

How to Get Meats or Alternatives at Every Meal

Why is it important during pregnancy?

Meats and alternatives have iron which your body needs to make strong blood. Your blood feeds the baby and your blood needs to be strong for your baby to grow.

Breakfast:

- Have an egg or two
- Have peanut butter on bread or toast
- Have a slice of low fat ham
- Sprinkle a few nuts or seeds on your cereal (works really well with a granola type cereal or oatmeal)

Lunch:

- Fill your sandwich with egg, peanut butter, tuna or meat
- Eat leftovers from last night's supper
- Make sure your casserole, pizza, pasta, stir fry or other mixed dish has meat or beans in it

Supper:

- Traditional meats are some of the healthiest options. Use them if you can get them.
- Follow the healthy plate model – make sure your meat or alternative takes up $\frac{1}{4}$ of your plate
- Try adding ground meat, tuna or ham to a cheesy pasta dish. Add some frozen peas or other veggies to include all the food groups
- Don't know how to cook healthy foods? Join a cooking class if your community has them. If not, look for a family member or an elder in your community that could teach you.

Snacks:

- Grab a handful of nuts
- Have peanut butter on crackers, apples or celery
- Have a piece of meat with bread or bannock

Budget Tip: egg, peanut butter, canned tuna and canned beans are budget friendly options

Sometimes morning sickness makes meat hard to eat. Tips to make it easier:

- Eat your meat and alternatives when you feel best during the day
- Eat small amounts often throughout the day
- Choose meats and alternatives that don't make you feel so sick – if beef bothers you, try chicken or fish or eggs
- Have someone else cook for you – sometimes the smell of cooking meat can make people sick
- Try cold meats and alternatives – they might be easier to eat