



HEALTHY START

NUTRITION GUIDE FOR PREGNANCY



National
Indigenous
Diabetes
Association

Association
nationale
autochtone
de diabète

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HISTORY

The Assembly of First Nations declared 1995 as the Year of First Nations and Diabetes. In the same year, the National Aboriginal Diabetes Association (NADA) was formed (National Indigenous Diabetes Association).

Noella Depew and Alethea Kewayosh were instrumental in working towards establishing a national Indigenous organization with a mandate to reduce the deadly effects that diabetes was inflicting on Indigenous people, families and communities.

In 1996, NIDA received a grant from Health Canada with in-kind assistance from Manitoba Health to set up an office. Since, NIDA has become a very active player in diabetes awareness & prevention in Indigenous communities by providing much needed diabetes resources and information.

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VISION

The National Indigenous Diabetes Association envisions healthy communities.

MISSION

The National Indigenous 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.



WOMAN'S HEALTH



**WOMEN OF CHILDBEARING AGE
ARE RECOMMENDED TO TAKE A
MULTIVITAMIN CONTAINING
400MCG OF FOLIC ACID**

HPV IMMUNIZATION

GARDASIL

Recommended schedule according to your provincial/territorial guidelines

CERVICAL SCREENING

PAP TEST

Recommended screening to improve early detection of cervical cancer according to your provincial/territorial guidelines

DIABETES SCREENING

HBA1C TEST

Recommend screening for First Nations, Inuit and Métis to be done yearly



GESTATIONAL DIABETES



PREGNANT WOMEN SHOULD BE SCREENED FOR DIABETES BETWEEN 24-28 WEEKS GESTATION

INDIGENOUS WOMEN WHO IS AT RISK?

Upwards of 20% of First Nations, Inuit and Metis women are diagnosed with Gestational Diabetes

DIAGNOSIS

ORAL GLUCOSE TOLERANCE TEST

Fast (no food or drink) for 8 hours before the test. The lab will check your blood sugar and you will be given a sugary drink.

Two hours later, you will have your blood sugar checked again.

MANAGEMENT

LIFESTYLE, ORAL MEDICATION AND INSULIN

Your healthcare provider will help provide options and education on the right option for both mom and baby

BLOOD SUGAR TARGETS

MORNING	5.3 or lower
1 HOUR AFTER EATING	7.8 or lower
2 HOURS AFTER EATING	6.7 or lower

VITAMINS & MINERALS

PRENATAL VITAMINS

Folic Acid: 400 mcg
Iron: 16 to 20 mg
Omega-3 fatty acids: 100-200 mg DHA
Calcium: 1000 mg
Vitamin D: 600 IU

These nutrients are important even before you get pregnant. You may not get enough of these nutrients from food alone so a daily prenatal multivitamin is recommended containing the following amounts:

FOLIC ACID

400 mcg per day

Your baby's brain, skull and spine form during the first few weeks of pregnancy so having enough folic acid in your body during this time will prevent neural tube defects. Food sources on their own are not enough to reach the recommended folic acid level, therefore, it is recommended that women who could become pregnant take a daily multivitamin containing 400 mcg (0.4 mg) of folic acid, 2-3 months before becoming pregnant and continue throughout the pregnancy.

IRON

16 to 20 mg per day

Iron is important for healthy blood so your baby can develop properly and build up their iron stores after birth. Eat iron rich foods such as meat, poultry, fish, eggs, beans, lentils and whole grains. A daily multivitamin containing 16 to 20 mg of iron may be needed to meet needs when you are pregnant. Eating foods that are high in vitamin C at the same time you eat iron rich foods, will help your body absorb iron from food. Foods high in vitamin C include broccoli, peppers, tomatoes, and strawberries. Calcium supplements, drinking coffee and tea can decrease the amount of iron the body absorbs so having these items 1 -2 hours after eating is recommended.

OMEGA-3 FATTY ACIDS

100-200 mg DHA per day

Omega-3 fatty acids are important when you are pregnant to support the growth of baby's brain and tissues. They may also reduce risk of preterm birth and low birth weight. Food sources include fatty fish (i.e. salmon, sardines), nuts and seeds (i.e. walnuts, pumpkin seeds, chia seeds etc.), spinach, brussels sprouts, canola oil, shellfish and eggs.

CALCIUM

1000 mg per day (take 500 mg, twice a day)

Calcium builds strong bones, teeth, the heart, nerves and muscles. If you don't eat enough calcium, your body will take what your baby needs from your bones to help baby develop, putting you at risk for bone loss during pregnancy. Calcium supplements should not exceed 500 mg (elemental calcium) at one time, as this is the maximum amount the body can absorb at once. Calcium rich foods include cheese, yogurt, cottage cheese, milk, calcium fortified plant-based milks, kale, broccoli and canned salmon.

VITAMIN D

600 IU per day

Your body needs vitamin D to maintain proper levels of calcium and phosphorus, which help build baby's bones and teeth. Vitamin D is also important for healthy eyesight and skin, helps with immune function, and may decrease the risk of gestational diabetes. Foods high in vitamin D include salmon, sardines, rainbow trout, milk, fortified plant-based milk and eggs.

DIABETES & PREGNANCY

EAT BALANCED, EVERYDAY

Eating a variety of healthy food during pregnancy affects the health of you and your baby. Choose foods that have are lower in salt and sugar and try to avoid processed foods. Try eating whole foods like vegetables, whole grains and protein more often. Be mindful of what you eat during pregnancy and try to make healthier food choices.

ONLY EAT A LITTLE MORE

Pregnant women need more calories (energy) during the second and third trimester to support the growth of the baby. You only need a little more food each day such as an extra snack (i.e. berries and Greek yogurt, crackers and cheese, 1 piece of toast with peanut butter etc.)

CHOOSE HEALTHY FATS

Healthy fat support the growth of baby's brain and tissue, so choose nuts, seeds, fatty fish (salmon, sardines etc.) and vegetable oil.

CHOOSE FISH LOW IN MERCURY

It is especially important for pregnant women to limit their intake of fish containing mercury. Examples of fish and shellfish that are low in mercury and are safe to eat while pregnant or breastfeeding include: anchovy, char, smelt, rainbow trout, whitefish, herring, Atlantic mackerel, pollock, salmon, shrimp, clam, mussel and canned light tuna.

DRINK WATER MORE OFTEN

Make water your drink of choice while you are pregnant. Water has many roles including carrying nutrients to you and your baby, removes waste, keeps you cool, and prevents constipation.

WATCH YOUR CAFFEINE INTAKE

Caffeine is safe in small amounts during pregnancy. Try to keep your caffeine intake below 300 mg per day which is about two (8 ounce or 250 ml) cups of coffee. Caffeine is found in coffee, tea, chocolate milk, cola beverages, energy drinks and chocolate.





AVOID DURING PREGNANCY

- Raw or unpasteurized dairy products and juices
- Raw sprouts such as alfalfa, clover, radish and mung beans
- Raw or undercooked meat, poultry, fish and seafood
- Non-dried deli meats (bologna, roast beef, ham and turkey breast)
- Refrigerated meat spreads and smoked seafood
- Raw eggs or egg products that contain raw egg

SWEETENERS DURING PREGNANCY

Sweeteners help us limit how much sugar we use and reduce the amount of carbohydrates we eat to control blood sugar levels.

The following is a list of approved sweeteners by Health Canada that are safe to use during pregnancy and lactation:

- erythritol
- hydrogenated starch hydrolysates
- isomalt
- lactitol
- maltitol
- maltitol syrup
- mannitol
- sorbitol
- sorbitol syrup
- xylitol

NUTRITION

Balanced eating during pregnancy includes adequate protein, healthy fats and high fiber, whole grain carbohydrates sources. Eating a balanced diet will promote your baby's growth and development.

PROTEIN

Protein needs increase considerably during pregnancy and peak during the third trimester. In order to meet protein needs during pregnancy and to prevent blood sugar spikes, add a protein-rich food to meals and snacks. Examples of protein-rich foods include:

eggs	chicken or turkey
nuts	greek yogurt
nut butters	cheese
seeds	lean beef or pork
beans	fish

HEALTHY FATS

Include more plant-based fat sources like canola, olive, and soybean oil, and limit trans fats from processed and fried foods (i.e. cakes, cookies, muffins, fast food etc.). Healthy fats keep you feeling full for longer and provide the right types of fat to fuel your baby's brain development.

Examples of healthy fats include:

walnuts	flaxseed
pumpkin seeds	fatty fish
sunflower seeds	olive oil
chia seeds	avocado

HIGH FIBRE, WHOLE GRAIN CARBOHYDRATES

Whole grains and legumes, such as peas, lentils and beans, and other healthy carbohydrates such as vegetables and fruit should make regular appearances on your plate. Your baby needs these for the development of just about every part of their body, and you need them to help build the placenta and other tissues in your body. It's all about teamwork when it comes to fueling both you and baby.

Aim for 20 to 35 grams of fiber per day from whole grains, vegetables, legumes, and fruit. Be sure to increase your intake of fluids along with fiber to keep your bowels regular. Remember to always pair carbohydrate foods with a source of protein to prevent blood sugars from spiking.

Examples of healthy carbohydrates include:

oats	berries	leafy greens	peppers
cucumbers	cauliflower	brussel sprouts	mushrooms
corn	celery	cabbage	carrots
waxed beans	squash	tomatoes	kidney beans

RECIPES



NO-BAKE ENERGY BITES

1 cup peanut butter (or substitute any nut butter)
1/4 cup honey (or syrup)
1/2 tsp vanilla extract
1/3 cup protein powder
1 1/4 cup rolled oats
1/2 tsp cinnamon
1 tbsp chia seeds
1/4 cup mini chocolate chips

INSTRUCTIONS

Combine ingredients and roll into a ball. Place on cookie sheet and put in the fridge until set. Keep refrigerated and enjoy.



OVERNIGHT CHIA SEED PUDDING

4 tbsp chia seeds
1 cup milk or milk substitute
1/2 tbsp sweetener of choice
1/4 tsp vanilla extract

Toppings: berries, nut butter or
granola

INSTRUCTIONS

Stir all ingredients together in a mason jar. Shake. Leave in the fridge overnight. Add toppings before eating.



EGG BITES

7 large eggs
1/2 cup cheddar cheese
1/4 cup milk
Add chopped veggies or baby
spinach, season with salt &
pepper

INSTRUCTIONS

Preheat oven to 350 degrees.
Spray muffin tin with nonstick
spray. Mix ingredients and add to
muffin tin. Bake for 20 minutes.



GREEK YOGURT PARFAIT

INSTRUCTIONS

Layer vanilla Greek yogurt with fresh or frozen berries and top with granola or nuts for a dose of healthy fat.

A delicious, nutritious and easy option for breakfast. Greek yogurt is high in protein and probiotics which helps with digestion.



EGG SALAD SANDWICH

INSTRUCTIONS

Boil eggs. Chop eggs and mix with full fat mayonnaise, diced celery, pinch of salt & pepper and paprika. You can also add sliced tomatoes or avocado for added flavor and nutrition.



CHEESEBURGER SALAD BOWL

INSTRUCTIONS

Heat olive oil in a skillet. Add minced garlic, ground beef, salt & pepper. Cook until evenly browned.

Layer chopped lettuce, beef, shredded cheese, dill pickles, tomatoes and red onions.

Drizzle dressing over top.

DRESSING

1/2 cup mayonnaise
2 tsp mustard
1 tsp white vinegar
1/2 tsp smoked paprika
1 1/2 Tbsp sugar substitute
1 tsp garlic powder
1 tsp onion powder



VEGETABLE FRITTATA

INSTRUCTIONS

Whisk 10 eggs, 1/3 cup milk or cream, salt & pepper and set aside.

Chop peppers, broccoli, onion, garlic and saute until veggies are tender. Season with salt & pepper. Add leftover ham or bacon if desired.

Pour vegetable mixture into a greased cast iron skillet, then pour egg mixture over top. Sprinkle with cheese.

Preheat oven to 425 degrees and bake for 15 minutes or until the top is set and slightly puffed.



CABBAGE CRUNCH SALAD

INSTRUCTIONS

Combine 4 cups chopped cabbage (such as green, red or napa), 1 cup shredded carrots, 1 cup thinly sliced apples, $\frac{1}{3}$ cup chopped walnuts and $\frac{1}{3}$ cup feta cheese.

Toss cabbage mixture with the dressing until well coated. Let stand, uncovered, tossing occasionally, until the cabbage is slightly softened. Add chicken for a full meal or use as a side dish.

DRESSING

Whisk 3 tbsp each chives and olive oil, $2\frac{1}{2}$ tbsp vinegar, 2 tsp honey, 1 tsp mustard, $\frac{1}{4}$ tsp pepper and $\frac{1}{8}$ tsp salt.



CHICKEN STIR-FRY

INSTRUCTIONS

Season chicken, cook on medium heat until cooked through. Set aside. Saute your favourite veggies such as peppers, red onion, snow peas, broccoli etc. Combine all ingredients and add the stir-fry sauce.

STIR-FRY SAUCE

Mix 1 tbsp cornstarch with 1/4 cup chicken broth and whisk until smooth. Then on low heat, add 1/4 cup soy sauce, 2 Tbsp honey, 1/2 tsp ground ginger and 2 tsp minced garlic. Stir until thickened.



CHOCOLATE PROTEIN MUG CAKE

2 tbsp chocolate protein powder

2 tsp cocoa powder

3 tbsp almond flour

Pinch of salt

2 tbsp sweetener

1/2 tsp baking powder

1/4 cup milk (or plant-based milk)

INSTRUCTIONS

Combine all ingredients into a mug. Whisk together until a batter forms. Microwave for 75 seconds. Sprinkle mini chocolate chips or drizzle peanut butter on top.



NO-BAKE PROTEIN COOKIES

2/3 cup peanut butter
1/2 cup chocolate protein powder
2 tbsp ground flax seeds
1/3 cup maple syrup
2 tbsp milk
1 tsp vanilla
1 1/2 cups quick oats
1/3 cup mini chocolate chips

INSTRUCTIONS

Mix ingredients until well combined. Scoop mixture into 18 balls onto a parchment-lined baking sheet. Flatten each ball into a cookie shape and smooth the edges. Refrigerate for 1 hour before serving. Store in an airtight container in the fridge.



GROCERY LIST FAVOURITES

PROTEIN

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<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

VEGETABLES

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<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
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CARBOHYDRATES

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<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
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SNACKS

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DRINKS

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

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