



For a Healthy Pregnancy: Eat Well and Be Active!

Pregnancy is a time to focus on making healthy food choices.

Choosing a variety of foods from the four food groups in Canada's Food Guide will help you get all the nutrients you need.

All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing folic acid every day.

Pregnant women need to ensure that their multivitamin also contains iron.

Being physically active during your pregnancy makes you feel good and gives you more energy.

If you have any questions about eating well and being active during your pregnancy, please talk to your health care provider.

For more information:



1 800 0-Canada
www.healthypregnancy.gc.ca



"I gave my baby a healthy start in life by taking good care of myself."

*Jessie-Ann Hughie
Kashechewan First Nation*



OUR COMMUNITY SUPPORTS
HEALTHY PREGNANCIES