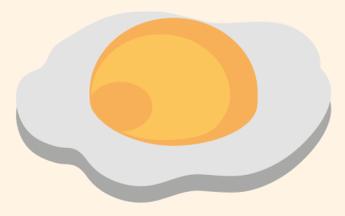
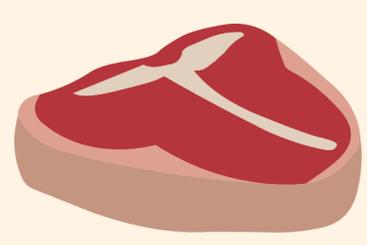
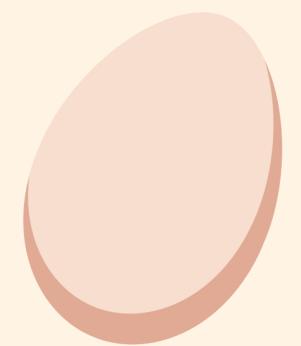
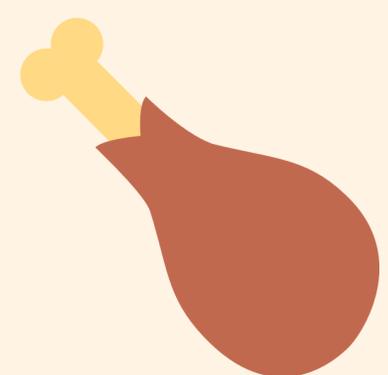


Healthy Start

Prenatal Nutrition



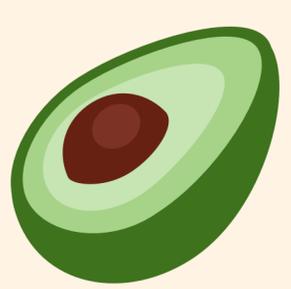
Pregnancy Nutrition



19months to 3 years Nutrition



Birth to 18months Nutrition



PRENATAL NUTRITION

Prenatal Stage: What Should I be Eating?

Fish & Omega-3 Fatty Acids



Mothers who consume fish while pregnant are providing their baby with vital nutrients, as it is extremely high in Omega-3 fatty acids. It is recommended by Canada's Food Guide to consume 2 servings of fish per week. (Canada, 2019)

Omega-3 fatty acids are an important part of pregnancy, as they contribute to the formation of the baby's brain and eyes and prevent preterm labour and early delivery (Canada, 2019).

Folic Acid



Folic acid is a B9 vitamin that helps build the neural tube in the fetus during early pregnancy. Lack of folic acid in the prenatal stage can lead to serious birth defects of a baby's brain and spinal cord.



One of the most important things you can do to decrease the chances of birth defects in your child is to consume at least 0.4 mg of folic acid per day. (Canada, 2019)

Iron



Mothers require more iron to support the increased maternal red blood cell mass. It is especially important throughout pregnancy as it plays a huge role in organ development for your baby, more specifically, the brain.



It is recommended by the Canada Food Guide that women should select a multivitamin that contains 16 to 20mg of Iron. **If you get a prescription from your doctor, the cost of these vitamins can be waved.**(Canada, 2019)

Fruits & Vegetables



Fruits and vegetables have great benefits to your body. This is especially true in pregnancy! They are an excellent source of vitamins and nutrients that help your baby grow and develop. Particularly Vitamin C, Folate and Magnesium.



It is recommended for pregnant women to eat two to four servings of fruit and four to five servings of vegetables each day. (McDermott, 2020)

Fun Fact



By week 6 your baby has developed brainwaves!

PREGNANCY NUTRITION



Healthy Diet

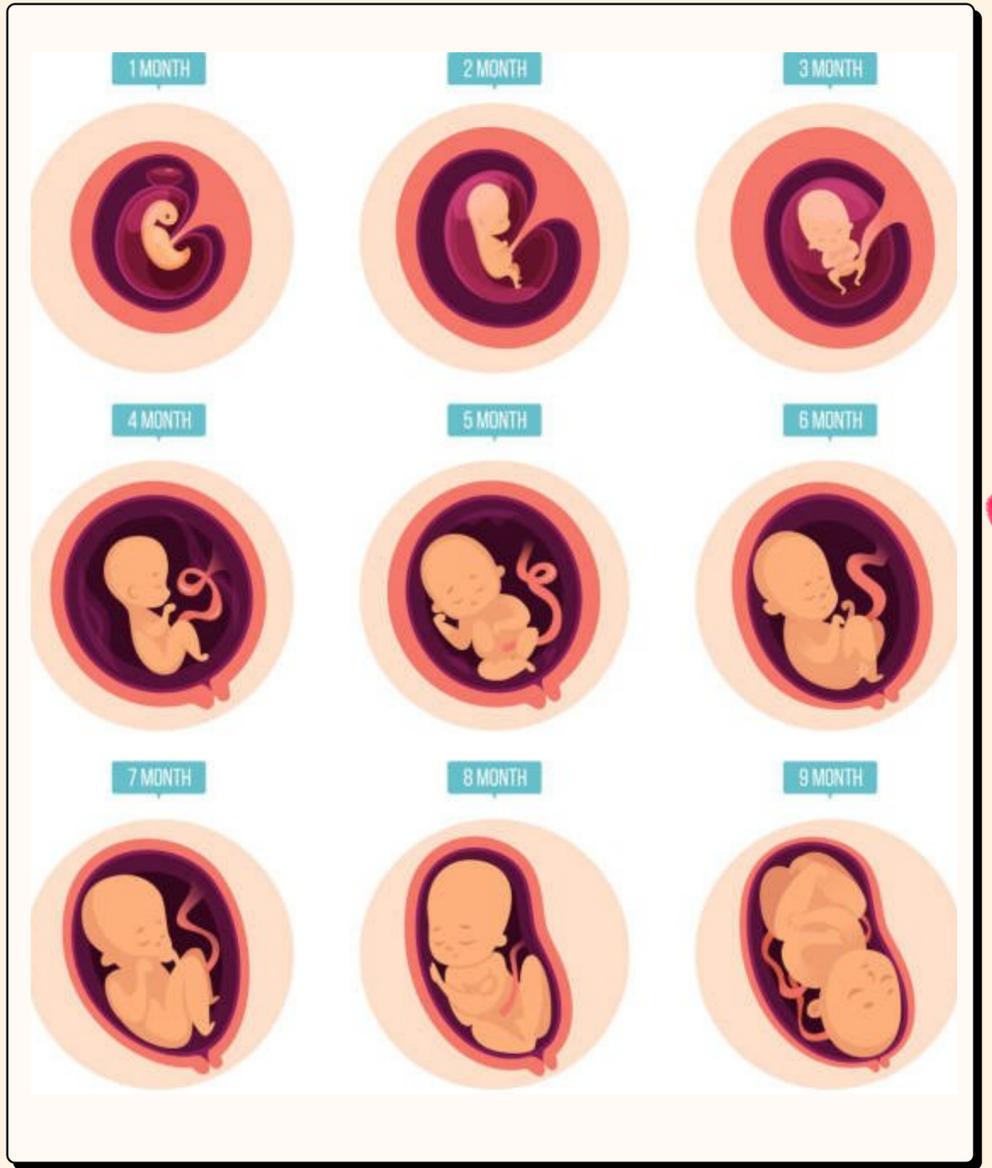
A healthy diet is an important habit to follow on a regular basis however, during a pregnancy there are a few nutritional focuses that should have special attention.

Folic Acid

Can be acquired naturally;

Spinach, beans, asparagus, oranges, peanuts, and some cereal can be quite high in folate.

(Mayo Clinic, 2019)



Vitamin D

Vitamin D contributes to healthy bones and teeth as well.

You should be consuming 600 international units (IU) per day.

Fatty fish, fortified milk, and orange juice

(Mayo Clinic, 2019)

Calcium

Both mother and baby need calcium for strong bones and teeth. "Calcium also helps your circulatory, muscular, and nervous system run normally".

Dairy products, fruit juices, and some cereal

(Mayo Clinic, 2019)

Protein

Protein helps your body absorb calcium. (Mitchell et al., 2015)

Protein is extremely important for baby's growth at every stage of development. Aim for 71 grams per day.

Lean meat, poultry, fish, and eggs

(Mayo Clinic, 2019)

Local Resources

Comox Valley Food Bank:

Location: #1 - 1491 McPhee Ave, Courtenay, Phone: (250) 338-0615

Public Hours

Monday - Friday: 9:30AM to NOON

Food Hampers

Monday - Friday: 9:30AM to NOON

Email: comoxvfb@shaw.ca

Local Resources Cont.

Lush Valley

OFFICE PHONE: 250-331-0152

Monday through Thursday 9:00am - 5:00pm

FOOD SHARE HELPLINE: 250-207-4357 (HELP)

Mondays 10:00am - 2:00pm

Thursdays 4:00pm - 7:00pm

<http://lushvalley.org/>

Local Resources Cont.

Comox Valley Family Services Association

Phone: 250-338-7575

Email: info@cvfsa.org

Main Office Hours: Monday to Friday 9:00 - 4:00 or by appointment. Closed for Stat holidays

Emergency 911 Crisis Line: 1-888-494-3888 or BC Helpline for Children/Youth: 310-1234 (no area code needed)

Iron

Your body needs iron to help make hemoglobin. This aids the red blood cells to carry oxygen to your tissues. You need double the amount when you are pregnant 27 milligrams per day.

Lean red meat, poultry, and fish

(Mayo Clinic, 2019)



0-18 MONTHS



During the first two years of life a healthy diet plays an important role in growth and development.

(Center of disease control and prevention. (2020, December 11)

Breastmilk

Breast feeding can continue for up to 2 years or longer if you and your child want to!

Breastmilk is packed full with all the vitamins and minerals and adjusts them based on your baby's specific needs. However, if your baby is only fed breast milk then it may also need a daily vitamin D liquid supplement because breast milk lacks Vitamin D.

For students, breast feeding is the most cost-efficient way of feeding your baby because its FREE

(HealthLink BC, 2021)

Hydration

Encourage your child to drink lots of water and limit the amount of fruit juice to keep them hydrated.

(Health Canada, (2014

Fatty foods for energy

At 12 months your child's energy levels will increase and therefore will require a higher intake of healthy fats to support their energy supply.

Some foods higher in healthy fats are: Cheese, avocado, nut butters and a fatty fish like salmon.

(Provincial Health Services Authority. (2016).

Formula

Formula is also jam packed with tons of vitamins and minerals essential for the baby's growth and development. Babies on formula do not need a daily liquid Vitamin D supplement because the formula already contains it.

Formula made of cow's milk is recommended for infants who are formula fed and should be offered until about 12 months of age.

(HealthLink BC, 2021)

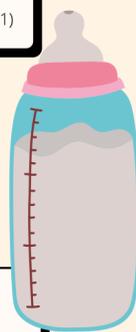
Iron rich foods

At 6 months of age babies should start to be introduced to solid foods. These foods should be filled with iron to ensure they are meeting their nutritional requirements.

Some foods high in iron: red meat, poultry, seafood, tofu, beans, lentils, leafy greens and Iron-fortified baby cereal and eggs.

Babies should start being introduced to foods that are finely minced, pureed or mashed to avoid choking risks. Finer foods should also be introduced at 6 months of age.

(HealthLink BC, 2021)





19 MONTHS- 3 YEARS



Toddler the golden age of exploring, and learning and being on the move! Introduce your toddler to a variety of solid food with different tastes, colours and textures to support growth and development.

What should a toddler drink?

- Breastmilk until the age of 2 years or older is normal
 - Water in between meals & snack
 - Two cups of **pasteurized whole** cow milk (3.25% Fat) per day to help meet calcium & vitamin D needs
 - **Low-fat** or skim milk for two years and over
 - Unsweetened fortified soy/almond beverages can be introduced after the age of two.
- Tip:** Limit/avoid sugary drinks, including '100% fruit juice.' Instead offer a whole fruit.
- (IslandHealthLink, 2020)

What should a toddler eat?

- Feed your toddler the same healthy food prepared for you and the family
 - Ideally, a plate should have fruits, vegetables, grains and food high in protein
- Vegetables & Fruits:** Serve it in new, different ways, grated, mashed, whole to keep it interesting, allowing the toddler to enjoy unique flavour & texture.
- Grains:** Choose whole grains such as oats, brown rice & whole wheat
- Protein:** Pick meat or nonmeat source. Lean & fresh meat with legumes is a good source of protein and fibre.
- (IslandHealthLink, 2020)



Kid's Healthy Eating Plate

Picture courtesy of Harvard T.H Chan, 2015



Making mealtime Safe

Toddlers are at higher risk of choking due to smaller airways and lower control over swallowing.

Tips to prevent choking

- Avoid small, hard, sticky, and slippery. Example: Whole grapes, popcorn, candy, peanut butter
- Cut up foods into small pieces and watch your child while eating
- Slowly add hard to chew food
- Keep the toddler seated while eating

Toddlers are at a higher risk for food poisoning as their immune system takes time to develop fully.

Safety Tip

- Avoid uncooked seafood, undercooked meat or poultry
- Avoid raw sprouts such as alfalfa, mung beans
- Avoid unpasteurized juice/milk/cider
- Avoid raw, lightly cooked eggs or products that contain raw eggs Example: Cookie batter, salad dressings and eggnog

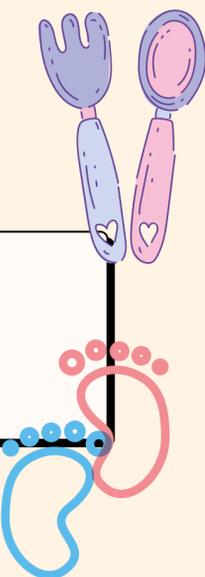
Store and handle food with caution and exercise utmost hygiene to protect your toddler

(Government of Canada, 2021)



Pro-tip!

- Provide three small meals & 2-3 snacks per day
 - Prepare food with little to no added sugar or salt
 - Provide snacks and meals at the same time every day
 - Make eating a fun and enjoyable task.
- (IslandHealthLink, 2020)



Tips for when you are on a budget

- Make eggs, legumes, and dairy your primary source of protein as they cost less than meat
- Buy items that are on sale and meal plan around it
- Buy in-season food
- Opt for store brands as they are often cheaper than name-brands
- Stock up on coupons and vouchers and make use of the deals available
- Food banks in the community can be your excellent resource



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