

# Healthy Eating During Pregnancy

Eating regular meals and snacks, making the healthiest food choices you can and taking a multivitamin every day are things you can do to give you and your baby the vitamins, minerals and other nutrients you need. It will also help you feel good during your pregnancy.

**Take a multivitamin with 0.4 mg of folic acid every day.**

Make sure it also has vitamin B12 and 16-20 mg of iron.

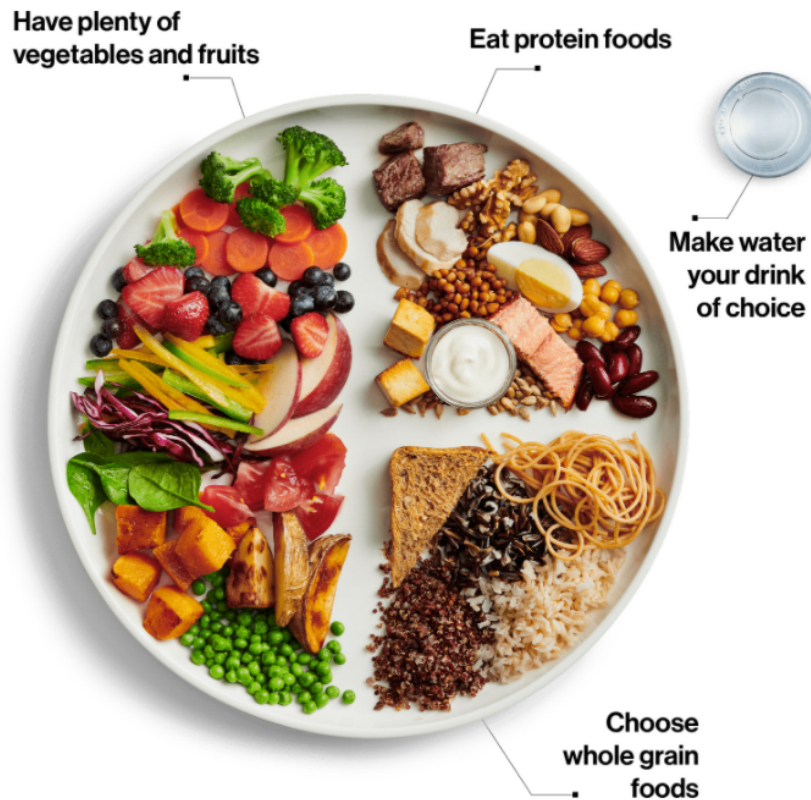
In your second and third trimesters, you need a little more food each day to help your baby grow and develop. This might be an extra snack, or a little extra food at one of your meals.

You may be given foods to eat at home (or food vouchers/gift cards) by your Healthy Baby Club. These foods are chosen to provide key nutrients that help support a healthy pregnancy.

Canada's  
food guide

Check out Canada's Food Guide at [canada.ca/foodguide](https://canada.ca/foodguide) for healthy eating tips, such as information about meal planning, and buying and cooking healthy food.

## Eat a variety of healthy foods each day



For information about healthy eating on a budget, check out "[Affordable Healthy Eating](https://www.gov.nl.ca/healthyeating/affordable)" at [www.gov.nl.ca/healthyeating/affordable](https://www.gov.nl.ca/healthyeating/affordable).

For more information about pregnancy and birth, see the Newfoundland & Labrador version of "[A Healthy Start for Baby and Me](https://gov.nl.ca)" at [gov.nl.ca](https://gov.nl.ca).

# Healthy Eating Tips During Pregnancy

## Limit highly processed foods

- Limit foods like sugary drinks, candy, chips, ice cream, cookies, pastries, cakes and frozen dinners. These are high in sodium (salt), sugars and/or saturated fat. If you do eat these foods, eat them less often and in small amounts.
- Choose healthier menu options when eating out.
- Use the Nutrition Facts table on food labels to help you make healthier choices. For information on using food labels, see "[Focus on the Facts](#)" at [canada.ca](#).

## Be food safe

- Food safety is important for everyone, but it is even more important when you are pregnant.
- To lower your risk of food poisoning, you should avoid some foods when you are pregnant. Some examples are runny/soft egg yolks and ready to eat deli meats (unless they are heated until steaming hot).
- Check out "[Safe Food Handling for Pregnant Women](#)" at [canada.ca/foodsafety](#) to learn about food safety and foods to avoid when you are pregnant.

## Eat fish every week and choose fish low in mercury

- Have cooked or canned fish every week. Try to eat different types of fish such as salmon, rainbow trout, cod and light canned tuna.
- If you eat canned tuna, choose the "light" type (e.g. skipjack, yellowfin and tongol). It has less mercury than "white" (albacore) tuna and does not cost as much.
- For more information, see "[Mercury in Fish](#)" at [canada.ca](#).

## Be mindful of your eating habits

- Plan your meals and snacks.
- Take time to enjoy your food and notice when you are hungry and when you are full.
- Sit at the table instead of in front of the TV. Avoid bringing computers, cellphones and other electronics to the table, so you can focus on your food.

### What about coffee, tea and pop?

There may be caffeine in coffee, tea and pop. Too much caffeine is not good for you or your baby. Limit caffeine to no more than 300 mg per day when you are pregnant. For information on the amount of caffeine in beverages, see p. 20 of NL's "[A Healthy Start for Baby and Me](#)" at [gov.nl.ca](#).

All energy drinks and most kinds of herbal teas are not safe to drink when you are pregnant or breastfeeding. The following herbal teas are generally considered safe if limited to 2-3 cups per day: bitter orange/orange peel, echinacea, peppermint, red raspberry leaf, rose hip and rosemary.