

## Build a Baby True or False Statements and Answer Key




### HEALTHY EATING FOR A HEALTHY PREGNANCY

Additional Resources:  
Healthy Eating During Pregnancy  
[Canada's Food Guide](#)

True or False Statement	Answer	Discussion Points
Healthy eating is important for both you and your baby when you are pregnant	TRUE	<ul style="list-style-type: none"><li>• Healthy eating can help:<ul style="list-style-type: none"><li>○ your baby grow and develop</li><li>○ give you and your baby the vitamins, minerals and other nutrients you need</li><li>○ you stay healthy and feel good</li></ul></li></ul>
When you are pregnant, it is difficult to meet your nutrient needs with food alone	TRUE	<ul style="list-style-type: none"><li>• There are some key nutrients you and your baby need for a healthy pregnancy, such as folic acid, iron, calcium and vitamin D.</li><li>• In addition to eating a variety of healthy foods, a multivitamin can help make sure you get enough of these nutrients.</li></ul>
When you are pregnant, you need to eat twice as much food each day than you would normally	FALSE	<ul style="list-style-type: none"><li>• During your second and third trimesters, you need a little more food each day to help your baby grow and develop. This might be an extra snack, or a little extra food at one of your meals.</li><li>• This is about the same amount of extra food you need to continue to eat while you are breastfeeding.</li></ul>
When you are pregnant, drink juice to quench your thirst	FALSE	<ul style="list-style-type: none"><li>• Canada's Food Guide recommends water as the drink of choice.</li><li>• To reduce the amount of sugars you drink, replace sugary drinks, such as juice, with water.</li></ul>

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 <b>HEALTHY EATING FOR A HEALTHY PREGNANCY</b> Additional Resources: Healthy Eating During Pregnancy <a href="#">Canada's Food Guide</a>		
True or False Statement	Answer	Discussion Points
When you are pregnant, you should take a multivitamin every day	TRUE	<ul style="list-style-type: none"> <li>• In addition to eating a variety of healthy foods, it is important to take a multivitamin every day when you are pregnant.</li> <li>• Your multivitamin should include:                             <ul style="list-style-type: none"> <li>○ 0.4 mg of folic acid</li> <li>○ vitamin B12</li> <li>○ 16-20 mg of iron.</li> </ul> </li> </ul>
If you are taking a prenatal multivitamin, it doesn't matter what foods you eat	FALSE	<ul style="list-style-type: none"> <li>• A multivitamin cannot replace all the nutrients you get from food.</li> <li>• Eating a variety of healthy foods every day, along with a prenatal multivitamin, can give you the vitamins, minerals and other nutrients you and your developing baby need.</li> </ul>
When you are pregnant, you should try to eat a variety of healthy foods each day	TRUE	<ul style="list-style-type: none"> <li>• Vegetables and fruits, whole grain foods and protein foods are all important to help keep you and your baby healthy.</li> <li>• Try making half your plate vegetables and fruits at your meals and snacks. Fresh, frozen and canned veggies and fruits are all healthy choices!</li> </ul>
Healthy snacks are important when you are pregnant	TRUE	<ul style="list-style-type: none"> <li>• Healthy snacks help keep you energized and can support you and your baby's healthy</li> <li>• Keep quick healthy snacks on hand, like:                             <ul style="list-style-type: none"> <li>○ Fresh, frozen and canned fruit</li> <li>○ Raw vegetables</li> <li>○ Nuts</li> <li>○ Yogurt</li> <li>○ Whole grain crackers</li> <li>○ Ready-to-eat whole grain cold cereal</li> <li>○ Unsweetened instant oatmeal</li> </ul> </li> </ul>

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Protein and iron are important when you are pregnant	TRUE	<ul style="list-style-type: none"> <li>• Protein helps your uterus and placenta become strong and helps your baby grow.</li> <li>• Iron is important to help your baby's brain develop.</li> <li>• Sources of protein and iron include eggs, meat, fish, poultry, beans and lentils. Iron is also in grain foods and some vegetables and fruits.</li> <li>• The iron in meats is more easily absorbed than the iron in plant-based foods like beans, lentils, grain foods, vegetables and fruits.</li> </ul>
Vitamin C helps your body absorb iron	TRUE	<ul style="list-style-type: none"> <li>• Vitamin C helps your body absorb the iron from plant-based foods such as beans, lentils, grain foods, vegetables and fruits.</li> <li>• Try to include a food high in vitamin C at your meals. Vitamin C is in many vegetables and fruits such as broccoli, potatoes, sweet peppers, tomatoes, cantaloupe, oranges, kiwis, mangos and strawberries.</li> </ul>
Eating highly processed foods such as pop, chips and ice cream increases your intake of sodium, sugars and/or saturated fat	TRUE	<ul style="list-style-type: none"> <li>• Highly processed foods and drinks are not the best choices because they are high in sodium, sugars and/or saturated fat.</li> <li>• Some other examples of highly processed foods are chocolate, candy, sweet baked goods, frozen dinners, deli meats and fast foods like pepperoni pizza.</li> <li>• Try to choose foods that have little to no added sodium (or salt), sugars or saturated fat.</li> <li>• If you eat highly processed foods, try to eat them less often and in small amounts.</li> <li>• Eating them often may mean you have less room for healthier choices.</li> <li>• Choose healthier menu options when eating out.</li> </ul>

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Folic acid is important for a healthy pregnancy	TRUE	<ul style="list-style-type: none"><li>• Folic acid helps build healthy blood and tissues for you and your baby. It is important to help prevent neural tube defects like spina bifida.</li><li>• Food sources of folic acid include dried peas, beans and lentils, a variety of vegetables and fruits, such as oranges, and enriched grain products. You also get folic acid from your prenatal multivitamin.</li></ul>
Milk is an important source of calcium in pregnancy	TRUE	<ul style="list-style-type: none"><li>• Drinking milk (or fortified soy beverage) each day may be the easiest way to help meet your calcium needs.</li><li>• Milk (or fortified soy beverage) also provide vitamin D. Calcium and vitamin D work together to keep your bones strong, and to build strong bones and teeth for your baby.</li></ul>

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### FOOD SAFETY DURING PREGNANCY

Additional Resource:

[Safe Food Handling for Pregnant Women](#)

True or False Statement	Answer	Discussion Points
You are at an increased risk of food poisoning when you are pregnant	TRUE	<ul style="list-style-type: none"><li>• Food poisoning is caused by some types of bacteria.</li><li>• When you are pregnant you may be at higher risk for infections.</li><li>• Some bacteria can go through the placenta. If you become sick, there is an increased risk your baby could get sick and their immune system is not developed enough to fight off harmful bacteria</li><li>• You can take steps to help protect yourself and your baby. For information on food safety during pregnancy, check out the resource “Safe Food Handling for Pregnant Women”. The link is on the “Healthy Eating During Pregnancy” resource, which I will provide.</li></ul>
Soft-boiled eggs and eggs with runny yolks are safe to eat while pregnant	FALSE	<ul style="list-style-type: none"><li>• Raw eggs can contain harmful bacteria that can cause food poisoning.</li><li>• Eggs should be cooked until both the white and the yolk are firm.</li><li>• Foods that contain raw eggs should be avoided when pregnant. This can include cookie dough, cake batter, homemade eggnog, and even some salad dressings and sauces.</li></ul>
Cheddar cheese is safe to eat while pregnant	TRUE	<ul style="list-style-type: none"><li>• Many cheeses, including cheddar, are safe to eat when pregnant.</li><li>• There are some cheeses that should be avoided when pregnant because they can cause food poisoning. These include:<ul style="list-style-type: none"><li>○ Soft and semi-soft cheeses such as Brie, Camembert and Havarti, even if they are pasteurized</li><li>○ Blue-veined cheeses, even if they are pasteurized</li></ul></li><li>• <a href="#"><u>Safe Food Handling for Pregnant Women</u></a> outlines the foods you should avoid during pregnancy and safer alternatives, and it lists a variety of cheeses that are safe to eat.</li></ul>

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Hot dogs should be cooked before eating	TRUE	<ul style="list-style-type: none"> <li>• A hot dog should be heated until the middle is steaming hot, to kill any bacteria that may be present.</li> <li>• Hot dogs are high in sodium and saturated fat, so they should not be eaten often.</li> </ul>
Sushi is considered safe to eat while pregnant	FALSE	<ul style="list-style-type: none"> <li>• Sushi that contains raw seafood should be avoided when pregnant.</li> <li>• Raw seafood can contain bacteria that can cause food poisoning.</li> </ul>
Cold turkey deli meat is safe to eat when pregnant	FALSE	<ul style="list-style-type: none"> <li>• Cold deli meats like deli roast beef, deli turkey, bologna and other luncheon meats, should be avoided during pregnancy. They may contain Listeria, a harmful type of bacteria. If you want to eat these types of meats, heat them until they are steaming hot.</li> <li>• Dried deli meats, like salami and pepperoni, are safer but they are high in sodium and saturated fat, so they should not be eaten often.</li> </ul>
To lower the risk of bacteria growing in your food, you should refrigerate or freeze leftovers as soon as possible	TRUE	<ul style="list-style-type: none"> <li>• Bacteria grow more quickly at room temperature.</li> </ul>
Nausea, vomiting, diarrhea, stomach pain or cramps, fever and chills are all symptoms of food poisoning	TRUE	<ul style="list-style-type: none"> <li>• You may experience one or more of these symptoms if you have food poisoning.</li> </ul>
To help prevent food poisoning, you should buy cold or frozen food at the beginning of your grocery shopping trip	FALSE	<ul style="list-style-type: none"> <li>• You should buy cold or frozen food at the end of your shopping trip, to reduce the amount of time it is out of the fridge or freezer before you get it home. Bacteria grow faster at room temperature.</li> </ul>
To help prevent food poisoning, you should wash your reusable grocery bags often	TRUE	<ul style="list-style-type: none"> <li>• This is especially important if you are carrying raw meat, poultry, fish or seafood.</li> </ul>
You can reduce your chances of getting food poisoning by putting raw meat on the top shelf of your fridge	FALSE	<ul style="list-style-type: none"> <li>• You should put raw meat, poultry, fish and seafood in sealed containers or plastic bags on plates on the bottom shelf of your fridge to prevent the raw juices from dripping onto other food.</li> </ul>
You can tell if a food is safe by its look, smell or taste	FALSE	<ul style="list-style-type: none"> <li>• You cannot always tell if a food is safe by its look, smell or taste – when in doubt, throw it out!</li> </ul>

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Additional Resource:

[Safe Food Handling for Pregnant Women](#)


True or False Statement	Answer	Discussion Points
Before you eat or cook fresh fruits and vegetables, you should soak them in a sink full of water	FALSE	<ul style="list-style-type: none"><li>• Sinks can contain bacteria that can be transferred to your food.</li><li>• Gently wash fresh fruits and vegetables under cool, running, drinkable water.</li><li>• You do not need to use anything other than water to wash fruits and vegetables.</li></ul>
Symptoms of food poisoning may not start until weeks after eating a contaminated food	TRUE	<ul style="list-style-type: none"><li>• Symptoms can start within hours after eating the contaminated food, or sometimes not until days or even weeks later.</li><li>• For example, symptoms of severe listeriosis may appear up to 70 days after you have been exposed to Listeria.</li></ul>
Perishable food should not be left out for more than 2 hours at room temperature	TRUE	<ul style="list-style-type: none"><li>• Bacteria can grow quickly at room temperature.</li><li>• Refrigerate or freeze leftovers as soon as possible.</li><li>• During summer outdoor activities, perishable food should not be left out for more than 1 hour.</li></ul>
Leftovers are safe to eat for up to 6 days if they are kept in the fridge	FALSE	<ul style="list-style-type: none"><li>• Eat refrigerated leftovers as soon as possible, within 2-4 days. Freeze them if you want to keep them longer.</li><li>• When handled properly, leftovers can make quick and easy meals.</li><li>• You should avoid reheating the same leftovers more than once.</li></ul>

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 <b>COMMON CONCERNS</b> Additional Resource: <a href="#">A Healthy Start for Baby and Me</a>		
True or False Statement	Answer	Discussion Points
Gaining weight during pregnancy is natural, normal and healthy	TRUE	<ul style="list-style-type: none"> <li>• Gaining a healthy amount of weight during pregnancy has benefits:                             <ul style="list-style-type: none"> <li>○ it helps your baby have a healthy start</li> <li>○ it can reduce your risk of complications in pregnancy and at delivery</li> <li>○ it prepares you for breastfeeding</li> <li>○ it improves your long-term health</li> </ul> </li> </ul>
When you are pregnant, you should limit certain types of tuna	TRUE	<ul style="list-style-type: none"> <li>• When you are or could become pregnant or if you are breastfeeding, you should limit your consumption of tuna to:                             <ul style="list-style-type: none"> <li>○ Fresh or frozen - 150 g per month (approximately 1 cup)</li> <li>○ Canned albacore which is white tuna – 300 g a week</li> </ul> </li> <li>• There is no limit on canned <u>light</u> tuna.</li> <li>• “Light” refers to the type of tuna (e.g., skipjack) and the front of the can label will say light tuna. Light tuna has less mercury than “white” (albacore) tuna and does not cost as much.</li> </ul>
When you are pregnant, you should drink about 5 cups of fluids a day	FALSE	<ul style="list-style-type: none"> <li>• Drink at least 9 ½ cups (1 cup = 250 mL) of fluids a day, mostly water.</li> </ul>
It is safe to drink coffee while pregnant	TRUE	<ul style="list-style-type: none"> <li>• A small amount of coffee is okay, but it contains caffeine and too much caffeine is not good for your developing baby.</li> <li>• Tea, pop and chocolate products may also contain caffeine.</li> <li>• Caffeine should be limited to no more than 300 mg per day.</li> <li>• The “Healthy Eating During Pregnancy” resource, which I will provide, gives a reference to a resource where you can access information about how much caffeine is in different beverages and chocolate products.</li> <li>• To reduce the amount of caffeine, switch to decaffeinated coffee and tea and caffeine-free pop.</li> </ul>



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True or False Statement	Answer	Discussion Points
Energy drinks are not safe to drink when you are pregnant	TRUE	<ul style="list-style-type: none"> <li>• The total caffeine in an energy drink may be more than the recommended amount for a pregnant woman.</li> <li>• Energy drink labels carry a warning that they are not recommended for pregnant women.</li> </ul>
<b>Most</b> kinds of herbal teas are safe to drink when you are pregnant	FALSE	<ul style="list-style-type: none"> <li>• Only the following herbal teas are generally considered safe if limited to 2-3 cups per day: bitter orange or orange peel, echinacea, peppermint, red raspberry leaf, rose hip, and rosemary.</li> <li>• This list is on p. 20 of the NL prenatal resource “A Healthy Start for Baby and Me”. A link to the resource is on the “Healthy Eating During Pregnancy” resource.</li> <li>• Herbal supplements such as tablets, capsules or extracts are not recommended due to possible harm to your baby.</li> </ul>
Toxoplasmosis is an infection that can make your baby sick	TRUE	<ul style="list-style-type: none"> <li>• Toxoplasmosis is caused by a parasite that can be found in undercooked meats and cat feces.</li> <li>• You can get toxoplasmosis from:                             <ul style="list-style-type: none"> <li>○ Eating unwashed vegetables</li> <li>○ Eating raw meat or meat that is not cooked well</li> <li>○ Touching your mouth after handling cat litter or soil when gardening</li> </ul> </li> <li>• To protect you and your baby, you can:                             <ul style="list-style-type: none"> <li>○ Cook meat well.</li> <li>○ Wash vegetables well.</li> <li>○ Ask someone else to change the cat litter.</li> <li>○ Wash your hands and any surfaces that you use to prepare food.</li> <li>○ Do not drink or eat unpasteurized milk products.</li> <li>○ Wear gloves when gardening or if you must change the cat litter box. When you are done, wash your hands.</li> </ul> </li> </ul>
If you drink tea or coffee when you are pregnant, it is better to drink it 1-2 hours between meals rather than with meals	TRUE	<ul style="list-style-type: none"> <li>• Coffee and tea can interfere with iron absorption.</li> </ul>

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True or False Statement	Answer	Discussion Points
The weight you gain during pregnancy comes from your baby and the parts of your body that support your baby's growth and development	TRUE	<ul style="list-style-type: none"> <li>● In addition to your baby, the weight you gain when pregnant is from:                             <ul style="list-style-type: none"> <li>○ Extra blood, fluids and tissues</li> <li>○ Increased size of breasts</li> <li>○ Increase in energy stores</li> <li>○ Increased size of uterus</li> </ul> </li> <li>● Amniotic fluid</li> </ul>
If you forget to take your multivitamin, it is okay to take two the next day	FALSE	<ul style="list-style-type: none"> <li>● You should not take more than the one daily dose of a multivitamin.</li> <li>● This will help you not go over the upper intake level for vitamin A. Too much vitamin A can be harmful for your baby.</li> </ul>
It is not safe to eat fish when you are pregnant	FALSE	<ul style="list-style-type: none"> <li>● Fish contains an omega-3 fat called DHA, and other important nutrients for pregnancy.</li> <li>● Try to eat cooked fish each week. Eat different types of fish such as salmon, rainbow trout, cod and light canned tuna.</li> <li>● Some types of fish contain mercury, which can be harmful. These include fresh or frozen tuna and shark, and canned <u>white</u> tuna. You should limit your consumption of these. For information about the recommended limits on these and some other types of fish, see the information in the resource "Mercury in Fish" which is mentioned in the "Healthy Eating During Pregnancy" resource.</li> <li>● There is no limit on canned <u>light</u> tuna.</li> </ul>

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### AFFORDABLE HEALTHY EATING

Additional Resource:

[Affordable Healthy Eating: Tips to Save Money and Eat Well](#)

True or False Statement	Answer	Discussion Points
Frozen and canned fruits and vegetables are healthy choices	TRUE	<ul style="list-style-type: none"> <li>• Frozen fruits and vegetables are frozen at peak freshness, so they are just as nutritious, and sometimes maybe even more nutritious, than fresh options.</li> <li>• Canned fruits and vegetables are also healthy options.</li> <li>• When buying canned fruits, look for those packed in water, juice or light syrup.</li> <li>• When buying canned vegetables, look for those that have little or no salt added. Salt is a source of sodium. If lower salt options are not available, rinse canned vegetables to cut down on sodium.</li> </ul>
Buying fruit at different stages of ripeness can help you save money	TRUE	<ul style="list-style-type: none"> <li>• Buying some fruit that are ready to eat and some that will ripen in a few days will help cut down on food waste.</li> <li>• For example, when buying bananas, buy three that are yellow and ready to eat and three that are greener. By the time you eat the yellow bananas, the green ones will be ripe and ready to be eaten.</li> </ul>
You can save money by buying bread on sale and storing it in the freezer	TRUE	<ul style="list-style-type: none"> <li>• Label the bag with the date you put it in the freezer. When you take a loaf out of the freezer, check the date to be sure you use the oldest one first.</li> </ul>
Shopping when you are hungry is a good idea because it will help you come up with meal ideas	FALSE	<ul style="list-style-type: none"> <li>• Grocery shopping when you are hungry can lead to impulse buying.</li> <li>• If you are hungry, have a light snack before you go grocery shopping.</li> </ul>
It is cheaper to buy a package of single serving yogurts than a large tub	FALSE	<ul style="list-style-type: none"> <li>• Large tubs of yogurt usually cost less per serving. Buy the large tub and divide it up yourself.</li> <li>• Foods sold in single-serving packaging generally cost more.</li> </ul>

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True or False Statement	Answer	Discussion Points
Planning ahead is one of the easiest ways to save money at the grocery store	TRUE	<ul style="list-style-type: none"> <li>• Use Canada's Food Guide to plan healthy meals and snacks.</li> <li>• Keep an ongoing grocery list on your fridge and write down items as you plan your meals or run out of items.</li> <li>• Stick to your grocery list in the store to help prevent impulse buys, which you may not really need.</li> </ul>
Blocks of cheese can be frozen for up to a year	TRUE	<ul style="list-style-type: none"> <li>• Cheese should be in its original packaging or well wrapped in plastic wrap.</li> </ul>
Beans, lentils, dried peas, peanut butter and eggs are great sources of protein and cost less than meat	TRUE	<ul style="list-style-type: none"> <li>• For the most savings, buy dried beans, peas and lentils in bags and prepare them yourself.</li> <li>• Rinse canned beans to cut down on sodium.</li> </ul>
Store brand items are more expensive than popular name brand items	FALSE	<ul style="list-style-type: none"> <li>• Store brand items are usually less expensive than name brand items.</li> <li>• Store brands include No Name and President's Choice at Dominion, Our Compliments at Sobeys and Foodland, and Great Value at Walmart.</li> </ul>
Growing your own food and picking wild berries are ways to save on your food budget	TRUE	<ul style="list-style-type: none"> <li>• Berries are fruits that freeze well to use later.</li> <li>• They can be added to cereal or yogurt or used in baking.</li> </ul>
Brand name food items are often placed low on the store shelves	FALSE	<ul style="list-style-type: none"> <li>• Stores place more expensive foods at eye level.</li> <li>• Companies pay more to place their products at eye level. Scan different shelves as you may find cheaper brands of the same foods on higher or lower shelves.</li> </ul>
Family-sized packs of meat and poultry are often cheaper per serving than smaller packages	TRUE	<ul style="list-style-type: none"> <li>• Buy family-sized packs of meat or poultry and separate into meal-sized portions and freeze.</li> </ul>

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True or False Statement	Answer	Discussion Points
Shopping for sale items can help you save money	TRUE	<ul style="list-style-type: none"><li>• Check out flyers, coupons, mobile apps and websites for deals on foods that are on your list.</li><li>• Look for reduced prices. Products getting close to their best before dates and oddly shaped or slightly bruised produce may be offered at a lower price or discount.</li><li>• Compare the unit price on the shelf price label to know which of two similar items is cheaper per 100 g or 100 mL.</li></ul>
Buying food in bulk and stocking up on canned goods and staples can help you save money	TRUE	<ul style="list-style-type: none"><li>• When buying food in bulk, be careful not to buy more than you need, because this can lead to waste.</li><li>• When stocking up on canned goods and staples, use them up by their “best before” date.</li><li>• You can extend the shelf-life of sale products by freezing foods such as cheese, whole grain bread, fish, and lean meats and poultry.</li></ul>