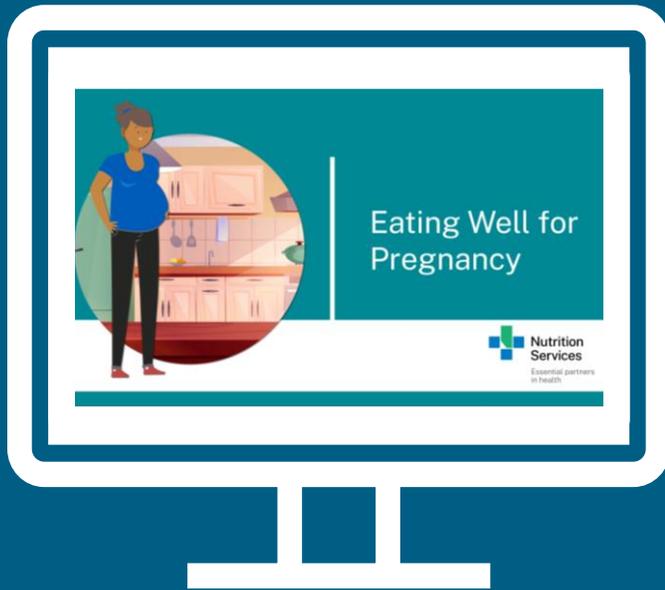


Iron? Choline? What  
cheese can I eat?



# Nutrition and Pregnancy Videos

Questions about nutrition and pregnancy?  
AHS dietitians created short videos to help.

➤ Check them out at:  
[ahs.ca/prenatalnutrition](https://ahs.ca/prenatalnutrition)

OR

