

# Body Basics

## Nausea & Vomiting

### Did you know?

Changes in hormones can make you feel sick, but this often improves after the first trimester.

### Helpful tips:

- Eat food often and in small amounts to avoid having an empty stomach.
- Try eating foods that do not smell strong like bread or crackers.



# Body Basics

## Constipation

### Did you know?

When you are pregnant, food passes through your body slowly because of changes with hormones.

### Helpful tips:

- Drink lots of water.
- Eat high fibre foods such as whole grain bread and vegetables.
- Stay physically active.



# Body Basics

## Heartburn

### Did you know?

Changes in hormones and the pressure of your growing baby can cause stomach acid to come up your throat and create a burning feeling.

### Helpful tips:

- Avoid lying down after eating.
- Eat small meals and snacks, and eat slowly.
- Take note of any food and drink that make your symptoms worse. Try to avoid them.



# Body Basics

## Diabetes

### Did you know?

Pre-existing diabetes means a person already has diabetes before becoming pregnant.

Gestational diabetes may happen during pregnancy and can increase your risk of diabetes later on.

### Helpful tips:

Talk to your healthcare provider to get your blood checked for gestational diabetes at 24-28 weeks into pregnancy.



# Body Basics

## Fatigue

### Did you know?

Fatigue or feeling extra tired is a common symptom of pregnancy.

### Helpful tips:

- Eat smaller meals more often.
- Rest as needed, listen to your body.
- Gentle body movements can help increase your energy levels.



# Body Basics

## Self-Care

### Did you know?

Physical, mental, spiritual, and emotional health are all equally important.

### Helpful tips:

- See your health care provider for regular prenatal care.
- Find ways to deal with stress that work for you.
- Learn about your community's resources to find a support system.



# Body Basics

## Healthy Weight Gain

### Did you know?

Gaining a healthy amount of weight during pregnancy helps to prevent complications and helps your baby grow well.

### Helpful tips:

- Weight gain is a normal and important part of a healthy pregnancy
- Most of your weight gain happens in the second and third trimesters.



# Body Basics

## Active Living

### Did you know?

Physical activity can improve energy, lower stress, improve sleep, and help with many common symptoms of pregnancy such as constipation.

### Try this!

- Walking, swimming, and yoga are low impact activities that can be easier on your body and joints.
- What do you like to do to move your body?





# Healthy Habits

## Healthy Snacks

### Did you know?

During your 2nd and 3rd trimesters, you need an extra snack or small meal each day to help your baby grow.

### Try this!

- $\frac{3}{4}$  cup yogurt,  $\frac{1}{4}$  cup granola, and  $\frac{1}{2}$  banana
- 2 pieces toast, 2 tbsp. peanut butter, 1 cup milk



# Healthy Habits

## Eating for Health

### Did you know?

Eating whole foods that you enjoy with the people you love are all parts of healthy eating.

### Try this!

- Share meals together with your loved ones.
- Try to have  $\frac{1}{4}$  plate whole grains,  $\frac{1}{4}$  plate lean protein, and  $\frac{1}{2}$  plate of vegetables and fruit.



# Healthy Habits

## Vegetables & Fruit

### Did you know?

Vegetables and fruit have many vitamins, minerals, and fibre.

### Try this!

- Try to include vegetables and fruit at meals and snacks.
- Fresh, canned, and frozen are all healthy choices.
- Try to choose different coloured vegetables and fruit.



# Healthy Habits

## Whole Grains

### Did you know?

Whole grain foods have more fibre than white grains.

### Try this!

- Try to have  $\frac{1}{4}$  of your plate be whole grain foods.
- Examples: whole grain pasta, whole grain bread, oats, barley.



# Healthy Habits

## Protein Foods

### Did you know?

Protein foods have iron for you and your baby and helps them grow.

### Try this!

- Try to have  $\frac{1}{4}$  of your plate be a lean protein food.
- Animal based: moose, rabbit, bison, fish, beef, pork, chicken, eggs, milk, yogurt and cheese.
- Plant based: beans, lentils and peanut butter.



# Healthy Habits

## Fish

### Did you know?

Fish helps your baby's brain and eyes grow. You also get protein from fish.

### Try this!

- Try to eat cooked fish twice per week.
- Choose low mercury fish such as salmon, rainbow trout, canned light tuna, and cooked shrimp.



# Healthy Habits

## Liquids

### Did you know?

During pregnancy, 10 cups (2.5 L) of fluids each day is recommended.

### Try this!

- Make water your drink of choice.
- Add berries, lemon, cucumber, mint, etc. to water to add flavour.
- Limit juice and sugary beverages.



# Healthy Habits

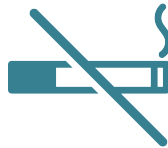
## Avoid Smoking

### Did you know?

Smoking tobacco cigarettes, e-cigarettes (vapes), and cannabis can all increase risks of complications such as: low birth weights, stillbirths, miscarriage, and poor baby growth.

### Helpful tips:

**It is best to completely avoid these products.**





# Nutrients

## Folic Acid

### Did you know?

Folic acid is most important in the first 4 weeks of pregnancy when the baby's spine, brain and skull are forming.

### Recommendation:

People who can become pregnant are encouraged to take a daily multivitamin that has at least 0.4 mg of folic acid in it (before, during, and after pregnancy).



# Nutrients

## Calcium

### Did you know?

Calcium works with Vitamin D to keep you and your baby's bones and teeth strong and healthy.

### Foods that have Calcium:

- Cow's milk, hard cheese, yogurt
- "Calcium fortified" drinks
- Canned fish with bones (e.g. salmon, sardines)
- Bannock made with baking powder



# Nutrients

## Vitamin D

### Did you know?

Vitamin D works with calcium to build strong bones and teeth for you and your baby.

### Foods that have Vitamin D:

- Eggs
- Milk
- Fish
- Yogurt
- Margarine
- Plant based beverages with Vitamin D



# Nutrients

## Iron

### Did you know?

Iron is needed to make more blood. It is important to have enough iron stores to help your baby grow.

### Foods that have Iron:

- Animal: beef, moose, bison, pork, fish, chicken, eggs
- Plant: beans, lentils, peanut butter
- Enriched grains: cereal, pasta, bread



# Nutrients

## Omega-3 Fats

### Did you know?

Omega-3 fats are a type of healthy fat that help your baby's eyes and brain develop.

### Foods that have Omega-3 fats:

- Fatty fish (salmon, herring, Atlantic mackerel, rainbow trout, sardines)
- Vegetable oils like canola oil



# Nutrients

## Vitamin D for Baby

### Did you know?

Vitamin D works with calcium to help your baby's teeth and bones grow.

### Recommendation:

- Once your baby is born, they will need 400 IU of liquid vitamin D every day.
- Vitamin D is important for all babies - no matter if they are breastfed, formula fed, or both.



# Nutrients

## Multivitamins

### Did you know?

Multivitamins for pregnancy have important nutrients such as folic acid and iron, that help your baby grow and develop.

### Recommendation:

- Eat a variety of foods and take a multivitamin every day.
- Ask the pharmacist or your healthcare provider about NIHB coverage.



# Nutrients

## Fibre

### Did you know?

- Fibre helps prevent constipation
- Helps control blood sugar
- Keeps you feeling full for longer

### Try this!

- Whole grain pasta, brown rice, whole grain bread, whole grain cereal, and whole grain crackers.
- Vegetables and fruits.
- Beans and lentils.





# Food Safety

## Caffeine

### Did you know?

Too much caffeine is not good for you or your baby.

Limit caffeine to 300mg per day (2 cups of coffee).

### Sources of caffeine:

- Coffee
- Cola beverages
- Green & black teas
- Energy drinks
- Chocolate



# Food Safety

## Herbal Teas

### Did you know?

Some herbal teas may not be safe during pregnancy.

### Safe choices:

- ✓ Ginger root
- ✓ Orange peel
- ✓ Bitter orange
- ✓ Peppermint leaf
- ✓ Citrus peel
- ✓ Rose hip

### Teas to avoid:

- x Chamomile
- x Red raspberry leaf
- x Juniper berry
- x Fennel
- x Rooibos
- x Kombucha
- x Lemon balm



# Food Safety

## Raw Meats

### Did you know?

Harmful bacteria can be found in some raw or undercooked foods. These bacteria can be passed onto your baby.

### Foods to avoid:

- x Raw or undercooked meat and seafood
- x Cold hot dogs and deli meats
- x Raw or runny eggs
- x Shellfish with unopened shells
- x Smoked seafood and fish



# Food Safety

## Expiry Dates

### Did you know?

**Best before date:** Unopened foods will have the best quality until this date. After this date, taste and texture may begin to change.

**Expiry date:** After an expiry date has passed, the nutrition may have changed in the food. Throw expired food in the garbage.



# Food Safety

## Sugar Substitutes

### Did you know?

Some sugar substitutes are safe to have in small amounts. We do not know if all sugar substitutes are safe during pregnancy.

#### Safer choices:

- ✓ Aspartame
- ✓ Sucralose
- ✓ Stevia
- ✓ Saccharin

#### Foods to avoid:

- ✗ Sweet'n Low<sup>®</sup>
- ✗ Sugar Twin<sup>®</sup>



# Food Safety

## Alcohol

### Did you know?

- Alcohol can hurt your baby's brain and body. It can cross through the placenta from a pregnant person to the baby.
- Avoid all alcohol, including beer, wine, hard liquors, and ciders.

No amount of alcohol is safe during pregnancy.



# Food Safety

## Vitamin A

### Did you know?

Vitamin A helps with things like vision and immunity. Too much vitamin A can cause birth defects.

### Safe choices:

- ✓ Liver - no more than a 75 g (card deck sized) serving every 2 weeks
- ✓ Green leafy vegetables like spinach
- ✓ Orange-coloured vegetables like sweet potato and carrots

### Foods to avoid:

- ✗ Vitamin A supplements
- ✗ Fish liver oil supplements



# Food Safety

## Making Formula

### Did you know?

Water is used to make powdered and liquid concentrate baby formula. Some water may not be safe for your baby.

### Helpful tips:

- It is important to **boil the tap and bottled water** you use to make formula for babies **under four months old**.
- Always follow the formula instructions on the packaging.





# Feeding Your Baby

## Holding Positions

### Did you know?

Finding the “right” breastfeeding position can help your baby latch on and can also help with let-down.

Some holds include:



**Cradle hold**



**Cross-cradle hold**



**Football hold  
or Rugby hold**



**Side-lying hold**

# Feeding Your Baby

## Colostrum

### Did you know?

Colostrum is the first milk your body makes right after your baby is born.

Colostrum is high in many nutrients and antibodies that help protect your baby from getting sick.

Colostrum is the only food your baby needs within the first few days of life.



# Feeding Your Baby

## Cluster Feeding

### Did you know?

Cluster feeding is when your baby has small and frequent feeds within a short time frame.

### Helpful tips:

- Follow your baby's feeding cues to know when they are hungry and full.
- Some days your baby will eat more, other days your baby will eat less.



# Feeding Your Baby

## Feeding Cues

### Did you know?

Crying is a sign that baby is very hungry. Look for other hunger cues to try and feed baby before crying starts.

### Other hunger cues:

- Opening their mouth
- Turning their head to the side
- Stretching
- Moving more
- Putting their hand to their mouth



# Feeding Your Baby

## Latching

### Did you know?

A good latch is important for:

- Your baby to get the milk from your breast
- Your body to make more milk
- Breastfeeding to feel comfortable

### Helpful tips:

If you have any problems breastfeeding, contact your healthcare provider for support.



# Feeding Your Baby

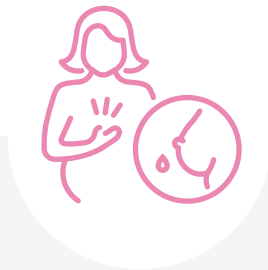
## Let-Down

### Did you know?

Let-down is your body's way of signalling milk production. This may include tingling sensations in the nipples.

### Helpful tips:

- Being relaxed helps trigger this signal within your body.
- If the baby is alert, this will help them properly latch and suck.



# Feeding Your Baby

## Skin-to-Skin

### Did you know?

Skin-to-skin contact is when your baby is placed on your bare chest right after birth. Try skin-to-skin cuddling frequently in the first few weeks.

### Skin-to-skin helps:

- You produce milk
- You understand your baby's feeding cues
- Keep your baby warm
- Reduce stress



# Feeding Your Baby

## Feeding Decisions

### Did you know?

Breastmilk gives your baby all they need. There may be reasons why someone may choose to formula feed rather than breastfeed.

Discuss options with your healthcare provider.

If you decide to formula feed it is recommended to choose cow's milk-based formulas until your baby is 9-12 months old.

