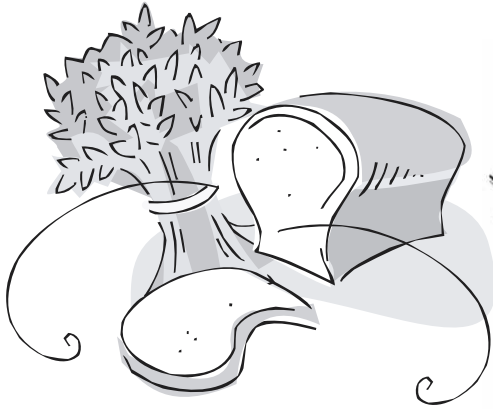


Healthy Eating for Mom and Baby

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



Grain Products

Servings per day: 5 – 12

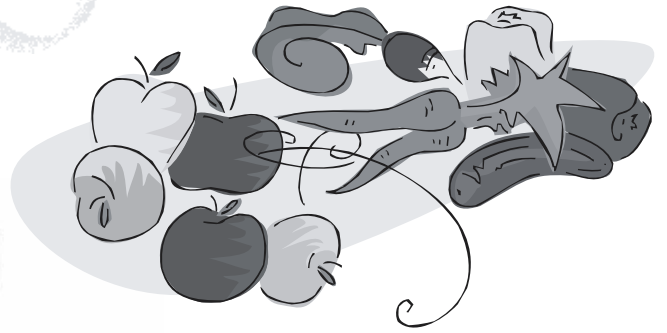
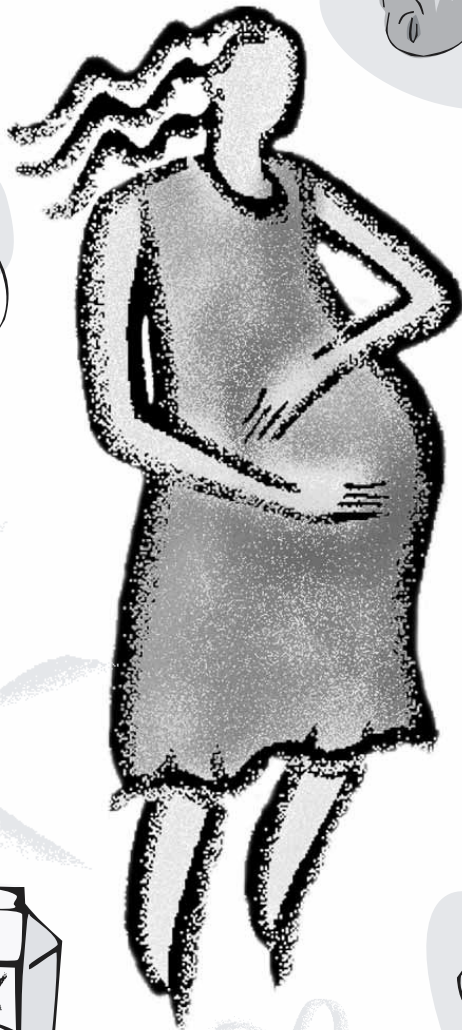
Bread, rolls, crackers, cereal, rice, pasta, bannock

Milk Products

Servings per day: 3 – 4

Milk (chocolate or white), cheese, yogurt, pudding

Attend a Healthy Baby program and receive free milk coupons.



Vegetables & Fruits

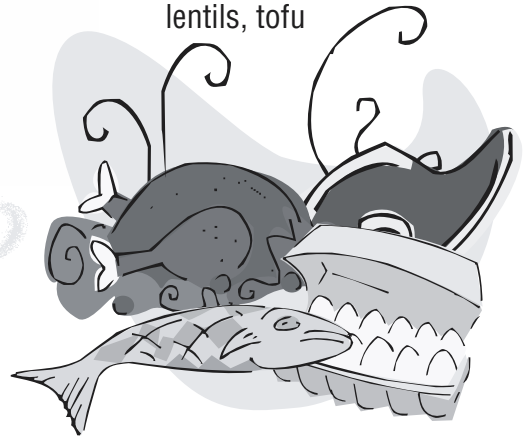
Servings per day: 5 – 10

Piece of fruit (fresh or canned), vegetables (especially green, yellow, orange), juices

Meat & Alternatives

Servings per day: 2 – 3

Meat, chicken, fish, eggs, peanut butter, beans, lentils, tofu



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.



Putting children and families first