

How much extra food do I need to eat?

In the 2nd and 3rd trimester, you need a bit more than you ate before you were pregnant. Choose foods from a variety of food groups to get a variety of nutrients.

1st Trimester (1-12 weeks)- No extra food is needed.

2nd Trimester (13-27 weeks)- Extra 350 calories a day. This is 1 extra healthy snack. Examples are:

- 1 cup Raw vegetables + ½ whole grain pita + ½ cup hummus
- ¾ cup 1-2% MF plain yogurt + ½ cup berries + ½ cup granola
- 0.5 whole grain bagel + 50 g light cheddar cheese + ½ cup blueberries
- 1 banana + 1/3 cup mixed nuts
- 1 can light tuna + 5-10 whole grain crackers
- 1 granola bar + 8 baby carrots + 1 cup skim milk
- 1 cup bran flake cereal + 1 cup 2% milk + ¾ cup berries
- 2 Tbsp peanut butter + 1 apple + 1 cup skim milk
- 5-10 whole grain crackers + 2 hard boiled eggs + 0.25 cup salsa
- ¾ cup cottage cheese + ½ cup fruit + 2 Tbsp nuts

3rd Trimester: (28 weeks-birth)- Extra 450 calories a day.



Important Nutrients for Pregnancy

IRON

During pregnancy, your body needs more iron to help keep up your energy levels, and carry oxygen to your baby. Try to eat 2 servings of iron-rich foods every day. These foods are high in iron:

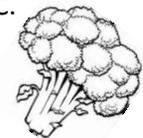
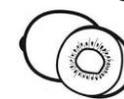
- Clams, Oysters, Mussels
- Beef
- Shrimp
- Sardines
- Turkey, Chicken
- Lamb
- Tuna, Herring, Trout,
- Pork
- Salmon
- Flatfish (flounder, sole, plaice)
- × Liver is also high in iron but should **not** be eaten by pregnant women. It contains high levels of vitamin A which can harm the baby.

Vegetarian Sources

- Chickpeas
- Hummus, Tahini (sesame seed butter)
- Lima beans
- Swiss chard
- Asparagus
- Baked potato with skin
- Eggs
- Pumpkin seeds
- Tofu
- Soybeans, Lentils, Kidney beans
- Blackstrap molasses
- Refried beans
- Cream of wheat
- Soy beverage
- Wheat germ
- Enriched oatmeal and cold cereals



Eating high-iron foods with foods that contain **Vitamin C** improves the amount of iron your body can absorb. **Fruits and vegetables** are high in Vitamin C.

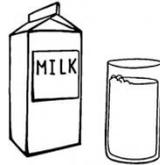


**Note: If you take calcium pills, take them at a different time of day than your iron-containing foods. Calcium may block the amount of iron that is absorbed by your body.*

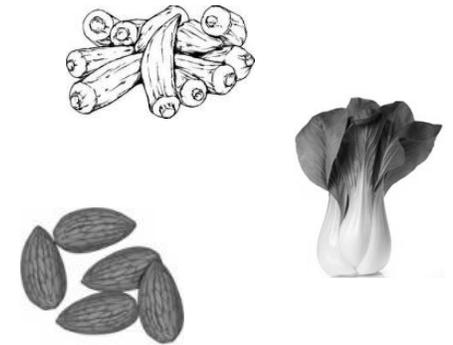
CALCIUM

Your bones, teeth, muscles, nerves, and heart need calcium to stay healthy. Eating foods with calcium may also help you manage your weight and blood pressure. Try to eat or drink 2 servings of calcium-rich foods every day such as:

- Milk (skim, 1%, 2%, or whole, fresh or evaporated)
- Cheese
- Fortified rice or soy beverage
- Dried fish, Smelt
- Sea cucumber
- Tofu made with calcium
- Yogurt
- Sardines or Salmon, canned with bones
- Blackstrap molasses
- Oatmeal
- Orange juice fortified with calcium and vitamin D



- Cottage Cheese
- Tahini (sesame seed butter)
- White beans
- Turnip greens
- Navy beans
- Almonds and Almond butter
- Chinese cabbage, Bok choy
- Okra
- Seaweed
- Mustard greens



Eating calcium-rich foods with foods that contain **Vitamin D** helps absorption of calcium.

- Milk
- Fortified rice or soy beverages
- Orange juice fortified with Vitamin D
- Egg yolks, cooked
- Salmon
- Sardines
- Tuna
- Herring
- Atlantic Mackerel
- Trout
- Vitamin D fortified margarine

If you do not eat these foods often, you may need a vitamin D supplement.

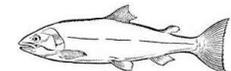
FIBRE

Many women experience constipation or hemorrhoids during pregnancy. To help prevent these discomforts, and to keep your digestive system healthy, eat foods containing fibre every day. The following foods are good sources of fibre:

- Fruits
- Vegetables
- Oatmeal
- Barley
- Whole wheat breads
- Dates or Figs
- Lentils (Dahl)
- Beans (white, kidney, chickpea)
- Black-eyed peas
- All Bran cereals (flakes, Buds®)
- Fiber One®
- Shredded Wheat®
- Red River® cereal
- Baked potato with skin



Healthy Tip! Fish contains healthy omega-3 fats to help baby's brain and eye development. Choose at least 2 food guide servings of fish each week.



If you don't eat fish, choose olive oil, canola oil, nuts, seeds, and eggs enriched with omega-3 instead.

Some foods are **not safe** to eat during pregnancy. They could make you and your unborn baby sick.

Foods to avoid:

- × **Raw sprouts:** such as bean, alfalfa, and radish sprouts
- × **Unwashed vegetables or fruits**
- × **Unpasteurized juice or ciders:** homemade, fresh-squeezed, or those bought at a market or juice bar
- × **Unpasteurized or raw milk:**
 - ✓ *Milk from a grocery store is pasteurized and completely safe.*
- × **Soft cheeses:** such as feta, brie, camembert, blue, and Mexican-style such as queso fresco or queso blanco.
 - ✓ *Cheddar, mozzarella, cottage cheese, and cream cheese are still safe.*
 - ✓ *If the label says “pasteurized”, it is safe.*
- × **Deli meat:** packaged cold cuts, meat from the deli counter, or sandwiches with deli meats from sandwich shops
 - ✓ *If meat is heated to steaming hot, at least 74°C, it can be safe.*
- × **Refrigerated meat spreads:** such as paté & liverwurst
- × **Hotdogs:** wieners, smokies
- × **Smoked seafood:** such as smoked salmon or surimi
- × **Raw or undercooked meat, poultry, and fish:** such as sushi, or rare steak
- × **Soft-cooked or raw eggs**
 - ✓ *Cook eggs until yolk is firm.*
- × **Food past its “Best Before” date**

Other unsafe foods:

- × **Alcohol:** Avoid all kinds, all amounts
- × **Herbal teas:**
 - ✓ *Can drink 2-3 cups/day of safe herbal teas: ginger, citrus peel, orange peel, red raspberry leaf, rose hip, black, and green tea*
- × **Artificial sweeteners:** Cyclamates (Sucaryl®, Sugar Twin®, Sweet N’Low®, Weight Watchers Table Top Sweetener®).
 - ✓ *Safe sweeteners: Aspartame/Nutrasweet, sucralose/Splenda, Saccharin, stevia and acesulfame K (Sunette)*
- × **Large fish:** including shark, swordfish, fresh/frozen tuna, escolar, marlin, orange roughy and canned white tuna.
 - ✓ *Safe fish: Canned light tuna, salmon trout, mackerel, halibut, pollock, char, sole, cod, herring and sardines. (*Remember to try to eat 2 servings of “Safe fish” each week.)*

Foods to limit:

- **Ground flax and flaxseed oil:** Can be eaten once in a while, not daily.
- **Liver:** 3oz (100g) per month is the safe limit. More can harm a developing baby
- **Coffee:** Limit to 2 cups per day

For more food and nutrition information, ask your doctor for a referral to see a registered dietitian, or dial 811 for Health Link.

Food Safety Tips



CLEAN

- Wash hands with hot soapy water
 - **before** cooking
 - **between** handling different foods
 - **after** cooking, changing diapers, touching pets and using the washroom
- Wash fruits and vegetables by rinsing under running water. Scrub rough surfaces with a brush.
- Wash utensils, counter-tops, and cutting boards with hot soapy water and rinse with 1 tsp bleach mixed with 3 cups water.
- Change dishcloths daily and avoid using sponges. Consider switching to paper towels.

SEPARATE

- Seal raw meat, poultry and seafood in air-tight containers or plastic bags and place them on a plate on the bottom shelf of your refrigerator to prevent juices from dripping onto other foods.
- Never place cooked food back on the same plate or cutting board that previously held raw food.

COOK

- Always keep hot foods hot and cold foods cold.
 - Serve hot foods immediately; don't let them sit at room temperature.
 - Use ice or cold-packs to keep food cold when travelling.

CHILL

- Refrigerate or freeze perishables, prepared foods, and leftovers within 2 hours or less of cooking.
- Marinate foods in the refrigerator.
- Make sure the refrigerator is set at a temperature of 4°C (40°F) or colder, and keep the freezer set at -18°C (0°F).

For more food safety information, see www.canfightbac.org

Other Questions

1) What supplements do I need to take?

During pregnancy, it is best to choose a multivitamin with:

- 0.4-1.0 mg of folic acid
- 400 IU of vitamin D
- Iron
- vitamin B12

Take this multivitamin every day. Ask your doctor which one is best for you.

2) I have morning sickness; how do I manage?

Nausea or vomiting can happen anytime of day or night. Some tips to help manage this are:

- Eat smaller meals throughout the days
- Avoid foods that bother you
- Choose foods lower in fat and higher in protein
- Drink fluids between meals, not with meals

Morning sickness usually stops by 12-14 weeks. If you throw up more than 2 times in 24 hours, or can't keep fluids down, contact your doctor.

3) How much weight is healthy to gain?

The amount depends on your body mass index before pregnancy. Weight gain in trimester 1 is minimal (0.5-2.0 kg or 1-4.4 lbs).

Pre-pregnancy BMI	Category	Recommended Total Weight Gain for Pregnancy
Less than 18.5	Underweight	12.5-18 kg (28-40 lbs)
18.5-24.9	Healthy weight	11.5-16 kg (25-35 lbs)
25.0-29.9	Overweight	7-11.5 kg (15-25 lbs)
30 or over	Obese	5-9 kg (11-20 lbs)

Ask your doctor to calculate how much weight you should gain this pregnancy. The amount of weight I should gain is: _____.

- Gaining weight within the guidelines is important for you, and your baby's health.

I am vegetarian, how do I eat healthy?

Pregnant vegetarians must plan their diet carefully to make sure they are getting all the nutrition they need. Protein, iron, zinc, calcium, vitamin D, vitamin B₁₂, and omega-3 fatty acids are harder to get with a vegetarian diet. This food guide can help you plan a balanced vegetarian diet.

Vegetarian Food Guide

Choose a variety of foods from the Vegetarian Food Guide. Be sure to check how many servings you need from each food group, including calcium-rich and protein-rich foods.

		Calcium-rich Foods	
		Children 6 servings a day	Adolescents 10 servings a day
		Adults 8 servings a day	

		Calcium-rich Grains	
1 serving is equal to:		<ul style="list-style-type: none"> 1 oz (30 g) of calcium-fortified breakfast cereal 	

		Calcium-rich Protein Foods	
1 serving is equal to:		<ul style="list-style-type: none"> ½ cup (125 mL) of cow's milk, yogurt, fortified soy beverage, tempeh, calcium-set tofu, canned salmon with bones, or cooked soybeans ¼ cup (60 mL) of almonds or soynuts 2 Tbsp (30 mL) of almond butter, or sesame tahini ¾ oz (21 g) cheese 	

		Calcium-rich Vegetables	
1 serving is equal to:		<ul style="list-style-type: none"> 1 cup (250 mL) cooked or 2 cups (500 mL) raw bok choy, broccoli, collards, Chinese cabbage, kale, mustard greens or okra ½ cup (125 mL) of fortified tomato juice 	

		Calcium-rich Fruits	
1 serving is equal to:		<ul style="list-style-type: none"> ½ cup (125 mL) calcium fortified fruit juice 5 figs 	

		Include foods rich in omega-3 fats every day	
1 serving is equal to:		<ul style="list-style-type: none"> Nuts ¼ cup (60 mL) Nut butter 2 Tbsp (30 mL) Oil, mayonnaise, or soft margarine 1 tsp (5 mL) 	

		Grains	
At least 6 servings per day	1 serving is equal to:	<ul style="list-style-type: none"> Bread 1 slice Rice ½ cup (125 mL) Pasta ½ cup (125 mL) Cooked grain or cereal ½ cup (125 mL) Cold cereal 1 oz (30 g) 	

		Legumes, nuts and other protein-rich foods	
At least 5 servings per day	1 serving is equal to:	<ul style="list-style-type: none"> Beans and lentils ½ cup (125 mL) Tofu ½ cup (125 mL) Nutseed butter 2 Tbsp (30 mL) Nuts ¼ cup (60 mL) Egg 1 	<ul style="list-style-type: none"> Adolescents, 9-18 years 6 servings a day Pregnant 7 servings a day Breastfeeding 8 servings a day

		Vegetables	
At least 4 servings per day	1 serving is equal to:	<ul style="list-style-type: none"> Cooked vegetables ½ cup (125 mL) Raw vegetables 1 cup (250 mL) Vegetable juice ½ cup (125 mL) 	

		Fruits	
At least 2 servings per day	1 serving is equal to:	<ul style="list-style-type: none"> Cut-up or cooked fruit ½ cup (125 mL) Medium fruit 1 Fruit juice ½ cup (125 mL) Raisins, dried fruit ¼ cup (60 mL) 	

		Fats	
At least 2 servings per day	1 serving is equal to:	<ul style="list-style-type: none"> Oil, mayonnaise, or soft margarine 1 tsp (5 mL) Nut butter 2 Tbsp (30 mL) Nuts ¼ cup (60 mL) 	