

Low Cost Nutritious Choices

These are good choices for your budget and your growing baby!

Why?

- *Pregnancy is a time to focus on eating foods with more nutrition.*
- *Choosing basic foods that are not processed will cost less and will be healthier for you, your baby and your family.*

How?

- *Focus on low cost nutritious choices in each of the four food groups.*

Milk & Other Calcium Foods
<ul style="list-style-type: none">• <i>milk powder</i>• <i>plain milk or yogurt</i>• <i>canned sardines or salmon (with bones)</i>• <i>canned milk or UHT milk</i>
Vegetables, Fruit & Berries
<ul style="list-style-type: none">• <i>squash</i>• <i>local berries in season</i>• <i>potatoes</i>• <i>turnip</i>• <i>unsweetened fruit juice (canned or frozen)</i>• <i>apples</i>• <i>cabbage</i>• <i>carrots</i>• <i>wild greens or vegetables from your garden</i>
Breads, Cereals & Bannock
<ul style="list-style-type: none">• <i>bread</i>• <i>rice</i>• <i>macaroni or spaghetti</i>• <i>homemade bannock, muffins</i>• <i>barley</i>• <i>rolled oats</i>
Meat & Alternatives
<ul style="list-style-type: none">• <i>wild meat, fish and birds</i>• <i>baked beans</i>• <i>dried beans, peas and lentils</i>• <i>ground beef</i>• <i>Eggs</i>• <i>canned fish</i>• <i>chicken thighs</i>