

Healthy eating during pregnancy

- TO SUPPORT THE BABY'S GROWTH AND DEVELOPMENT
- TO MANAGE DISCOMFORTS AND SYMPTOMS DURING PREGNANCY
- TO PREVENT CERTAIN COMPLICATIONS DURING PREGNANCY

During the 2nd and 3rd trimester, energy and proteins needs are increased.

Eat 3 balanced meals and 3 snacks per day

FRUITS AND VEGETABLES

- Eat at least one green and one orange vegetable per day
- Prioritize fresh, frozen or canned fruits and vegetables instead of juices
- Eat at least 5 fruits and vegetables per day

GRAIN PRODUCTS

Make at least half of your grain products whole grain



Nurturing life
THE REFERENCE IN PERINATAL NUTRITION, FROM PREGNANCY TO INFANTS

Montreal Diet
dispensary



SNACKS

PROTEINS

- Dairy products
- Meat and alternatives



CARBOHYDRATES

- Fruits and vegetables
- Grain products



PROTEINS

INCLUDE A VARIETY OF PROTEIN SOURCES EVERY DAY

- Meat and poultry
- Fish and seafoods
- Eggs
- Dairy products and substitutes
- Legumes (lentils, black beans, chickpeas. etc.)
- Nuts and seeds
- Peanuts and peanut butter

THE DIET DISPENSARY RECOMMENDS:

- 1 egg per day
- 4 portions of dairy products including at least 2 glasses of milk
- 1 portion: 250ml milk or soy beverage, 175g of yogurt, 50g of cheese

IRON

- NUTRIENT AND OXYGEN TRANSPORT TO THE FETUS
- GROWTH OF THE FETUS
- IRON STORES FOR BABY'S FIRST 6 MONTHS OF LIFE

BEST ABSORBED SOURCES

- Meat and poultry
- Fish and seafood
- Black pudding
- Giblets (heart, liver, kidneys)

Liver should be avoided during the first trimester. During the 2nd and 3rd trimester, a maximum of 75g can be consumed weekly. Chicken liver is the best option.

OTHER SOURCES

- Pumpkin seeds
- Legumes (chickpeas, black beans, lentils)
- Medium firm or firm tofu
- Iron fortified breakfast cereals, pasta and breads
- Blackstrap Molasses
- Certain vegetables (pumpkin, green peas, potatoes, spinach)
- Eggs



OMEGA-3

- POSITIVE IMPACT ON PREGNANCY OUTCOMES (DELIVERY AT TERM, BIRTH WEIGHT)
- IMPORTANT ROLE IN THE HEALTH OF THE MOTHER AND THE BABY

ANIMAL SOURCES

- Fatty fish (herring, mackerel, salmon, sardines, trout).

THE DISPENSARY RECOMMENDS CONSUMING FATTY FISH AT LEAST TWICE A WEEK.

PLANT SOURCES

- Walnuts
- Flax or chia seeds
- Vegetable oils (canola, flax, soy)



VITAMIN C

INCREASES IRON ABSORPTION

Broccoli, cabbage, cantaloupe, clementine, grapefruit, guava, kiwi, litchi, mango, orange, papaya, red, orange or yellow pepper, pineapple, tomato and strawberry

DURING PREGNANCY

Take a prenatal multivitamin everyday



AT LEAST 3 MONTHS BEFORE PREGNANCY

Take a prenatal multivitamin containing at least 0,4mg of folic acid daily to lower the risk of neural tube defects

CALCIUM AND VITAMIN D

- BABY'S TEETH AND BONE DEVELOPMENT
- MAINTENANCE OF THE MOTHER'S BONE MASS

CALCIUM SOURCES

- Dairy products (milk, yogurt, cheese)
- Enriched soy beverages
- Tofu with calcium sulfate
- Canned fish with bones (sardines, salmon)
- Calcium enriched products (ex: some orange juices)
- Almond and sesame butter (tahini)
- Broccoli and leafy dark green vegetables

SOURCES OF VITAMIN D

- Milk
- Enriched soy beverages
- Eggs
- Enriched margarines and yogurts
- Fatty fish (salmon, sardines, trout)



WATER

6 CUPS PER DAY

- For good hydration, drink around 1.5L of water per day
- A good indicator is the color of urine. A pale urine is a sign of adequate hydration.

Consult a dietitian if needed. In doubt, ask your questions to Nurturing Life's team.

