY DAY

- Meat and poultry
- Fish and seafoods
- Eggs
- Dairy products and substitutes
- Legumes (lentils, black beans, chickpeas. etc.)
- Nuts and seeds
- Peanuts and peanut butter

THE DIET DISPENSARY RECOMMENDS:

- 1 egg per day
- 4 portions of dairy products including at least 2 glasses of milk
 - 1 portion: 250ml milk or soy beverage, 175g of yogurt, 50g of cheese

IRON

- NUTRIENT AND OXYGEN TRANSPORT TO THE FETUS
- GROWTH OF THE FETUS
- IRON STORES FOR BABY'S FIRST 6 MONTHS OF LIFE

BEST ABSORBED SOURCES

- Meat and poultry
- Fish and seafood
- Black pudding
- Giblets (heart, liver, kidneys)

Liver should be avoided during the first trimester.

During the 2nd and 3rd trimester, a maximum of 75g can be consumed weekly. Chicken liver is the best option.

OTHER SOURCES

- Pumpkin seeds
- Legumes (chickpeas, black beans, lentils)
- Medium firm or firm tofu
- Iron fortified breakfast cereals, pasta and breads
- Blackstrap Molasses
- Certain vegetables (pumpkin, green peas, potatoes, spinach)
- Eggs

OMEGA-3

- POSITIVE IMPACT ON PREGNANCY OUTCOMES (DELIVERY AT TERM, BIRTH WEIGHT)
- IMPORTANT ROLE IN THE HEALTH OF THE MOTHER AND THE BABY

ANIMAL SOURCES

- Fatty fish (herring, mackerel, salmon, sardines, trout).

THE DISPENSARY RECOMMENDS CONSUMING FATTY FISH AT LEAST TWICE A WEEK.

PLANT SOURCES

- Walnuts
- Flax or chia seeds
- Vegetable oils (canola, flax, soy)



WATER

6 CUPS PER DAY

- For good hydration, drink around 1.5L of water per day
- A good indicator is the color of urine. A pale urine is a sign of adequate hydration.



VITAMIN C

INCREASES IRON ABSORPTION
Broccoli, cabbage, cantaloupe, clementine, grapefruit, guava, kiwi, litchi, mango, orange, papaya, red, orange or yellow pepper, pineapple, tomato and strawberry

DURING PREGNANCY

Take a prenatal multivitamin everyday



AT LEAST 3 MONTHS BEFORE PREGNANCY

Take a prenatal multivitamin containing at least 0,4mg of folic acid daily to lower the risk of neural tube defects

CALCIUM AND VITAMIN D

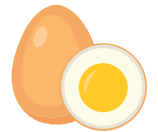
- BABY'S TEETH AND BONE DEVELOPMENT
- MAINTENANCE OF THE MOTHER'S BONE MASS

CALCIUM SOURCES

- Dairy products (milk, yogurt, cheese)
- Enriched soy beverages
- Tofu with calcium sulfate
- Canned fish with bones (sardines, salmon)
- Calcium enriched products (ex: some orange juices)
- Almond and sesame butter (tahini)
- Broccoli and leafy dark green vegetables

SOURCES OF VITAMIN D

- Milk
- Enriched soy beverages
- Eggs
- Enriched margarines and yogurts
- Fatty fish (salmon, sardines, trout)



 dispensary

For more tools, visit www.centrealima.ca

