

Nourrir la vie

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

Eat 3 balanced meals and 3 snacks per day.

Balanced meal

Fruits and vegetables

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



Grains and starches

Make at least half of your grain products whole grains

Snacks

Proteins

+

**Fruits and vegetables or
Grains and starches**

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

Alima 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). Alima recommends consuming fatty fish at least twice a week.

Plant sources

- walnuts
- flax or chia seeds
- vegetable oils (canola, flax, soy)



VITAMIN C

Increases iron absorption

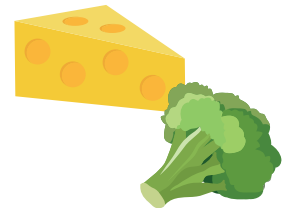
Broccoli, cabbage, cantaloupe, clementine, grapefruit, guava, kiwi, litchi, mango, orange, papaya, red, orange or yellow pepper, pineapple, tomato and strawberry

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

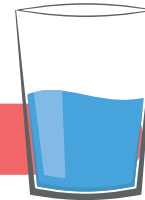
- Dairy products (milk, yogurt, cheese)
- Enriched soy beverages
- Tofu with calcium sulfate
- Canned fish with bones (sardines, salmon)
- Calcium enriched products (ex: some orange juices)
- Almond and sesame butter (tahini)
- Broccoli and leafy dark green vegetables

SOURCES OF VITAMIN D

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



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.

For more tools, www.centrealima.ca

Notice: This tool is intended for informational purposes. It does not replace the advice of a health professional. If you have any doubts or are experiencing serious difficulties, consult a health professional without delay.

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