

Healthy Eating For Pregnancy and Breastfeeding



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Pregnancy and Breastfeeding Tips

- Enjoy regularly spaced meals and snacks including a variety of food.
- Choose nutritious foods and limit highly processed foods.
- Eat 2 to 3 extra servings of nutritious food during your second and third trimesters. For example, a piece of fruit with $\frac{3}{4}$ cup yogurt, or a slice of whole grain toast with peanut butter. For more ideas see list of snacks (page 2).
- During late pregnancy, you may be more comfortable eating several small meals a day.
- Drink water rather than sugary drinks. Your body needs more fluids, especially when you are breastfeeding.
- When breastfeeding, have a glass of water, milk, soup, or juice within reach. Drink whenever you are thirsty.
- Take a multivitamin with folic acid each day as long as you are breastfeeding.
- Limit caffeine to 300mg per day.
- Avoid smoking, medicinal herbs, and some herbal teas. Chamomile tea and some other teas can be harmful for your baby. Citrus peel, ginger, lemon balm, and rosehip are generally safe.
- It is not safe to have any amount of alcohol or recreational drugs while pregnant. To learn more about alcohol and drugs while breastfeeding, ask your family practitioner, or go to fraserhealth.ca and search 'breastfeeding'.
- Artificial sweeteners are considered safe but we suggest you only use a small amount.

Caffeine	
Tall (375mL) coffee	260mg
Regular (250mL) coffee	150mg
Tall (375mL) latté	75mg
Regular (250mL) tea	50mg

Family practitioner - refers to a family doctor or nurse practitioner

Worried about allergies?

- Avoiding certain foods when you are pregnant will not prevent food allergies in your baby.
- When you are breastfeeding, only avoid foods if it is confirmed that your baby has a food allergy.
- If you feel that certain foods affect your baby, call 8-1-1 to speak with a registered dietitian.

What are some healthy snacks?

Fresh fruit	Bran muffin
Vegetable or lentil soup	Cereal and milk
Raw veggies with yogurt dip	Fruit or plain yogurt
Peanut butter or cheese on crackers	Trail mix (dried fruit, nuts)
Salmon or egg sandwich on whole grain bread	Smoothie (milk/soy milk, fruit, yogurt or tofu)
	Whole wheat bannock with peanut butter or cheese

Should you take a prenatal vitamin or mineral supplement?

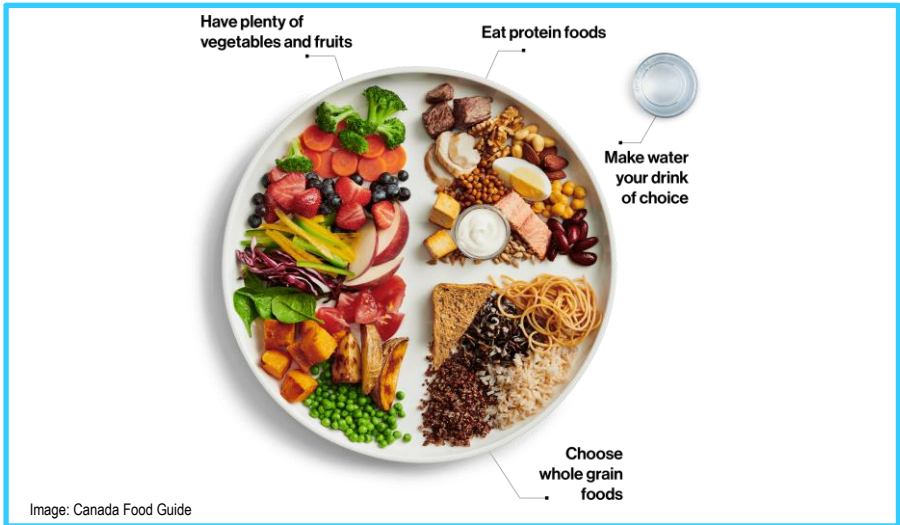
- While pregnant and breastfeeding, take a multivitamin - mineral supplement each day that contains at least 0.4mg of folic acid and 16 to 20mg of iron.
- Take 0.4mg of folic acid each day during your childbearing years even if you're not pregnant (half of all pregnancies are unplanned).
- You do not need to take an additional Vitamin A supplement. Too much Vitamin A can harm your baby.
- Eat foods that are good sources of iron and folate.
- Eat foods rich in Omega 3 fats such as salmon, trout, mackerel, herring, sardines, ground flax seeds, walnuts, or Omega 3 fortified foods.

Good sources of folate	Good sources of iron
<ul style="list-style-type: none"> - Enriched grain products (Bran cereal, whole wheat bread) - Peanut butter, sunflower seeds - Soy beans, lentils, baked beans - Dark green vegetables (spinach, romaine lettuce, broccoli, bok choy) - Oranges, orange juice 	<ul style="list-style-type: none"> - Meat, poultry, fish - Tofu, Eggs - Dried beans, peas, lentils * - Pumpkin seeds, cashew, pine nuts, hazel nuts * - Whole grain and enriched cereals * - Dark green leafy vegetables * <p>* To help absorb the iron, these foods are best eaten with food high in Vitamin C such as citrus fruits, tropical fruits, and bell peppers.</p>

For Vegetarians

You need more iron in your diet because the iron from plant foods is not absorbed by the body as well as iron from animal foods. Ask your family practitioner (family doctor or nurse practitioner) how much iron you should take as a supplement.

Healthy Foods for Health Eating



Vegetables and Fruit

- Choose vegetables and fruit more often. They are high in vitamins and minerals that you and your baby need.
- Fresh, frozen, and canned vegetables and fruits can all be healthy options. Make sure you choose canned vegetables and fruits with no added salt or sugar.
- Eat whole fruits rather than drinking juice.

Protein Foods

Protein foods are:

legumes, nuts, and seeds
 tofu, fortified soya beverage
 fish, shellfish
 eggs

chicken and other poultry
 lean meat including wild game.
 lower fat milk, low fat yogurts, low fat kefir, cheeses low in fat and salt (sodium)

- Choose protein foods that come from plants more often, such as beans, lentils, and tofu.

- Eat at least 2 servings of fish each week.
 - Choose fish low in mercury often.*

1 fish serving = 75gm
(2 ½ ounces)

Salmon, sardines, trout, char, herring, and mackerel are high in healthy Omega 3 fats.

Skipjack, yellowfin, and tongol tuna, as well as any tuna labelled as 'Product of Canada' are good choices too.
 - Some fish are high in mercury which can harm your baby. Limit intake to:
 - No more than 4 servings in a week of canned albacore tuna.
 - No more than 2 servings in a month of fresh/frozen tuna, shark, marlin, swordfish, escolar, or orange roughy.

*For more information about mercury in our fish, read the HealthLinkBC File #68m ['Food Safety: Mercury in Fish'](#)
- Choose lean meat and alternatives prepared with little or no added saturated fat or salt.
 - Use cooking methods such as roasting, baking, or poaching that require little or no added saturated fat.
 - Trim the visible fat from meats.
 - Remove the skin on poultry.
 - Choose processed meats lower in salt (sodium) and fat. See 'Food Safety' for more about processed meats such as luncheon meats, sausages, or prepackaged meats.
 - Because of the high levels of Vitamin A, limit liver and liver products to no more than 75gm (2 ½ ounces) in a week.

Whole Grains

- Choose whole grain products more often.
- Look for the words 'whole grain' as the first ingredient on the label.
- Choose grain products that have at least 3 grams of fibre. Fibre helps prevent constipation.

Calcium and Vitamin D

- Every day, drink 500mL (2 cups) of lower fat milk or fortified soy beverage.
- Aim for 1000mg of calcium and 600IU of Vitamin D each day.
 - Good sources of Calcium include: Milk, fortified plant beverages (such as soy, oat etc.) cheese, yogurt, canned salmon with bones, tofu made with calcium added, tahini, kale, and almonds.
 - Read the label. Consult with a HealthLinkBC Dietitian at 8-1-1 for advice.

Calcium amounts in food	
Milk (250mL or 1 cup)	300mg
Fortified Soy beverage (250mL or 1 cup)	320mg
Almonds (60gm or 1/4 cup)	93mg
Tahini/sesame seed paste (60mL or 2 Tbsp)	130mg
Kale (125mL or 1/2 cup)	95mg
Canned salmon with bones (75mg)	208mg
Tofu made with calcium added (175mL or 3/4 cup)	234mg

- If you are not eating milk products or eating foods high in calcium, talk to a registered dietitian. Your prenatal vitamins are not a good source of calcium.
- Limit highly processed foods. If you choose these foods, eat them less often and in small amounts.
 - Prepare meals and snacks using ingredients that have little or no added salt, sugars, or saturated fat.
 - Choose healthier menu options when eating out.
- Make water your drink of choice.
 - Replace sugary drinks with water

Food Safety

Pregnancy is a time to be extra careful about safely handling food and choosing foods that are safe to eat. This is because during pregnancy, there is a greater chance of women getting a serious infection from the *Listeria* bacteria, called 'listeriosis' (say *liss-teir-ee-oh-siss*). It is caused by eating food contaminated with the bacteria. This infection can cause a woman to miscarry or have a stillbirth, or the baby to be born very sick.

Do not eat or drink

- Unpasteurized milk or milk products
- Unpasteurized juices
- Raw fish
- Refrigerated pate and meat spreads
- Refrigerated smoked fish and seafood products
- Soft and semi- soft cheeses such as feta, Brie, Camembert, goat, and blue-veined cheeses

Cook to steaming hot (or 74°C) before eating

- Hot dog wieners
- Sprouts (mung bean, alfalfa, etc.)
- Deli meats such as bologna, roast beef, chicken breast, or turkey breast

For more information on food safety, go to [HealthLinkBC Files](#) and search 'food safety', or call 8-1-1 to speak to a registered dietitian.

Common Conditions during Pregnancy

Here are some suggestions that might help you prevent these conditions or feel better if you experience them.

Nausea and vomiting

- Sip small amounts of fluids often during the day. These fluids are best: water, 100 percent apple juice, sparkling water, or ginger ale.
- Eat smaller amounts of food every one to two hours during the day.
- Eat whatever appeals to you.
- Take a liquid form of vitamins.
- Try to keep taking your folic acid supplement even if you can't take prenatal vitamins for a period of time.
- Try not to eat fatty and fried foods.
- To avoid food smells, eat cold meals, or have someone else cook.
- Have fresh air in the bedroom while resting, and in the kitchen while cooking.

See your family practitioner if:

- You are sick most of the time and can't keep any fluids or food down.
- You throw up (vomit) more than 5 times a day.
- You have lost more than 5% of your pre-pregnant weight.
- You urinate (go pee) less than 3 times in 24 hours.

For more information, contact:

- HealthLinkBC, any time day or night

8-1-1

Heart burn

- Eat small meals often.
- Try not to eat fatty, fried, and spicy foods.
- Drink a lot of fluids in between meals but not with your meals.
- When resting, lie with your head and shoulders propped up on a couple of pillows.
- Do not bend forward or lie down flat right after eating a meal.
- Do not wear tight waistbands.
- It might also help to chew gum. Choose sugarless, non-peppermint gum (ideally containing xylitol).

Constipation

- Drink lots of water.
- Eat foods high in fibre every day. Examples: berries, dates, pears, dried figs, bananas, potatoes, prunes, kiwi, corn, and peas.
- Choose whole grain products every day. Examples: bran muffin, bran cereals, fibre cereal, fibre-enriched crackers, and whole-grain cereals.
- Choose dried beans, dried peas, lentils, nuts, and seeds several times a week.
- Try to include some physical activity everyday such as walking.

If you continue to have problems with constipation, talk to your family practitioner.

Healthy Body for a Healthy Baby

Pregnancy is a time to eat 'twice as healthy' **not** 'twice as much'.

Choose nutritious foods that will help you to gain weight gradually.


Body weight is only one predictor of a healthy pregnancy. During pregnancy, it is important to eat healthy, be active, and get enough rest.

Talk with your family practitioner about your goals for weight gain during pregnancy.



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Where to Get More Information About Healthy Eating During Pregnancy and Breastfeeding

 Call 8-1-1 (HealthLinkBC) to speak to a registered dietitian.

Available in 130 languages.

For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

 Online

- fraserhealth.ca/pregnancy



- HealthLinkBC.ca
Under the heading 'Healthy Eating', choose 'For Your Age and Stage', then select 'Women'



Scan QR code to access resources

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc@fraserhealth.ca