Important Nutrients

Nutrients are important things found in food that help make you healthy.
During pregnancy you and your growing baby need more of some nutrients.
By eating different foods from the four food groups you will be making sure
that you and your baby are getting all of the nutrients you both need.

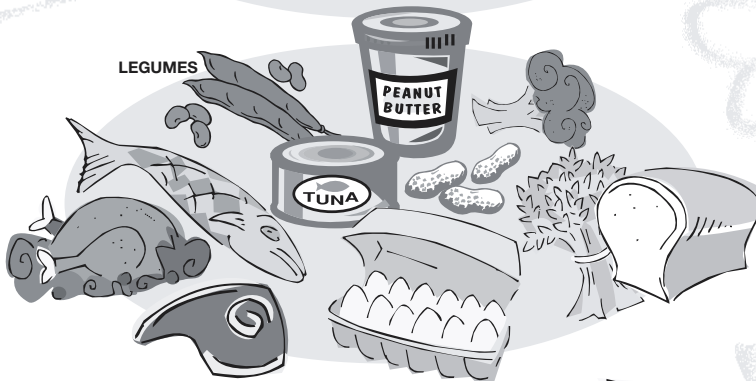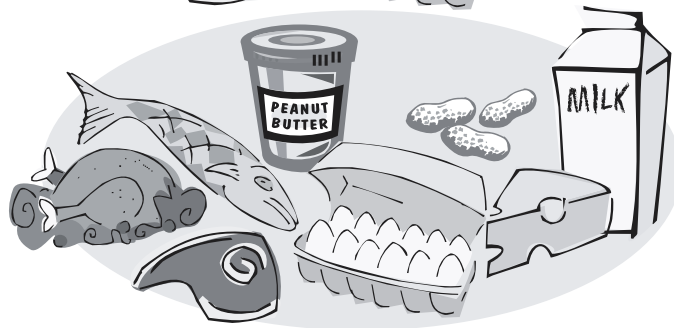| NUTRIENT	FOOD IT IS IN	WHAT IT DOES
Folic Acid		Helps baby grow. Makes healthy blood.
Calcium		Makes healthy bones and teeth.
Iron (Vitamin C helps your body use iron)		Makes healthy blood for you and your baby.
Protein		Helps your uterus and placenta become strong. Helps your baby grow.

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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