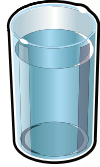
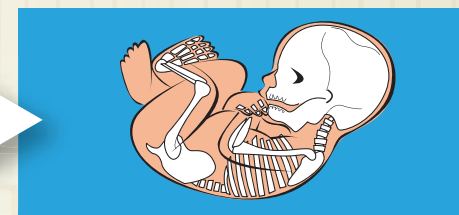


Growing a Healthy Baby



Make water your main drink!



- ▶ Healthy choices make your body a healthy place to grow a baby. Your unborn baby shares what you eat & drink and is part of everything you do.
- ▶ Foods like chips, pop, candy, and chocolate have a lot of calories, fat, sugar, and salt. They should be limited. They do not give you and your baby the nutrition that you need.
- ▶ Keeping active helps you feel good throughout your pregnancy.

Vegetables and fruit for baby's brain, organs, and spinal cord

Whole grain foods for baby's growth and weight gain

Vitamin D and calcium-rich foods for baby's strong bones and teeth

Protein and iron-rich foods for baby's muscles and blood



Adapted from

Conseil Cû de la sante et des services sociaux de la Baie James
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