

# Eating well when you're pregnant with twins



## Eat more starting in the first trimester

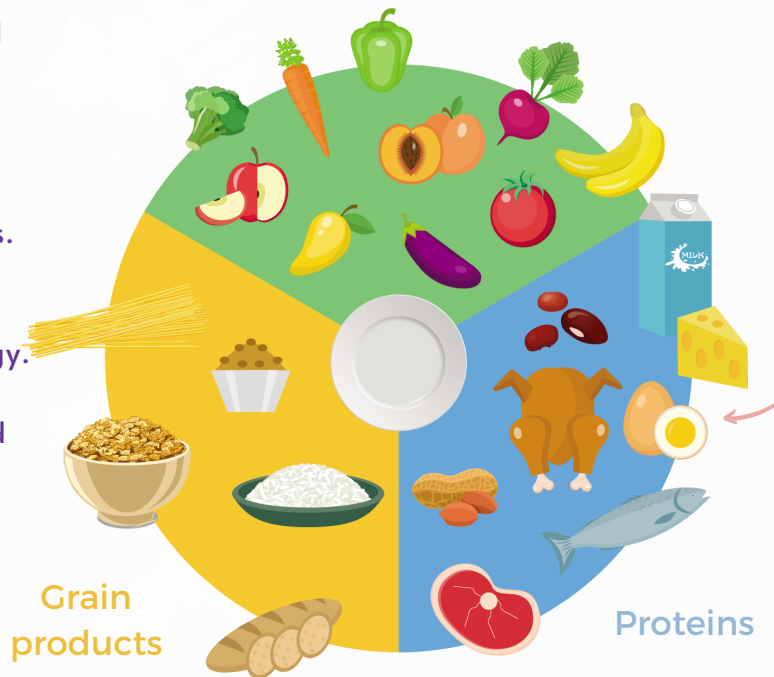
You need to meet your own needs and those of your babies!

- Eat regularly (every 2 to 3 hours): Aim for 3 meals plus 3 to 4 snacks.
- Choose quality foods that nourish the body and provide lots of energy.
- Focus on variety. Use the balanced plate as a guide!

A follow-up with a nutritionist is highly recommended

## The balanced plate

### Vegetables and fruits



## Choose foods rich in:

### Iron

Include iron-rich foods like meat, poultry, fish and legumes.

Making sure you eat iron-rich foods is a good way to prevent anemia, a condition caused by a lack of iron. You are more likely to develop anemia when pregnant with twins.

### Proteins

Be sure to eat protein foods at each meal and snack.

### Calcium

Include dairy products, which are a good source of calcium.

Your calcium needs are higher since you're carrying two babies.

## Take a prenatal multivitamin

Take one prenatal multivitamin per day that contains at least 24 mg of iron



## Gain enough weight

You need to gain more weight since you are pregnant with twins. A healthy diet will help you gain enough weight.

An optimal weight gain promotes your babies' development and a healthy pregnancy.

Your healthcare professional will monitor your weight gain throughout your pregnancy.

## Tips for managing the aches and pains of pregnancy

As you're carrying twins, you may experience more discomfort, like nausea and vomiting, which can affect your appetite and reduce the amount of food you eat.

Here are some helpful tips:

- Choose foods that you want to eat and that you tolerate well.
- Eat small meals frequently throughout the day.
- Eat as soon as you feel hungry.
- Take advantage of times when you have more of an appetite to eat a good meal or snack.
- Eat a few soda or other crackers before getting out of bed to help prevent morning sickness.
- Get plenty of rest. Fatigue can increase nausea.

## Tips to pack more nutrients into every bite!

Sometimes it can be hard to eat more, especially when you don't have much of an appetite.

Make sure every bite you do eat is packed with energy and protein, so that every bite counts!

Here are a few ideas:

- Broil cheese on your pasta, veggies, soups and omelettes.
- Put dried fruit and nuts in your couscous.
- Add meat or legumes to your sauce-based dishes.
- Top your bread with cheese, egg salad or nut butter.
- Pair your vegetables with dips like hummus or high-fat Greek yogurt.
- Add milk or cream to your soups.
- Include 3.25% M.F. milk, fruit, nut butter or powdered milk in your smoothies.