



National
Aboriginal
Diabetes
Association

Association
Nationale
Autochtone
du
Diabète



NADA PRESENTS:

A HEALTHY START

NUTRITION GUIDE FOR PREGNANCY



ABOUT THE
NATIONAL ABORIGINAL
DIABETES ASSOCIATION

OUR VISION: The National Aboriginal Diabetes Association envisions diabetes-free healthy communities.

OUR MISSION: The National Aboriginal Diabetes Association’s mission is to lead the promotion of healthy environments to prevent and manage diabetes by working together with people, communities and organizations.

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EATING A BALANCED DIET

A balanced diet is needed throughout one’s life, but is especially important during pregnancy. Vitamins and minerals are important to support healthy growth of the baby from conception till birth. Consume a variety of foods to achieve a balanced diet. Using Canada’s Food Guide servings as a general guide can help you achieve that.



FRUITS AND VEGETABLES: especially dark green and orange vegetables and fruit. Aim to consume **7-8 servings** of vegetables and fruit per day.

GRAINS: try to consume more whole-grain products. Aim to consume **6-7 servings** of grains per day.



MILK/MILK ALTERNATIVES: provide nutrients to help build strong bones for your baby and support your bones during pregnancy. Aim to consume **3-4 servings** per day.

MEAT/MEAT ALTERNATIVES: eat lean meats or meat alternatives such as beans or lentils. Lean meats include fish, bison, chicken. Aim to consume **2-3 servings** of meat/alternatives per day and 2 servings of fish per week.



STAYING HYDRATED: choose water as your main drink to stay hydrated.

VITAMINS AND MINERALS

CAN I GET ALL OF THE VITAMINS AND MINERALS I NEED FROM FOOD?

Mostly, yes. But there are two very important nutrients that your baby needs even before you are pregnant! These two nutrients are **folic acid** and **iron**. You may not get enough of these nutrients from food alone.

Ideally, you should take supplements of these two nutrients before you become pregnant. Continue or start to take these supplements during the entire pregnancy.

WHY TAKE THESE SUPPLEMENTS?

Taking iron and folic acid will prevent:

- maternal anemia
- pre-term birth
- low birth weight
- neural tube defects.

These issues can happen at any time during pregnancy. Make sure to take iron and folic acid supplements throughout pregnancy.

HOW MUCH SHOULD I TAKE?

Talk to your health care provider to choose the right type/amount for you. This can be your regular doctor or nurse, or a midwife.



MAKING SAFE FOOD CHOICES

TIPS FOR MAKING SAFE FOOD CHOICES:



- Consume only cooked fish, chicken, and other meats



- Avoid deli meats and hot dogs. These foods are at high risk for having unsafe bacteria.



- Do not consume raw or lightly cooked eggs. Ask for your eggs to be hard boiled or not runny. That will ensure any bacteria will be killed.



- Consume only pasteurized milk and juice products. Pasteurizing these drinks/foods kills any bacteria that may have been present.



- Do not eat any raw sprouts, such as alfalfa or bean sprouts. These sprouts have a higher amount of bacteria compared to other leafy greens.



- Alcohol and tobacco are not safe at all. Any small amount puts your baby at risk.



ARE FISH SAFE TO EAT DURING PREGNANCY?

Some fish are safe and beneficial to consume during pregnancy. There are concerns with fish due to their ability to contain mercury, a harmful substance. But fish have been shown to contain **vitamin D** and good fats. The fats in fish are **omega-3 fats**. These fats contribute to healthy heart function and may play a role in development of the growing baby.

SAFE FISH: Try to consume 2 times per week:



- Herring, Atlantic mackerel, salmon, rainbow trout, shrimp, crab, smelt, pollock, char, and hake.

UNSAFE FISH: Consume less often or not at all:



- Tuna (fresh, frozen, and canned albacore/white), shark, swordfish, marlin, orange roughy, and escolar.
- Pregnant women should eat very little of these fish. Other children and adults should also eat little of these fish.

DO YOU REALLY NEED TO EAT FOR TWO?

GAINING WEIGHT DURING PREGNANCY.

NO, you do not need to “eat for two”. Gaining a healthy amount of weight is good, but eating a lot will put you and your baby at risk.

To gain healthy weight, add about 300 extra calories per day during your 2nd and 3rd trimester. This is about 2 extra servings of foods per day.

EXAMPLES OF AN EXTRA SERVING OF FOOD:

- a small piece of bannock with lunch
- a cup of berries for a snack
- an extra cup of milk before bed

REMEMBER that your baby gets the nutrients you consume. You can make healthy eating choices during pregnancy to help them grow and become healthy. ([Government of Canada, 2014](#))

It is normal and healthy to gain weight during pregnancy. Eating a well-balanced diet and doing moderate, non-strenuous exercise can help you gain a healthy amount of weight.

Everyone's body is different. Talk to your health care provider for tips for gaining weight during your pregnancy.

SAMPLE MEALS FOR ONE DAY

BREAKFAST

- $\frac{3}{4}$ cup oatmeal with cinnamon
- 1 cup milk
- 1 cup berries or 1 medium fruit (banana, orange, apple, etc.)
- $\frac{1}{2}$ whole wheat English muffin

MORNING SNACK

- $\frac{1}{2}$ cup berries and $\frac{3}{4}$ cup plain yogurt (can add 1 tsp. honey)

or

- 1 cup raw vegetables with 1 tbsp. dip

LUNCH

- 3 oz. (or about size of palm) Turkey (wild, whole meat, not deli)
- 1 cup wild rice
- 1 cup honey dill carrots.

AFTERNOON SNACK:

- 1 piece Blueberry bannock (about the size of your palm)

DINNER:

- $1\frac{1}{2}$ cups of Caribou stew or meat of choice, ex: elk, moose, beef, and lots of vegetables added to stew
- Slice of bread
- Cup of milk
- Small salad

EXAMPLE:

1 cup lettuce, few slices of cucumber, few slices of radish, 1 tbsp. lemon juice, sprinkle of sugar

EVENING SNACK*

- $\frac{1}{2}$ cup fresh berries & 2 cups air-popped popcorn

*Optional, can eat if you are hungry in the evening



ADDING IT ALL UP...

FROM THE SAMPLE MEALS FOR ONE DAY (PG 8-9)

TOTAL FOOD SERVINGS:

- Fruits and vegetables: **7-8**
- Grains: **6-7**
- Milk/alternatives: **3**
- Meat/alternatives: **2**

To add two extra food servings into this meal plan you could add:

- 2 tbsp. peanut butter to breakfast
& ½ cup (1 medium) fruit to lunch
- ½ cup whole-grain cereal to the morning snack
& 4 cubes or 2 thin slices of cheese to the afternoon snack
- extra slice of bread with supper
& one cup of milk in the evening



PUTTING IT ALL TOGETHER

EVERY DAY, TRY TO EAT

- **7-8** fruits and vegetables
- **3-4** milk/alternatives
- **6-7** grains
- **2-3** meat/alternatives

Eating these foods will help you reach a balanced diet. Eating a balanced diet makes sure your baby gets all the nutrients they need to grow.

Talk to your health care provider about adding iron and folic acid supplements. You need even more of these two nutrients before and during pregnancy.

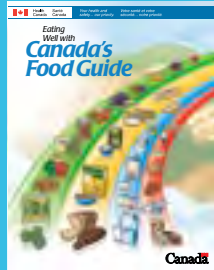
Generally, avoid products that are undercooked, not pasteurized, and meats that are served cold (deli meats).

Fish are good for you and the baby if you consume fish with low mercury risk.

Gaining a healthy amount weight during pregnancy can be done by adding two extra servings of food each day.

- **One serving of fruit/vegetables** = ½ cup berries or raw veggies
- **One serving grains** = 1 slice whole wheat/rye/multi-grain bread
- **One serving of dairy** = ¾ cup yogurt
- **One serving of meats** = 2 tbsp. peanut butter OR 1/2 cup chicken

EXPLORE ON YOUR OWN!



Eating Well With Canada's Food Guide (2010)- Available in English, Inuktitut, Ojibwe, Plains Cree, and Woods Cree.

www.canada.ca/en/health-canada/services/foodnutrition/reports-publications/eating-well-canada-food-guide-firstnations-inuit-metis.html

BANNOCK AND STEW RECIPES INSPIRED BY:

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&

Russ Everett (2011), *Bannock*

www.canadianliving.com/food/recipe/bannock-1

**Always consult your Health Care Provider
for all health-related decisions.**

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