



## **Prenatal Nutrition**

A woman's nutritional and overall health, before and during pregnancy, influences the health of her developing baby.

Eating well, combined with taking a daily multivitamin, can give a woman the nutrients she needs to feel good, have energy, and support a healthy pregnancy.

### **Key Recommendations for Women**

- \* Follow Eating Well with Canada's Food Guide to eat the amount and type of food that is right for you and your baby.
- \* Have at least 150 g of cooked fish each week. Fish contains omega-3 fats and other important nutrients for pregnancy.
- \* All women who could become pregnant and those who are pregnant should take a multivitamin containing 0.4 mg of folic acid every day. Pregnant women should also ensure that their multivitamin contains 16-20 mg of iron.
- \* Follow food safety advice and avoid eating foods that are a higher risk to you during your pregnancy.
- \* Gaining weight is a natural part of pregnancy. How much weight you should gain depends on her your body mass index (BMI) before you became pregnant. Visit the Pregnancy Weight Gain Calculator to learn more.

### **Prenatal Nutrition Guidelines for Health Professionals**

- \* Fish and omega-3 fatty acids
- \* Folate
- \* High dose folic acid supplementation - questions and answers for health professionals
- \* Iron
- \* Gestational Weight Gain
- \* Handout Healthy Weight Gain During Pregnancy

### **Background Information**

- \* The Background on Canada's Food Guide describes the process used to inform the development of dietary guidance for pregnant and breastfeeding women found in Eating Well with Canada's Food Guide.
- \* Members of an Expert Advisory Group generously gave their time and expertise to help prepare the prenatal nutrition guidelines and resources for health professionals. Health Canada also received valuable input from stakeholders through open consultation periods.

### **Additional Resources**

Frequently Asked Questions on Prenatal Nutrition Guidelines  
Eating Well with Canada's Food Guide  
My Food Guide Servings Tracker for Pregnant Women  
My Food Guide Serving Tracker for Breastfeeding Women  
Examples of Meals  
Food Safety for Pregnant Women  
Listeriosis  
Smoking in Pregnancy  
Our Community Supports Healthy Pregnancies  
Maternal-Infant Research on Environmental Chemicals (MIREC)

### **Related Resources**

#### *For Health Professionals*

- \* Family-Centered Maternity and Newborn Care - National Guidelines
- \* Folic Acid for the Primary Prevention of Neural Tube Defects
- \* Maternity Experiences Survey
- \* PARmed-X for Pregnancy
- \* Perinatal Health Report

#### *For Pregnant Women*

- \* Sensible Guide to a Healthy Pregnancy
- \* Alcohol and Pregnancy
- \* Breastfeeding
- \* Caffeine
- \* Constipation
- \* Emotional Health
- \* Heartburn
- \* Nausea and Vomiting
- \* Oral Health
- \* PARmed-X for Pregnancy
- \* Physical Activity and Pregnancy
- \* Smoking and Pregnancy
- \* Swelling (Edema)
- \* Water and Other Fluids

Food and Nutrition Features

Canada's Food Guide

Bottled Water

Nutrition Labelling

Prenatal nutrition

Food Allergies and Intolerances

**For a complete information, visit <http://www.hc-sc.gc.ca>.**