

# Healthy Eating *for a* Healthy Baby

**best start**  
**meilleur départ**  
Resource Centre / Centre de ressources  
by/par health **nexus** santé



NUTRITION  
RESOURCE  
CENTRE  
CENTRE DE  
RESSOURCES  
EN NUTRITION



A cartoon illustration of a woman with dark hair, wearing a light green lab coat over a white shirt. She is smiling and holding a clipboard with a pen. To her right is a large white speech bubble with a black background, containing text. The entire scene is set against a white background.

Read this booklet  
and talk to your health care  
providers, such as a  
registered dietitian, if you  
have any questions.

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# Congratulations!

## You are having a baby.

Making healthy choices is even more important now. You are more likely to have a healthy baby if you eat well and stay active.

Many women try to make healthy choices while they are pregnant. There are many good reasons to eat in a healthy way.

### Healthy eating while you are pregnant:

- Helps your baby grow and be healthy.
- Lowers your chance of having health problems such as low iron or high blood pressure.
- Helps you gain a healthy amount of weight.
- Helps you feel good about yourself.
- Helps you and your family develop healthy eating habits for life.

This booklet will answer many of the questions you may have about healthy eating while you are pregnant.

- Take time to read this booklet.
- Try some of the food and recipe ideas.

### If you have questions or feel like you need extra help:

- Talk to your health care provider (midwife, doctor, nurse practitioner).
- Call your local Public Health Unit or Community Health Centre.
- Call a registered dietitian at EatRight Ontario 1-877-510-510-2 or go to [www.eatrightontario.ca](http://www.eatrightontario.ca)



Guess what? I am pregnant! I am so excited but I have so many questions. One of my biggest questions is what should I eat?





Cravings are normal. You can eat less healthy foods sometimes. But be careful. If you eat too many of these foods you may not get the nutrients you and your baby need. You may also gain too much weight. Sometimes pregnant women crave and eat things that are not food, like dirt, clay, chalk or ice. Talk to your health care provider if this happens to you.



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