

LET'S TALK PRENATAL NUTRITION



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Acknowledgements

- Researchers and practitioners with expertise in nutrition and pregnancy including dietitians, nurses, midwives, program managers and planners
 - Frontline Dietitians and Nurses
 - Canada Prenatal Nutrition Projects throughout Alberta
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Prenatal Nutrition Tool (PreNUT)

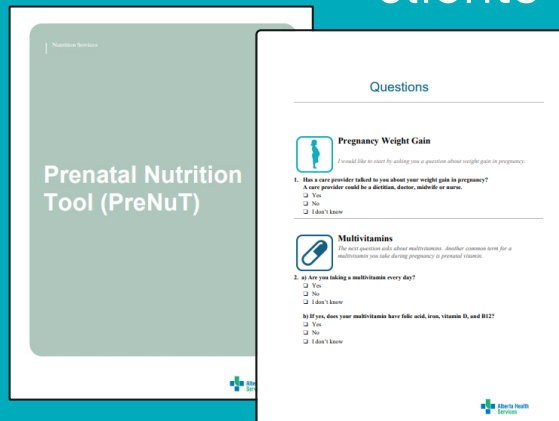
Development of initial tool using up-to-date research with input from nutrition experts and care providers

AHS dietitians conducted evaluation activities 2019-2021

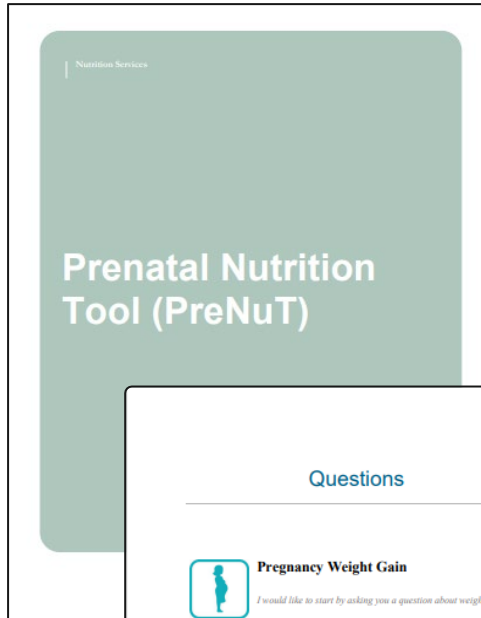
Launched in 2019 to support care providers working with pregnant clients

What we heard:


- Client identifies priority topics
- Add visual elements
- Adjust format
- Add 'at-a-glance' speaking points



Original PreNUT (2019)




Questions

 **Pregnancy Weight Gain**
I would like to start by asking you a question about weight gain in pregnancy.

1. Has a care provider talked to you about your weight gain in pregnancy?
A care provider could be a dietitian, doctor, midwife or nurse.

Yes
 No
 I don't know


 **Multivitamins**
The next question asks about multivitamins. Another common term for a multivitamin you take during pregnancy is prenatal vitamin.

2. a) Are you taking a multivitamin every day?

Yes
 No
 I don't know

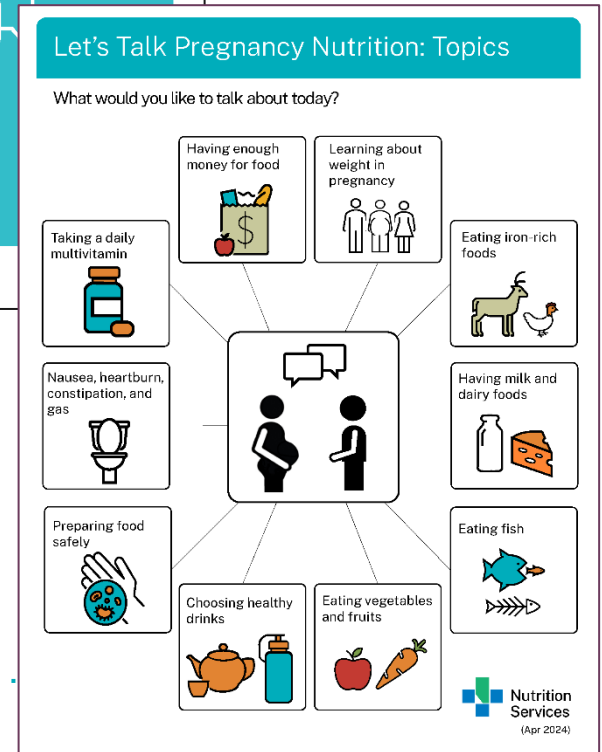
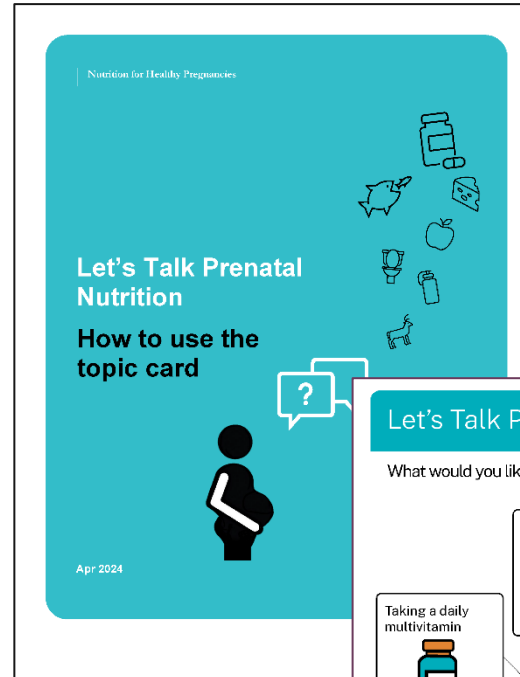
b) If yes, does your multivitamin have folic acid, iron, vitamin D, and B12?

Yes
 No
 I don't know

 Alberta Health Services



Let's Talk Prenatal Nutrition (2024)



Let's Talk Prenatal Nutrition (2024)

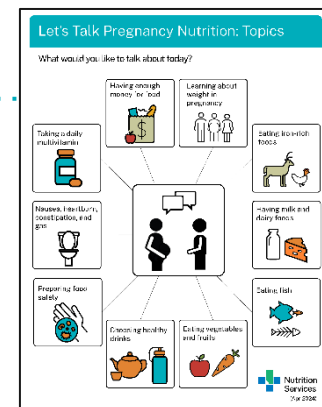
- **User Guide**
Reference tool for care providers
- **Topic Card**
To support client-led conversations



Client-led conversations

- A component of client-centered care
- This approach informed the AHS prenatal nutrition resources
- Empowers clients to discuss the topics most important to them

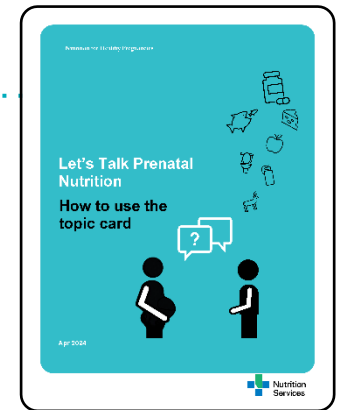




Let's Talk Prenatal Nutrition

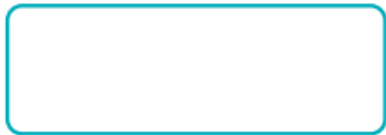
How to use the Topic Card

1. Invite clients to choose topic(s) of interest
 2. Begin with a general question
 3. Client's responses guide the conversation
 4. Assess readiness and discuss small changes if client is ready
 5. Refer to User Guide for prompts & resources
-



Let's Talk Prenatal Nutrition

How to use the User Guide



Questions to start a conversation



Key points for you to consider



Resources to offer your client – scan and search by title

Nutrition for Healthy Pregnancies

Eating iron-rich foods



Questions to start a conversation

Do you know what kinds of foods you eat already that have iron?

Are you having trouble getting enough foods with iron?

Would you like to talk about how to include some other foods with iron?



Key conversation points

- You are already doing well choosing foods with iron. Would you like to hear about other foods that have iron?
- Iron helps give you energy and helps your baby's body and brain grow.
- If someone has anemia during pregnancy, they may need an iron supplement.
- Eat every 2–4 hours while you're awake to make sure you and your growing baby get the important nutrients you need.

To offer clients

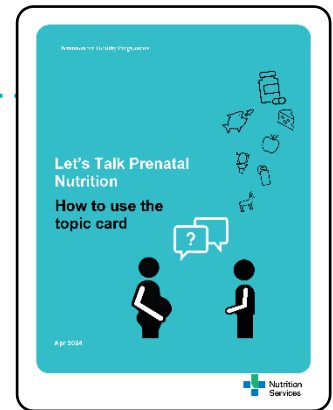
[Nutrition Education](#)

Search for handout:
Iron Foods for Pregnancy



[Nutrition Education](#)

Search for handout:
Take a Multivitamin When Pregnant

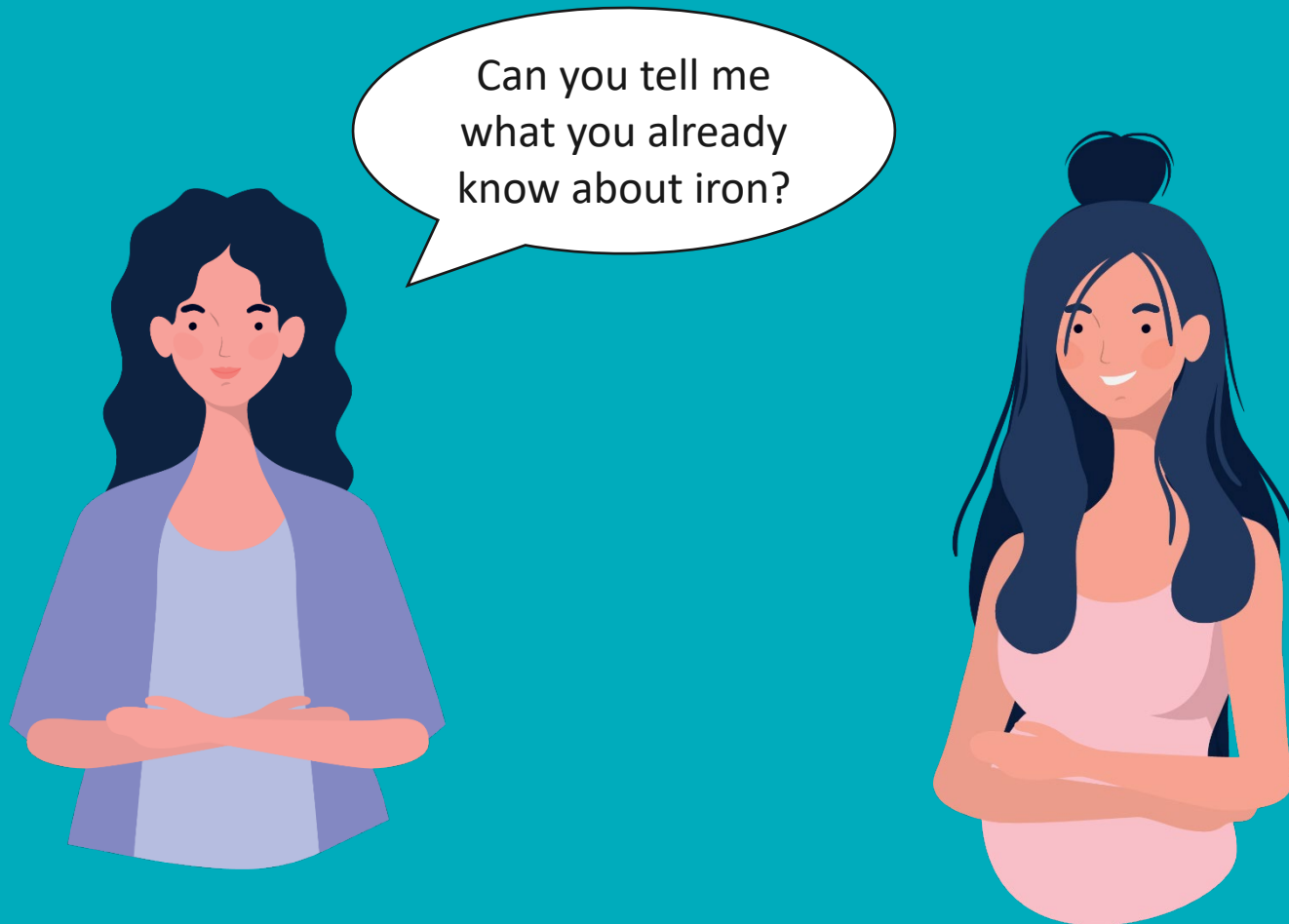


I just want to make sure I'm eating well for me and my baby.

Would you like to take a look at this card of common nutrition questions in pregnancy and see if any topic interests you?

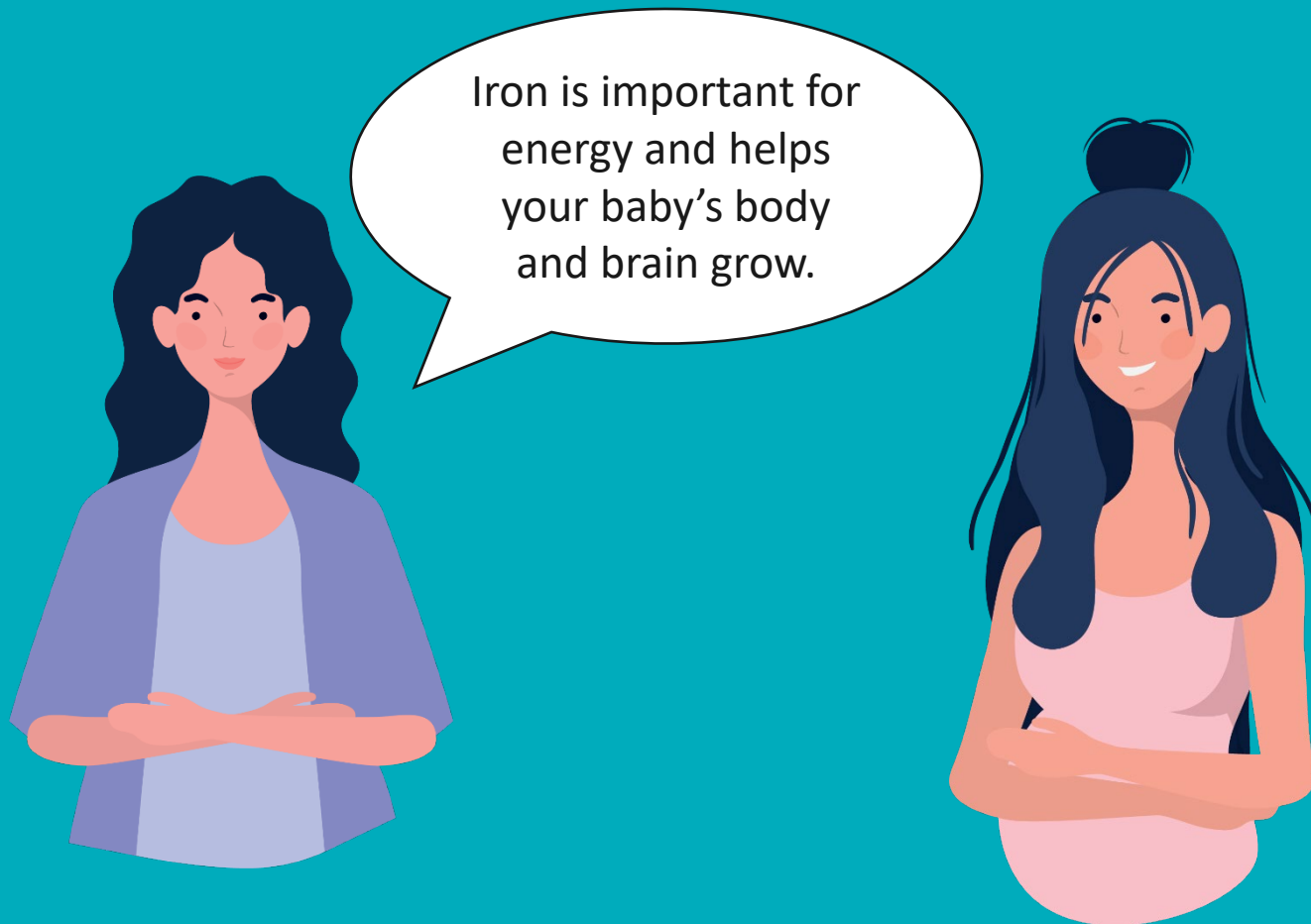


Nutrition Services



Start with a general question, and find out what they already know

Nutrition Services



Refer to key conversation points in the user guide for information on each topic.

Let's Talk Prenatal Nutrition

Watch to Understand:

- Your actions and reactions
- Body language
- Consider cultural safety

For example:


“Can you tell me more about the foods you eat at home?”



Beef is a great option like you mentioned, or lamb, pork, fish and eggs as well.

Nutrition for Healthy Pregnancies

Eating iron-rich foods



Questions to start a conversation


- Do you know what kinds of foods you eat already that have iron?
- Are you having trouble getting enough foods with iron?
- Would you like to talk about how to include some other foods with iron?

Key conversation points


- You are already doing well choosing foods with iron. Would you like to hear about other foods that have iron?
- Iron helps give you energy and helps your baby's body and brain grow.
- If someone has anemia in pregnancy, they may need an iron supplement.
- Eat every 2-4 hours to make sure you and your growing baby get the important nutrients you need.

To offer clients

[Nutrition Education](#)
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Offer resources for your client to take home for more information.

Iron Foods for Pregnancy

Iron helps give you energy. Iron helps your baby's body and brain grow.
Eat foods with iron every day. Take your prenatal vitamin daily.

Animal foods with iron		 Wild meat (elk, moose, rabbit, venison)	 Pork, wild boar
 Bighorn sheep, lamb, and goat	 Egg	 Chicken, duck, goose, grouse, pheasant, and turkey	
 Fish, shellfish, and 'light' canned tuna		 Beef, wood bison	
Plant foods with iron		 Fortified grains and flours, hot or cold cereal	 Chickpeas, beans, and lentils
 Nuts (almond, cashew, pistachio) and nut butters (almond, peanut)		 Seeds (chia, pumpkin, sesame) and seed butters (tahini)	
 Dried fruit	 Edamame (soybeans)	 Peas	 Spinach (cooked)
		 Tofu	

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Nutrition for Healthy Pregnancies

Eating iron-rich foods



Questions to start a conversation

Do you know what kinds of foods you eat already that have iron?

Are you having trouble getting enough foods with iron?

Would you like to talk about how to include some other foods with iron?

Key conversation points

- You are already doing well choosing foods with iron. Would you like to hear about other foods that have iron?
- Iron helps give you energy and helps your baby's body and brain grow.
- If someone has anemia in pregnancy, they may need an iron supplement.
- Eat every 2-4 hours while *waiting* to make sure you and your growing baby get the important nutrients you need.

Offer clients

[Nutrition Education](#)
Search for handout:
Iron Foods for Pregnancy



[Nutrition Education](#)
Search for handout:
Take a Multivitamin When Pregnant



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Let's Talk Pregnancy Nutrition: Topics

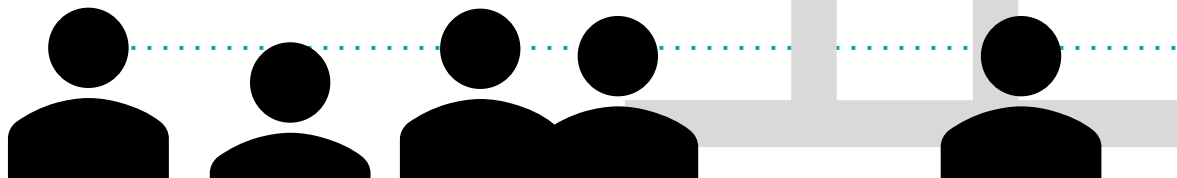
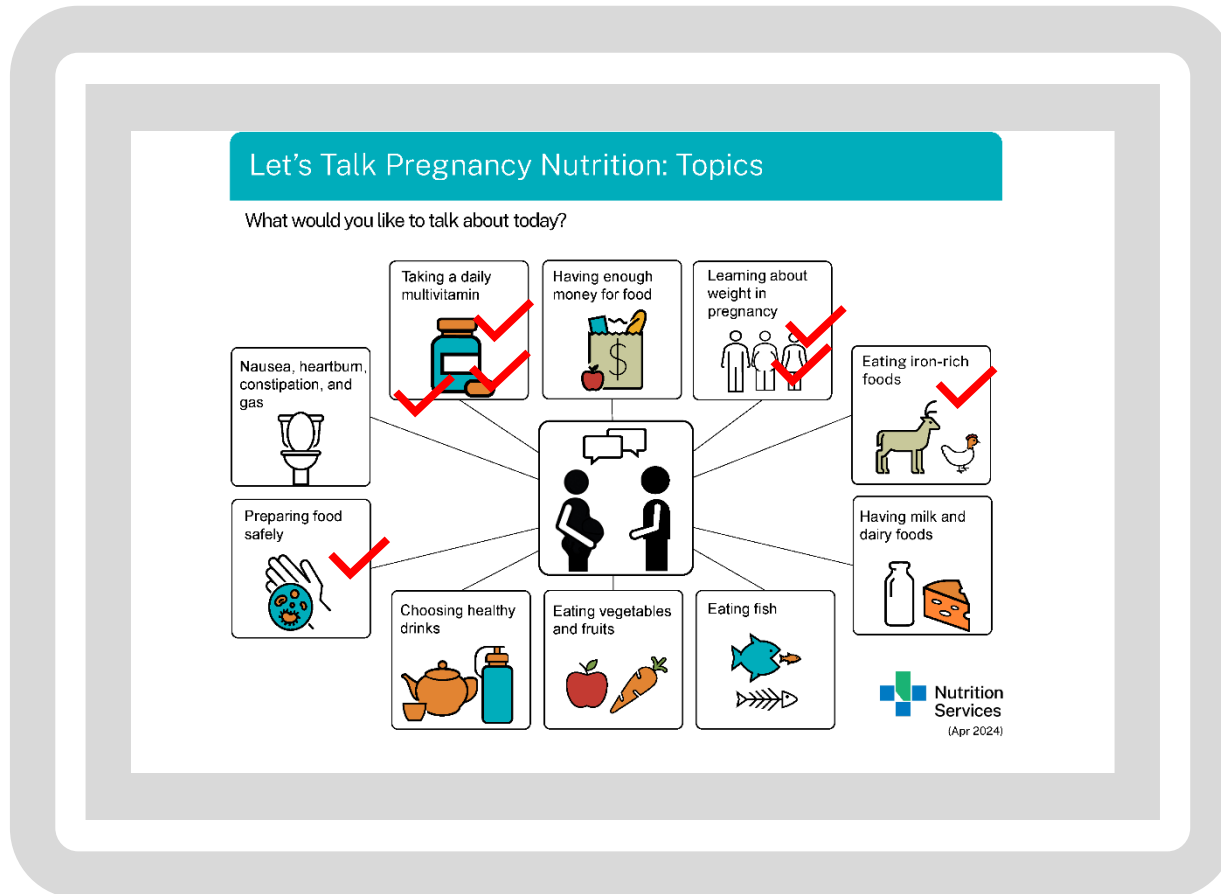
What would you like to talk about today?



 Nutrition Services
(Apr 2024)



Group Visits



The user guide is not a script. Instead, it cues you to engage with your client to support:

- Your client's healthy eating journey
 - What your client wants to learn about
-



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Home > Nutrition & Food Services > Healthy Eating Starts Here > Nutrition for Pregnancy & Lactation

Healthy Eating Starts Here
Nutrition for Pregnancy & Lactation
Access to Food
Healthy Eating at Early Learning & Child Care Centres
Healthy Eating at School
Healthy Eating at Work
Healthy Eating in the Community
Healthy Eating Resources
Healthy Food Checker
Malnutrition in Alberta

Nutrition for Pregnancy & Lactation Information for Albertans

You can use this information to help support you before, during and after your pregnancy.

You will find handouts on important nutrition topics, practical information about eating during pregnancy and lactation, and learn how you can speak with a dietitian.

Handouts

Resources created by AHS dietitians.

Nutrition:

- [Dairy Foods for Pregnancy](#)
- [Eating Fish in Pregnancy](#)
- [Food Safety in Pregnancy](#)
- [Iron Foods for Pregnancy](#)
- [Nutrition when Pregnant with Twins, Triplets, or More](#)
- [Take a Multivitamin when Pregnant](#)

Common Discomforts of Pregnancy:

- [Managing Constipation](#)
- [Managing Nausea and Vomiting](#)

Visit [Nutrition Education](#) for more easy-to-access nutrition information. Search Topic – Pregnancy, Lactation and Breastfeeding.

Related Resources

- Alberta CAPC/CPNP Coalition
 - [Project Directory](#) - find Community Action Programs for Children (CAPC)/Canadian Prenatal Nutrition Programs (CPNP)
- Alberta Environmental Public Health Information Network
 - [Should I Eat this Fish? Fish Consumption Advice](#) - for information on wild caught fish in Alberta
- Alberta Health Services



Speak with a Dietitian

Health Link has dietitians available to answer your nutrition questions. Call 811 or visit ahs.ca/811.

[More >](#)

Find Workshops & Classes

Nutrition Services offers a variety of free virtual group nutrition workshops and classes that are facilitated by AHS dietitians. Search Topic – Pregnancy & Breastfeeding.

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[Health Professionals >](#)



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Publication & Public Health Nutrition

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[Growth Charts – Infants, Children, & Youth](#)

[Malnutrition](#)

[Household Food Insecurity: Actions in Healthcare](#)

[Newcomer Nutrition Education Toolkit](#)

Nutrition for Pregnancy & Lactation

Information for Health Professionals

[Referring Your Client](#) | [Provider Resources](#) | [Learning Opportunities](#) | [Client Resources](#)

Evidence-based nutrition information and tools to guide conversations with clients who are pregnant or lactating and their families.

Referring Your Client

Nutrition Services

[Referring Patients for Nutrition Services](#) - for individuals who may need extra guidance to meet their nutrition needs during pregnancy or who have a medical condition that is impacted by nutrition.

- Learn more: [Nutrition Guideline: Referral to a Registered Dietitian](#)

Free Workshops & Classes

Refer clients to [Find Nutrition Services Workshops & Classes](#) - virtual group nutrition workshops and classes that are facilitated by AHS dietitians. Search Topic – Pregnancy & Breastfeeding.

Provider Resources

Tools to Support Your Practice

- [Food Safety in Pregnancy: Conversation Cards](#) – use the conversation cards to guide tailored conversations with clients about food safety in pregnancy.
- [Healthy Pregnancy Weight Gain](#) - (Healthy Children & Families) – access information and order resources such as gestational weight gain graphs and posters.
- [Let's Talk Prenatal Nutrition](#) – use this tool to guide client conversations on nutrition topics that influence parental and infant health outcomes.



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[Considerations Across the Life Cycle](#)

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[Healthy Infants & Young Children](#)

Let's Talk Prenatal Nutrition

Nutrition, Information for Health Professionals

The Let's Talk Prenatal Nutrition resource helps care providers to have client-centered conversations on important nutrition topics during pregnancy.

Resources

- [Topic Card](#) | [Landscape](#)
- [User Guide](#)

Learn More

- Let's Talk Prenatal Nutrition: [Training Video](#) (11 minutes)

Questions or Comments

Email any comments or questions to: publichealthnutrition@ahs.ca

Quick Reference

Access pictorial client handouts to support all pregnant clients including people with limited reading skills or limited English language skills.

Visit [Nutrition Education](#).

Contact

To request a printed copy of the Topic Card, you can email Erin Bligh: erin.bligh@sac-isc.gc.ca

Please include:

- Your Name
- Role in Community
- First Nation
- Mailing Address.



**THANK
YOU &
QUESTIONS**



katherine.brandon@ahs.ca