



## Reliable Web-Based Resources for Prenatal Nutrition

Health Canada's Prenatal Nutrition web page lists key recommendations for pregnant women. Health care professionals can learn more about the specific nutrients needed during pregnancy.

<http://www.hc-sc.gc.ca/fn-an/nutrition/prenatal/index-eng.php>

"The Sensible Guide to a Healthy Pregnancy" is a resource developed by the Public Health Agency of Canada. It discusses prenatal nutrition, physical activity, oral and emotional health, alcohol and smoking.

[www.HealthyCanadians.gc.ca/pregnancy](http://www.HealthyCanadians.gc.ca/pregnancy)

The Alberta Health Services "Healthy Parents Healthy Children" website is a practical guide to pregnancy and being a parent. The section "Starting Off Healthy" discusses eating during pregnancy, food safety and important nutrients. It also covers healthy weight gain, physical activity and taking care of oneself while pregnant.

<http://www.healthyparentshealthychildren.ca/starting-off-healthy/>

The complete "Healthy Parents Healthy Children - Pregnancy and Birth" book is available for download at:

[http://www.applemag-digital.com/applemag/healthyparents\\_healthychildren\\_pregnancy\\_and\\_birth?pg=1#pg1](http://www.applemag-digital.com/applemag/healthyparents_healthychildren_pregnancy_and_birth?pg=1#pg1)

Alberta Health Services provides an online resource that discusses nutrition during pregnancy. A balanced, nutritious diet during pregnancy is important to maintain the mother's health and nourish the fetus.

<https://myhealth.alberta.ca/health/Pages/Conditions.aspx?hwid=hw194870>

The Dietitians of Canada website promotes easy access to trusted food and nutrition information. The following webpage highlights nutrients important during pregnancy as well as other things to think about when planning for a healthy pregnancy.

<http://www.dietitians.ca/Downloads/Factsheets/Thinking-about-having-a-baby.aspx>

The Motherisk website from the Hospital for Sick Kids has useful information on drugs and drug interactions during pregnancy. It gives advice on nutrition related topics like natural health products, vitamin/mineral supplementation, morning sickness and nausea. It also covers medical conditions, like cancer and infectious diseases in pregnancy.

<http://www.motherisk.org>

The "PARmed-X for Pregnancy" is a physical activity readiness screening tool for use by health care providers and fitness professionals. This link also connects you to the "Move for Two" DVD.

<http://www.csep.ca/view.asp?ccid=517>

### Pregnancy Weight Gain:

The "5 As for Healthy Pregnancy Weight Gain™" is a resource developed by The Canadian Obesity Network. This resource will help you talk about weight gain with your prenatal clients.

<http://www.obesitynetwork.ca/pregnancy>

"Healthy Pregnancy Weight Gain" is a resource for health professionals developed by Alberta Health Services.

<http://www.albertahealthservices.ca/ps-1029951-background-herpwp.pdf>

The Health Canada website also features the "Pregnancy Weight Gain Calculator". It will help women determine the recommended weight gain that will promote a healthy pregnancy.

<http://www.hc-sc.gc.ca/fn-an/nutrition/prenatal/bmi/index-eng.php>

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