

Pregnant or a New Parent?



Healthy Eating for Mom and Baby

Eating a healthy diet during pregnancy is one of the best things you can do for yourself and your baby. Good nutrition helps to give your developing baby the healthiest possible start in life.

Canada's Food Guide recommends:

Vegetables & Fruits –

- Eat 5 – 10 servings per day.
- For example: fresh or canned fruit, vegetables (esp. green, yellow & orange) and juices.
- Examples of one serving: 1 cup raw vegetables, ½ cup juice, 1 fruit.

Grain Products –

- Eat 5 – 12 servings per day.
- For example: bread, crackers, bannock, cereal, rice and pasta.
- Examples of one serving: 1 slice of bread, ½ cup cooked pasta, ¼ cup hot cereal.

Milk Products –

- Eat or drink 3 – 4 servings per day.
- For example: milk (chocolate or white), cheese, yogurt and pudding.
- Examples of one serving: 1 cup of milk, ¾ cup of yogurt, 50g of cheese.

Meat & Alternatives –

- Eat 2 – 3 servings per day.
- For example: chicken, fish, eggs, peanut butter, beans, lentils and tofu.
- Examples of one serving: 75g cooked meat or fish, 2 eggs, 2 Tbsp. peanut butter, ¼ cup nuts.

Use your Prenatal Benefit to help buy the healthy food you and your baby need.

Attend a Healthy Baby program in your community 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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