

# Pregnant or a New Parent?



## Calcium and Healthy Babies Go Together

### Why should I drink milk during my pregnancy?

- Milk is an excellent source of calcium for you and your unborn baby.
- Calcium is one of the most important minerals you need during pregnancy.
- Calcium keeps your bones strong and hard and prevents bone disease.
- Calcium is important for the development of your baby's bones, teeth, muscles, heart and nerves.
- For those aged 14 to 18, the Canada Food Guide suggests having 3-4 servings of milk and milk products such as cheese, yogurt or pudding daily.
- For those aged 19 and older, the Canada Food Guide suggests having 2 servings of milk and milk products such as cheese, yogurt or pudding daily.
- All milk – whether it is skim, 1%, 2% or whole milk – has the same amount of calcium.

### You and your baby need extra calcium during your pregnancy.

- Look for foods in your grocery store that are fortified with calcium, such as orange juice, cereal and bread.
- Buy foods with naturally occurring calcium such as dark green vegetables (broccoli and spinach), almonds, beans and some fish.
- Use milk to cook with. Add it to soups, casseroles, meatloaf and mashed potatoes.
- For a sweet treat, add a spoonful of chocolate syrup to an ice-cold glass of skim milk.



**Attend a Healthy Baby program and receive coupons for free milk.**

### Learn more about nutrition, health and your developing baby, and the Prenatal Benefit.

Connect with a Healthy Baby program in your community.

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.