

# Are you Drinking Healthy?

## Take our Healthy Baby Drink Quiz

1

A small amount of alcohol during your pregnancy is okay

Yes  No

2

You should drink 8 to 10 glasses of water a day

Yes  No

3

You must avoid caffeine drinks like coffee, tea or pop

Yes  No

4

Diet pop is a good replacement for water

Yes  No

5

1 can of cola has 10 teaspoons of sugar and almost half as much caffeine as a large cup of coffee

Yes  No

6

Fruit flavoured drinks are the same as fruit juices

Yes  No

- 1 No!** Drinking any amount of alcohol during your pregnancy can cause brain, organ and body damage in your baby.
- 2 Yes!** Drinking water during your pregnancy helps prevent dehydration, bladder infections, premature labour and dry skin.
- 3 No!** Small amounts of coffee, tea or soda pop are okay but they should never replace water.
- 4 No!** There is no nutritional value in pop. It has sodium (salt) in it and can cause bloating. Water is better for you.
- 5 Yes!** All the sugar and caffeine in pop can affect the way you feel and cause weight gain and sleeplessness.
- 6 No!** Fruit flavoured drinks are made with artificial flavour, colour, sugar and contain only a little fruit juice. Real fruit juice is a good way for you to get some of the vitamins your body needs. Read the label to make sure it's 100% unsweetened fruit juice!

**Note:** If you are diabetic, you should consult your doctor about your health needs during pregnancy!

### Want to learn more about nutrition, health and your developing baby?

Find out about a Healthy Baby program or Canada Prenatal Nutrition Program in your area. Call 945-1301 or toll-free at 1-888-848-0140 (945-1305 for the Telephone Device for the Deaf). If you live in a First Nation community, call 983-4199 and ask about federal programs.



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