

Nutrition and Pregnancy Video Series



MCH/CPNP/FASD Virtual Connection Circle

February 4th, 2026

Outline

Background

Video topics

Where to watch

How to use and share

Feedback

Questions



Nutrition and Pregnancy

- Nutrition is important before and during pregnancy.
- Eating well can give pregnant people the nutrients and energy they need to feel good and support a healthy pregnancy.
- Many people have nutrition questions during pregnancy.
- Opportunity for nutrition education and health promotion.



Nutrition and Pregnancy Videos

A series of short, animated videos to deliver evidence-based prenatal nutrition messages to pregnant individuals.



Posted on MyHealth.Alberta.ca



Who are the videos for?

- Individuals who are pregnant



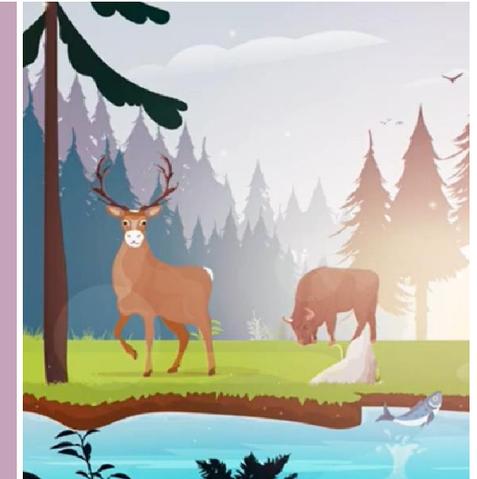
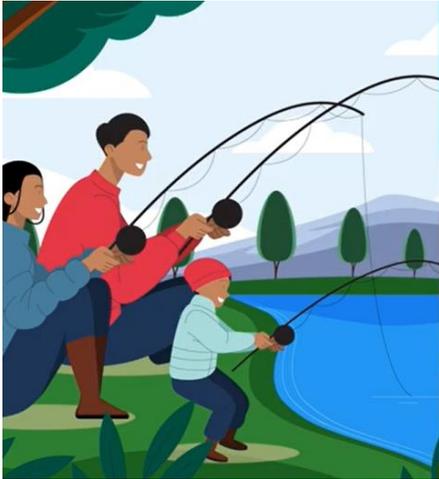
Why a video format?

- ✓ Clients want to access nutrition information online
- ✓ Multiple communication strategies are helpful
- ✓ Videos can reach more people
- ✓ Visual and audio elements are engaging

Vision: To close the gap between how we deliver prenatal nutrition information, and how people are currently consuming it.



Visuals



Animal Foods with Iron



Meat



Wild Meat (Moose, Elk, and Venison)



Moose meat stew with potatoes



What will the videos achieve?

Pregnant individuals will:

- ✓ Have access to credible nutrition information in a short video format
- ✓ Have flexibility to watch videos on their own time, and choose topics of interest
- ✓ Learn how to:
 - Connect with a dietitian
 - Find resources for pregnancy, lactation, and parenting



Video Series Overview

Video topics

Multivitamins

Eating Well

Food Safety

Eating for Common Pregnancy
Discomforts

5 videos complete:

- Multivitamins and Pregnancy
- Eating Well for Pregnancy
- Folic Acid and Iron
- Calcium, Vitamin D, and Choline
- Omega-3 Fats

Eating Well



Still to come:

- Cleaning, Cooking, and Storing
- Choosing Safe Foods
- Mercury in Fish
- Choosing Safe Drinks
- Eating for Common Pregnancy Discomforts

Food Safety

Multivitamins and Pregnancy

“If you could become pregnant or are pregnant, take a multivitamin with folic acid each day.”

Watch this video to learn how to choose a multivitamin for pregnancy.



Run time: 3:48

Eating Well for Pregnancy

“What you eat and drink while you are pregnant can help nourish you and your baby.”

Watch this video to learn tips for eating well during pregnancy.



Run time: 2:32

Folic Acid and Iron

“Folic acid and iron help build your baby’s brain and body during pregnancy.”

Watch this video to learn how to include these nutrients in your meals and snacks.



Play Video



Eating Well for
Pregnancy:

Folic Acid and Iron

 Nutrition
Services
Essential partners
in health

Run time: 3:42

Calcium, Vitamin D, and Choline

“Calcium and vitamin D help keep your bones strong and help your baby build strong bones. Choline helps build your baby’s brain.”

Watch this video to learn how to include these nutrients in your meals and snacks.



Run time: 3:07

Omega-3 Fats

“Foods with omega-3 fats, like fish and shellfish, help build your baby’s brain and eyes during pregnancy.”

Watch this video to learn how to include omega-3 fats in your meals and snacks.



Run time: 2:27

Coming Soon

Cleaning, Cooking, and Storing

“When you are pregnant, you and your baby are at a higher risk of getting sick if you eat food with harmful bacteria in it. Safe food handling is the best way to lower your risk of foodborne illness.”

Watch this video to learn about cleaning, cooking, and storing food safely.



Coming Soon

Choosing Safe Foods

“You can enjoy most foods while you are pregnant, but there are a few foods that are best to avoid, and some foods that can be made safer by cooking them.”

Watch this video to learn about choosing and preparing foods that are safe to enjoy, and which foods to avoid.



Coming Soon

Mercury in Fish

“Fish and shellfish have omega-3 fats that help build your baby’s brain and eyes. Some fish are higher in a metal called mercury. Too much mercury can harm your baby’s brain.”

Watch this video to learn how to choose and enjoy fish and shellfish that are low in mercury.



Coming Soon

Choosing Safe Drinks

“Most fluids are safe to enjoy while you are pregnant, but there are a few that are best to limit or avoid.”

Watch this video to learn about drinks that are safe to enjoy during pregnancy.



Coming Soon

Eating for Common Pregnancy Discomforts

“Many people experience discomforts like nausea, vomiting, heartburn, and constipation during pregnancy.”

Watch this video for information on common discomforts and tips to help you feel better.



Coming Soon

Where can I watch the
videos?



Visit <https://bit.ly/NutrandPregVideos>

The screenshot shows the MyHealth Alberta website. At the top, there is a navigation bar with links for Home, Health Information and Tools, MyHealth Videos, Find Healthcare, About MyHealth Alberta.ca, Healthier Together, and MyHealth Records. Below this is a secondary navigation bar with links for Health A-Z, Healthy Living, Tests & Treatments, Medications, Find Healthcare, and Patient Care Handouts. The main content area features the MyHealth Alberta logo and a search bar. The breadcrumb trail reads: Health Information and Tools > Health A-Z > Nutrition and pregnancy video series. The main heading is "Nutrition and pregnancy video series". Below this, there is a paragraph explaining the importance of nutrition during pregnancy. A list of related links is provided on the right, including "Planning a pregnancy", "Nutrition for pregnancy and lactation", "Healthy Parents Healthy Children", "Prenatal nutrition programs in Alberta", and "Indigenous Health Support Line". A video player is shown at the bottom with the title "Multivitamins and Pregnancy".

Alberta MyHealth Alberta.ca Network

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Health A-Z Healthy Living Tests & Treatments Medications Find Healthcare Patient Care Handouts

MyHealth Alberta.ca All MyHealth Alberta.ca Search...

Health Information and Tools > Health A-Z > Nutrition and pregnancy video series

Nutrition and pregnancy video series

Nutrition is important before you are pregnant and while you are pregnant. Eating well can give you the nutrients and energy you need to feel good and to support a healthy pregnancy.

These videos cover important nutrition topics for pregnancy, including multivitamins, important nutrients, and eating well.

If you have questions about nutrition and pregnancy:

- > Talk to your healthcare team,
- > Call Health Link at 811 and ask to speak with a dietitian, or
- > Contact your local Public Health Centre or Indigenous Community Health Centre.

Multivitamins and pregnancy (3:48)

If you could become pregnant or are pregnant, take a multivitamin with folic acid each day. Watch this video to learn how to choose a multivitamin for pregnancy.

Related to nutrition and pregnancy

- > [Planning a pregnancy](#)
- > [Nutrition for pregnancy and lactation](#)
- > [Healthy Parents Healthy Children](#)
- > [Prenatal nutrition programs in Alberta](#)
- > [Indigenous Health Support Line](#)

Multivitamins and Pregnancy

From a provincial health authority of...



Find the videos on OneHealth

Nutrition Across the Lifespan

	Client Resources	Professional Resources	Teaching Tools
Pregnancy	<ul style="list-style-type: none"> Nutrition for Pregnancy & Lactation Alberta Health Services Dairy Foods for Pregnancy Eating Fish in Pregnancy Iron Foods in Pregnancy Nutrition when Pregnant with Twins, Triplets, or More Take a Multivitamin when Pregnant Healthy Eating with Gestational Diabetes 	<ul style="list-style-type: none"> Nutrition Guidelines for Pregnancy - Alberta Health Services Healthy Pregnancy Weight Gain Alberta Health Services Canada Prenatal Nutrition Program (CPNP 101) (fntn.ca) 	<ul style="list-style-type: none"> Let's Talk Prenatal Nutrition Alberta Health Services Food Safety in Pregnancy Nutrition and Pregnancy Video Series Prenatal Bingo: <ul style="list-style-type: none"> Bingo_Cards.pdf (fntn.ca) Bingo_Instructions.pdf (fntn.ca) Bingo_Master_Caller_Sheet.pdf (fntn.ca) Bingo_Sheet.pdf (fntn.ca)

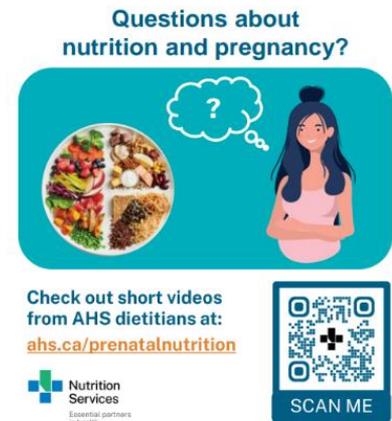
How can I use the
videos to support clients
with nutrition?

Ideas

- Share videos – clients can select topic(s) of interest and watch at their own pace
 - Include video link with other resources
 - Print and share cards with QR code
 - Email

- Play video(s) during appointments, if time permits

- Play video(s) in a group setting and answer questions



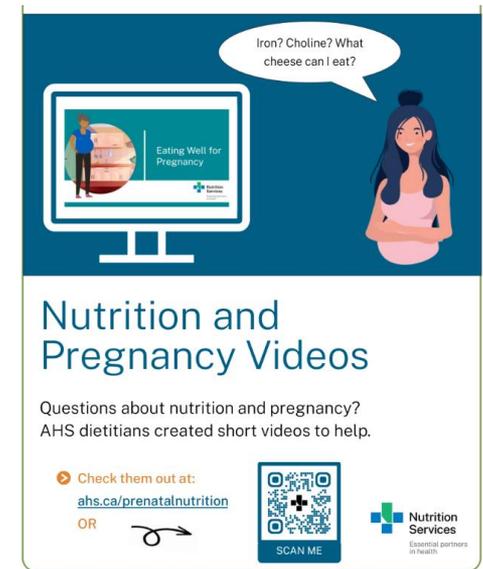
Ideas

Share on health centre's Facebook page

Print and pin posters in health centre

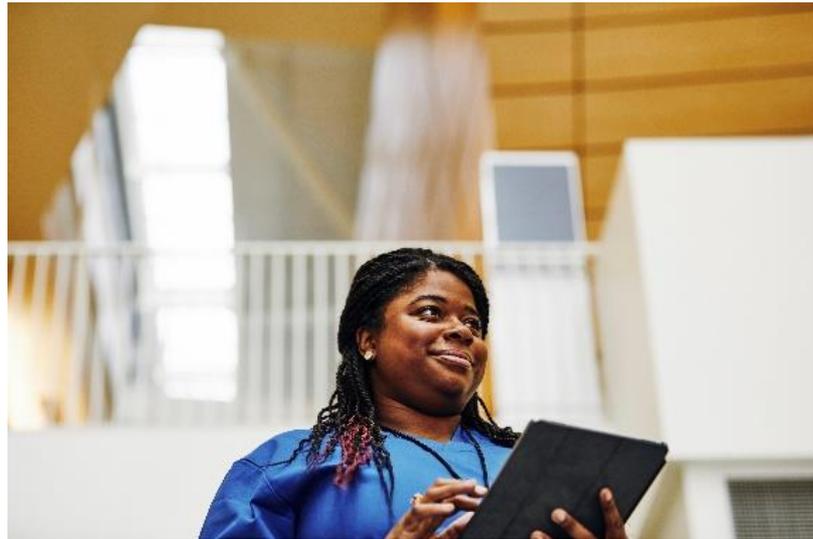
Watch videos for your own learning

Share with your network of care providers and agencies who support clients during pregnancy



Evaluating the video series

- Survey coming in 2026
- We want to hear from care providers who have used the videos to support pregnant clients



Questions?



For more information, please contact:

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Calgary and surrounding
communities

or

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Edmonton and surrounding
communities