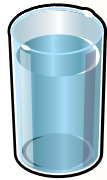
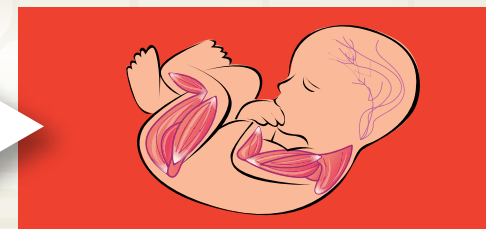
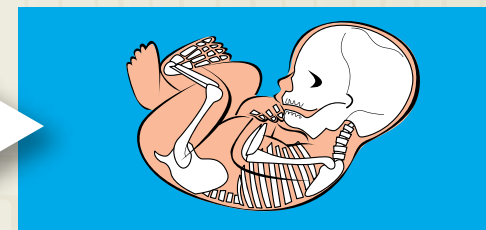
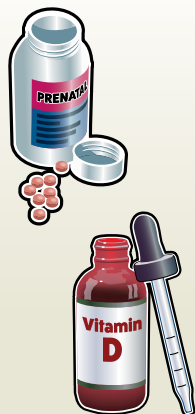


Growing a Healthy Baby



**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 CRI de la santé et des services sociaux du Nunavut
Cree Board of Health and Social Services of James Bay