

Pregnant or a New Parent?



Calcium and Healthy Babies Go Together

Why should I drink milk during my pregnancy?

- Milk is an excellent source of calcium for you and your unborn baby.
- Calcium is one of the most important minerals you need during pregnancy.
- Calcium keeps your bones strong and hard and prevents bone disease.
- Calcium is important for the development of your baby's bones, teeth, muscles, heart and nerves.
- For those aged 14 to 18, the Canada Food Guide suggests having 3-4 servings of milk and milk products such as cheese, yogurt or pudding daily.
- For those aged 19 and older, the Canada Food Guide suggests having 2 servings of milk and milk products such as cheese, yogurt or pudding daily.
- All milk – whether it is skim, 1%, 2% or whole milk – has the same amount of calcium.

You and your baby need extra calcium during your pregnancy.

- Look for foods in your grocery store that are fortified with calcium, such as orange juice, cereal and bread.
- Buy foods with naturally occurring calcium such as dark green vegetables (broccoli and spinach), almonds, beans and some fish.
- Use milk to cook with. Add it to soups, casseroles, meatloaf and mashed potatoes.
- For a sweet treat, add a spoonful of chocolate syrup to an ice-cold glass of skim milk.



Attend a Healthy Baby program and receive coupons for free milk.

Learn more about nutrition, health and your developing baby, and the Prenatal Benefit.

Connect with a Healthy Baby program in your community.

Website: manitoba.ca/healthybaby

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.



Healthy Child Manitoba
Putting children and families first

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