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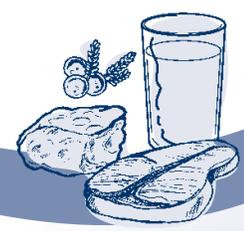
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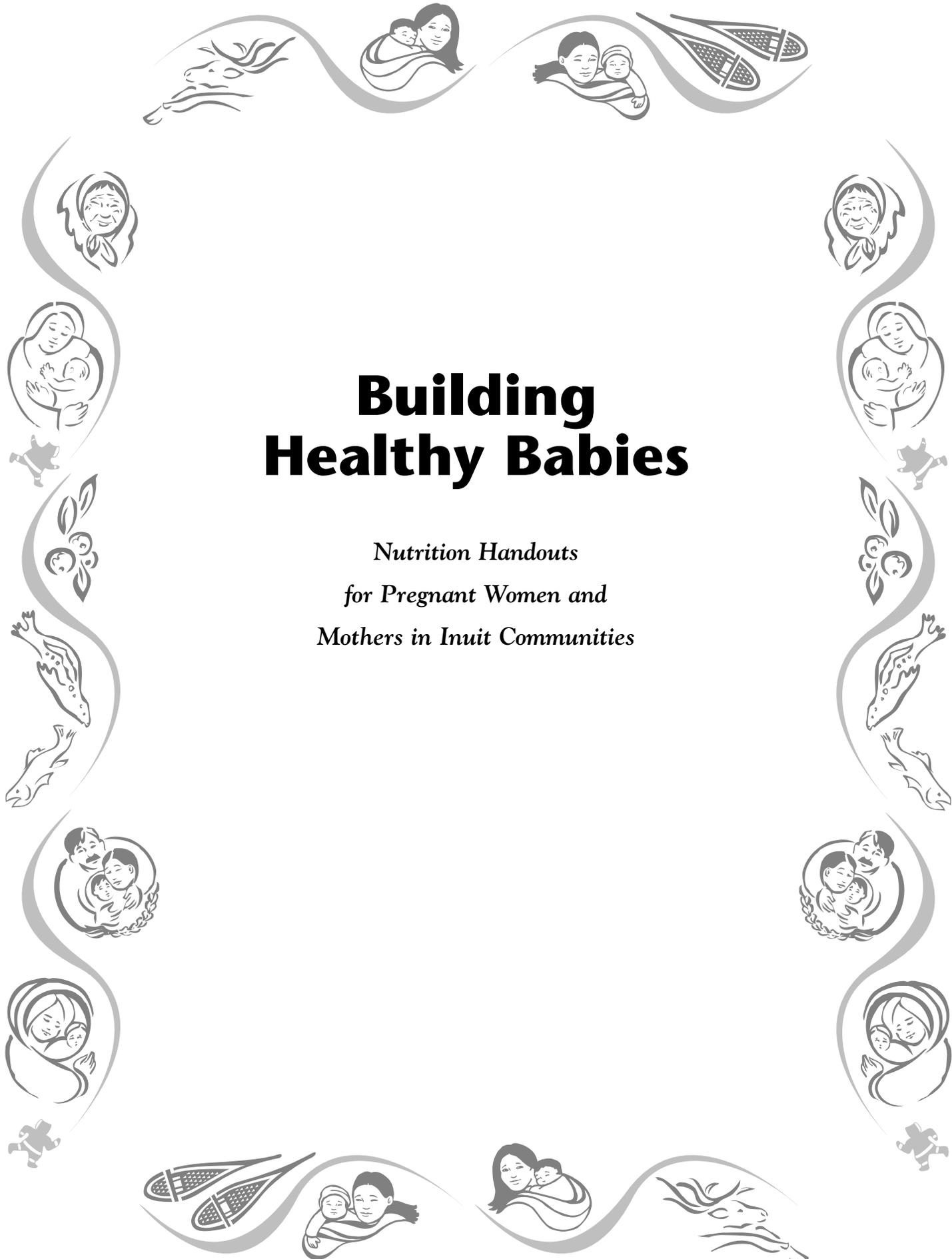
Votre santé et votre  
sécurité... notre priorité.

# Building Healthy Babies

Nutrition Handouts for  
Pregnant Women and Mothers  
in Inuit Communities



Canada



# Building Healthy Babies

*Nutrition Handouts  
for Pregnant Women and  
Mothers in Inuit Communities*

*Health Canada is the federal department responsible for helping Canadians maintain and improve their health. We assess the safety of drugs and many consumer products, help improve the safety of food, and provide information to Canadians to help them make healthy decisions. We provide health services to First Nations people and to Inuit communities. We work with the provinces to ensure our health care system serves the needs of Canadians.*

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*Building Healthy Babies—  
Nutrition Handouts for Pregnant Women and Mothers in Inuit Communities*  
is available on Internet at the following address:  
[http://www.hc-sc.gc.ca/fnih-spni/pubs/index\\_e.html](http://www.hc-sc.gc.ca/fnih-spni/pubs/index_e.html)

Également disponible en français sous le titre :  
*Assurons à bébé un départ santé—  
Fiches d'information sur la nutrition à l'intention des femmes enceintes et des mamans des communautés inuites*

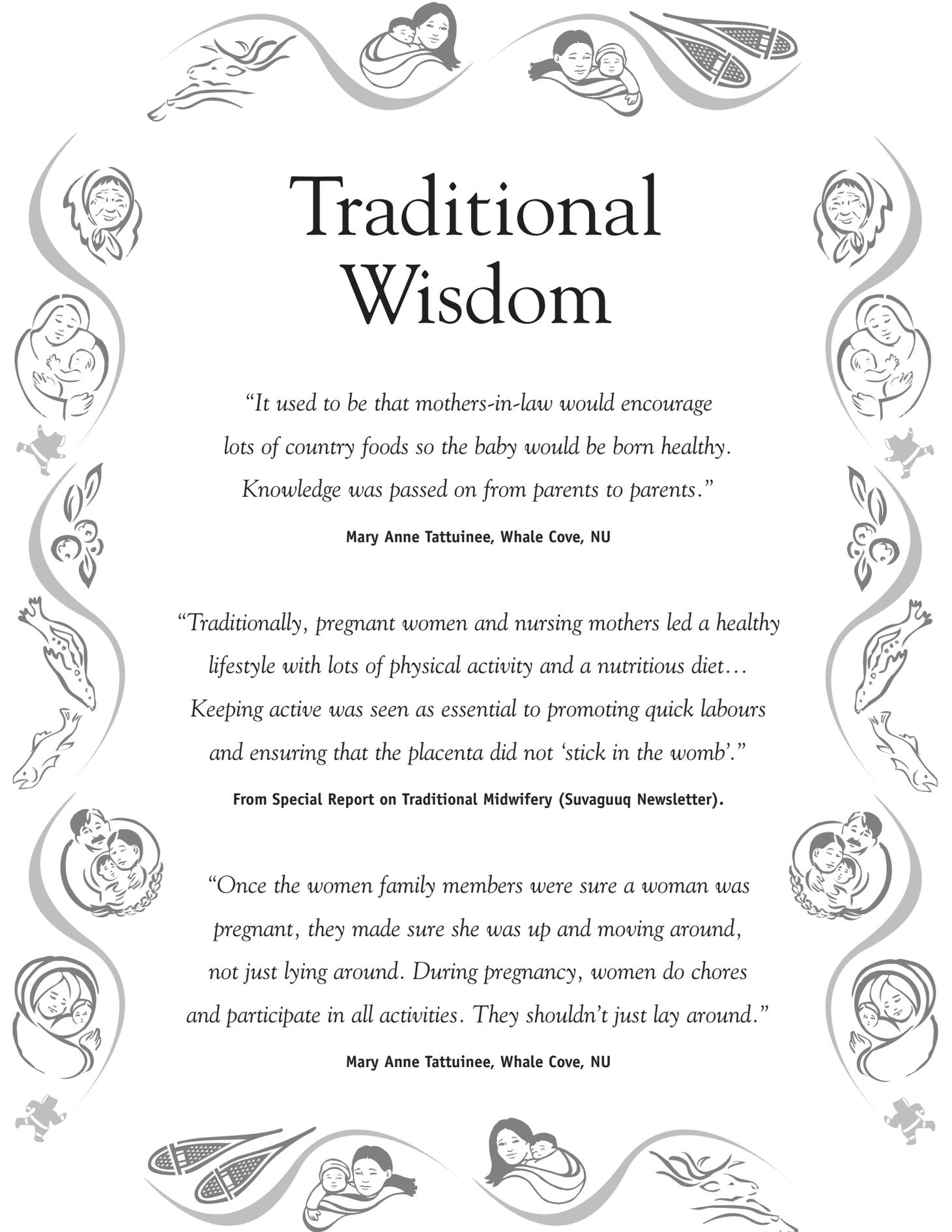
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# Traditional Wisdom

*“It used to be that mothers-in-law would encourage lots of country foods so the baby would be born healthy. Knowledge was passed on from parents to parents.”*

**Mary Anne Tattuinee, Whale Cove, NU**

*“Traditionally, pregnant women and nursing mothers led a healthy lifestyle with lots of physical activity and a nutritious diet... Keeping active was seen as essential to promoting quick labours and ensuring that the placenta did not ‘stick in the womb’.”*

**From Special Report on Traditional Midwifery (Suvaguuq Newsletter).**

*“Once the women family members were sure a woman was pregnant, they made sure she was up and moving around, not just lying around. During pregnancy, women do chores and participate in all activities. They shouldn’t just lay around.”*

**Mary Anne Tattuinee, Whale Cove, NU**



## HEALTHY BEGINNINGS

*Your baby needs you to make healthy choices every day.*



### WHY?

- Healthy choices make your body a healthy place to build a baby.
- Your unborn baby shares what you eat and drink and is part of everything you do.
- Nutritious food and plenty of water are important for the healthy growth and development of your baby's bones, brain, muscles, organs and blood.
- Keeping active helps you feel good throughout your pregnancy.

### STEPS TO A HEALTHY PREGNANCY

Every day you should:

- choose a variety of foods from the four food groups, especially country food:
  - Vegetables & Fruits
  - Milk & Alternatives
  - Grain Products
  - Meat & Alternatives
- drink at least 8 cups of water.
- be active, choosing activities you enjoy.

### FOODS AND DRINKS HIGH IN CALORIES, FAT, SUGAR OR SALT

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 what is needed.

*Need to know more about what to eat and how much? Ask your CPNP coordinator or CHR for a copy of the food guide.*

### Did you know?

*Certain vitamins and minerals are REALLY important during pregnancy.*

Vitamin or Mineral	Foods to Eat	Why?
Iron	Meat, birds, eggs	for healthy blood
Calcium	Milk, yogurt, cheese	for strong bones and teeth
Folate	Organ meats, berries, peas	for baby's brain and spinal cord





## HEALTHY EATING CHECKLIST

*Healthy eating means eating foods from the 4 food groups everyday.*



### WHY?

Nutritious food and plenty of water are important for the healthy growth and development of your baby's bones, brain, muscles, organs and blood.

### HOW TO CHECK

1. Think about what you ate yesterday, starting from when you got up and finishing when you went to bed. *Don't forget what you drank, including water.*
2. Look at the list of food and drinks on the next pages and find the ones you ate or drank. For each food you ate or you drank put a tick in the box beside it.

*For example:* Fruit      1 apple     

Juice      1/2 cup     

- a) If you ate or drank something more than once put a tick in more than one box.

*For example:* Bannock 2 pieces           

Tea      3 cups                 

- b) If you ate a bigger portion than what is written put a tick in more than one box.

*For example:* Rice      1 cup           

Cheese      4 thumbs           

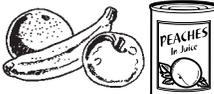
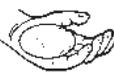
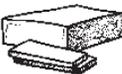
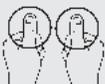
3. Add up the number of boxes checked for each food group and put the number in the **TOTAL** box.

*Talk to your CPNP coordinator about how your totals compare to what the food guide recommends. If you need to make some changes, they can help.*



# HEALTHY EATING CHECKLIST

Healthy eating means eating foods from the 4 food groups everyday.

		FOOD GUIDE SERVINGS	HOW MANY FOOD GUIDE SERVINGS YOU ATE	TOTAL
<b>VEGETABLES AND FRUIT</b>				
	Berries (cloudberries, crowberries, blueberries, red berries)	 1/2 cup	<input type="checkbox"/>	}
	Fruit (apple, orange, banana, canned fruit)	 1 fruit or 1/2 cup	<input type="checkbox"/>	
	Vegetables (broccoli, seaweed, mountain sorrel, carrots)	 1/2 cup	<input type="checkbox"/>	
	Juice (100% real fruit or vegetable juice)	 1/2 cup	<input type="checkbox"/>	
<b>GRAIN PRODUCTS</b>				
	Bannock	 35g (2"x2"x1") fits in your hand	<input type="checkbox"/>	}
	Bread	1 slice	<input type="checkbox"/>	
	Cereal	1 bowl	<input type="checkbox"/>	
	Cold Cooked	 30g  3/4 cup	<input type="checkbox"/>	
	Pasta (spaghetti, macaroni, etc.)	 1/2 cup	<input type="checkbox"/>	
	Rice	 1/2 cup	<input type="checkbox"/>	
<b>MILK AND ALTERNATIVES</b>				
	Milk or Fortified Soy Milk	 1 cup	<input type="checkbox"/>	}
	Yogurt	 3/4 cup	<input type="checkbox"/>	
	Cheese	 50g (1 1/2 oz) size of 2 thumbs	<input type="checkbox"/>	



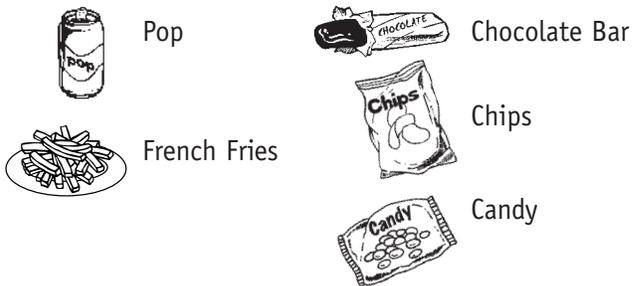
# HEALTHY EATING CHECKLIST

Healthy eating means eating foods from the 4 food groups everyday.

	FOOD GUIDE SERVINGS	HOW MANY FOOD GUIDE SERVINGS YOU ATE	TOTAL
<b>MEAT AND ALTERNATIVES</b>			
Country food (caribou, seal, birds, char, fish)	75g (2 1/2 oz or 1/2 cup) fits in your hand	<input type="checkbox"/>	<input type="checkbox"/>
Stew or Soup made with country food (caribou stew, char chowder)	1 bowl with 75g (2 1/2 oz or 1/2 cup) of meat	<input type="checkbox"/>	
Beef, Pork, or Chicken	75g (2 1/2 oz or 1/2 cup) fits in your hand	<input type="checkbox"/>	
Eggs	2	<input type="checkbox"/>	
Canned Baked Beans	3/4 cup	<input type="checkbox"/>	
Peanut Butter	2 tablespoons	<input type="checkbox"/>	

Many Inuit eat foods that are likely to be sources of nutrients found in milk products. For example, foods like bannock made with baking powder; well-cooked, soft fish bones and heads; spongy ends of bones; char; clams; and plants like willow, mountain sorrel (qunguliit) and seaweed. Since country foods are not eaten as much as in the past, people may not get the nutrients found in milk products in the amounts needed for health.

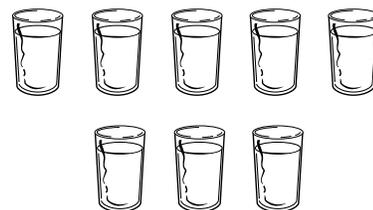
**LIMIT FOODS AND BEVERAGES HIGH IN CALORIES, FAT, SUGAR OR SALT.**



These foods do not give you and your baby the nutrients you need.

**WATER**

How many cups of water do you drink?



Aim for at least 8 glasses a day.



## COUNTRY FOOD

*Country food is good for you and your baby!*

### WHY?

Country food

- builds strong muscles and healthy blood.
- builds healthy teeth and bones.
- gives your growing baby energy.
- has healthy fats that keep your heart and blood healthy.
- has no added sugar and no trans-fat.
- is very nutritious and will give your baby a good start to life!



### HOW TO EAT MORE COUNTRY FOOD

Try these ideas:

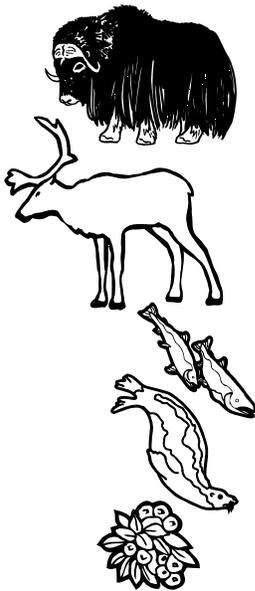
- Add berries to bannock.
- Eat dried meat as a snack.
- Use ground caribou meat instead of hamburger.

### A WORD ABOUT COUNTRY FOOD AND CONTAMINANTS

In general, there are many more benefits of eating country foods than there are risks from environmental contaminants in country foods.

The following are examples of country foods that don't tend to have a lot of environmental contaminants:

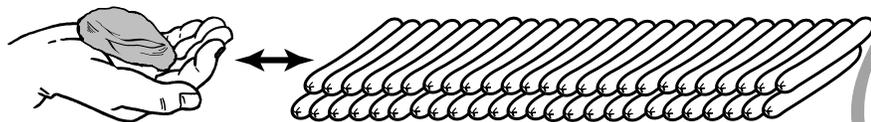
- muskox
- caribou
- char
- seal meat
- berries



Contact your local health authority or the Northern Contaminants Program to find out more about environmental contaminants and country food in your area.

### Did you know?

*To get the same amount of iron as in one handful of seal meat you would have to eat 50 hot dogs!*





## FOLATE (FOLIC ACID)

*Unborn babies need folate from food and vitamin pills.*



### WHY?

- Early in pregnancy, folate may prevent certain birth defects of the brain and spinal cord.
- Throughout pregnancy, folate helps make new cells in the body.

### HOW TO GET MORE FOLATE

Before getting pregnant, during pregnancy or while breastfeeding, all women should take a vitamin pill with folic acid (0.4 mg) everyday. Ask your nurse, CHR or CHW about taking it.



All women should eat foods that have a lot of folate.

These are some foods with lots of folate:



- organ meats
- seaweed
- qunguliit (mountain sorrel)
- sunflower seeds
- spinach
- broccoli
- brussels sprouts
- green peas
- green beans
- romaine lettuce
- corn
- beets
- oranges
- orange juice
- grapefruit
- grapefruit juice
- canned baked beans

### Did you know?

*The baby's brain and spinal cord form before you even know you're pregnant.*





## CALCIUM

*You and your baby need calcium for strong bones and teeth.*



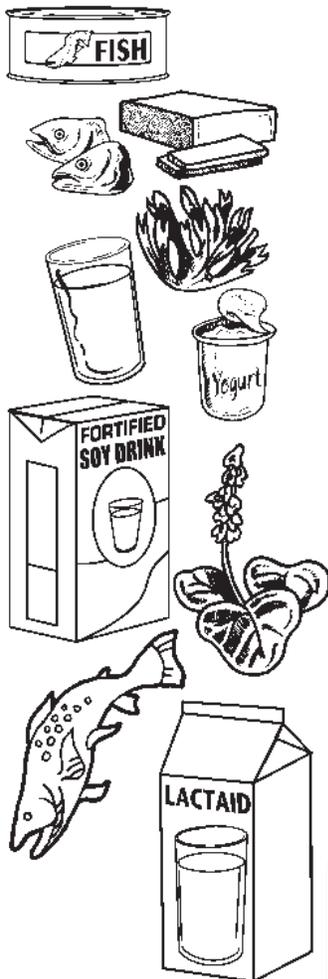
### WHY?

- Calcium is important throughout pregnancy to build strong bones and teeth for baby.
- Getting enough calcium also helps to keep mom's bones and teeth healthy.

### HOW TO GET MORE CALCIUM

Eat foods with calcium such as:

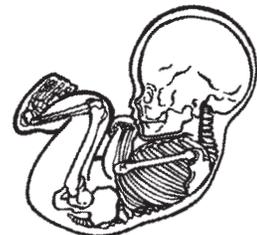
- bannock made with baking powder
- soft bones
- seaweed
- fish head soup
- clams
- willow
- mountain sorrel (qunguliit)
- char with skin
- milk (all types)
- cheese
- yogurt
- fortified soy beverages
- canned salmon or sardines with bones
- almonds
- orange juice with added calcium



### Did you know?

*Babies start forming teeth before they are born. Calcium and Vitamin D are needed to build your baby's strong teeth and bones.*

*Pregnant women can get Vitamin D from milk, some yogurts and fish oils, and from being in the sun.*





## IRON

***Both you and your baby need iron for healthy blood.  
You can get iron from foods and an iron pill.***



### WHY?

- Iron is important for healthy blood. It is also needed for baby's brain to develop properly.
- Mom needs to get enough iron so the baby can grow properly and store iron for after he or she is born.
- Babies born without enough iron may have more sicknesses and may have more problems learning.

### HOW TO GET MORE IRON

Eat foods with lots of iron, such as:



- caribou meat
- seal meat
- beef
- eggs
- birds
- canned baked beans
- wholegrain breads and cereals
- breads and cereals with added iron
- dried fruits (raisins, prunes, apricots)
- dark leafy greens (seaweed, spinach)

To help your body use iron from non-animal sources eat foods high in vitamin C at the same time. Some examples are:



- berries
- oranges
- real orange juice
- apple juice with added vitamin C
- potatoes
- cabbage
- peppers
- tomatoes
- tomato juice
- muktuk

### Did you know?

***Pregnant women need lots of iron. Take a prenatal vitamin with iron to make sure you get enough.***





## LOW COST NUTRITIOUS CHOICES

*Healthy eating does not have to cost more money.*



### WHY?

- Pregnancy is a time to focus on eating foods with more nutrition.
- Nutritious food doesn't have to cost a lot if you choose country food and basic store foods.
- Making food from scratch (homemade) - like caribou stew saves a lot of money compared to buying food already prepared (like frozen pizza).

### HOW TO EAT HEALTHY WITHOUT SPENDING TOO MUCH

- Whenever possible, enjoy country food.
- Buy foods that you can add to country food, like frozen vegetables for a caribou stir-fry.
- Look for Food Mail signs which point to foods that should be less expensive.
- Check the price stickers on the shelf. One brand might be a better price than another.
- Where available try the no-name or store brand products. These should cost less and are just as nutritious.



**Food Mail Program**

Need help to make food from scratch? Ask your CPNP coordinator to show you how to cook and bake.

### Did you know?

- *an apple costs less than a chocolate bar*



- *homemade muffins cost less than a bag of chips*



- *a cup of milk costs less than a can of pop.*





## LOW COST NUTRITIOUS CHOICES

*Healthy eating does not have to cost more money.*

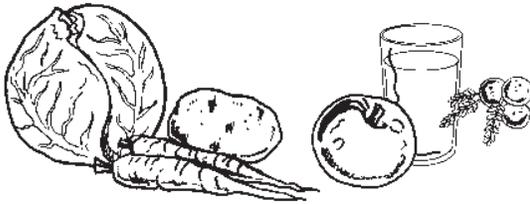
For store foods, focus on low cost nutritious choices in each of the four food groups like:

### Food Group

### Best choices for lower cost

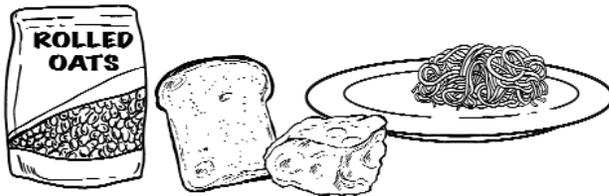
#### Vegetables and Fruit

(fresh, frozen and canned)



Apples, Cabbage, Berries  
Carrots, Potatoes  
Unsweetened Fruit Juice  
(Canned or Frozen)

#### Grain Products



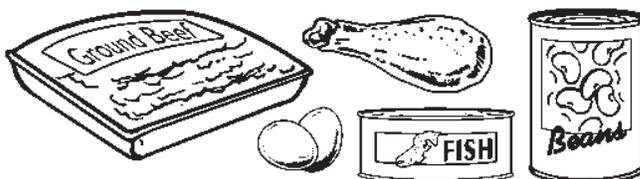
Bread, Barley, Rice, Rolled Oats  
Macaroni or Spaghetti  
Homemade Bannock and homemade  
muffins made with small amounts of fat.

#### Milk and Alternatives



Milk Powder, Canned Milk  
Plain or UHT Milk, Yogurt

#### Meat and Alternatives



Eggs, Baked Beans, Canned Fish  
Dried Beans, Peas And Lentils  
Chicken Thighs, Ground Beef



## WATER

*Water is important for you and your baby.*



### WHY?

Water is important because:

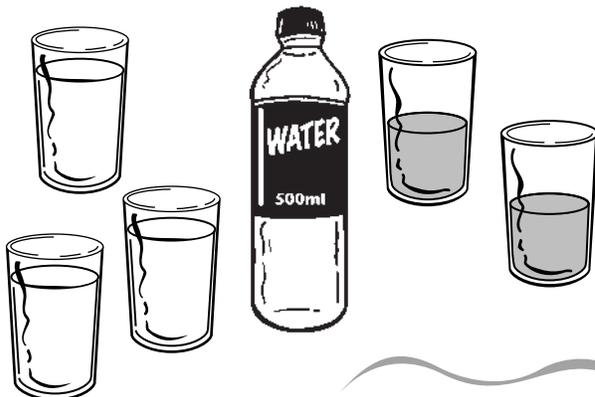
- it carries nutrients to your body and to your growing baby.
- carries away waste products from your baby and from your own body.
- keeps you cool.
- helps control swelling.
- helps prevent constipation [*hard to go to the bathroom, or going less than 3 times a week*].

### HOW TO GET MORE WATER

Drink at least 8 cups of liquids everyday. This can include tap water, bottled water, milk, broth, real fruit juice or soup.



Drink no more than 2 cups of coffee or strong tea a day.  
(*Coffee and tea make your body lose water*)



### Did you know?

*It is normal and healthy during pregnancy to go "pee" often.*





## KEEPING ACTIVE

*Keep moving—it will help you and your baby be healthy.*

### WHY?

Being active is important when you are pregnant because it helps to:

- prevent tiredness, constipation and back pain.
- prevent you from gaining too much weight.
- prevent and control gestational diabetes.
- make labour and delivery easier and more comfortable.



### HOW TO KEEP ACTIVE

- Be active every day by walking more and riding 4-wheelers or snow machines (for example, Ski-Doos™) less – this will make your labour and delivery easier.
- Choose activities you like to do and try doing them everyday for at least 15 to 30 minutes 3 to 4 days a week.  
– Some activities to try:



- Walking
- Dancing
- Fishing
- Bicycling
- Swimming
- Berry-picking
- Camping

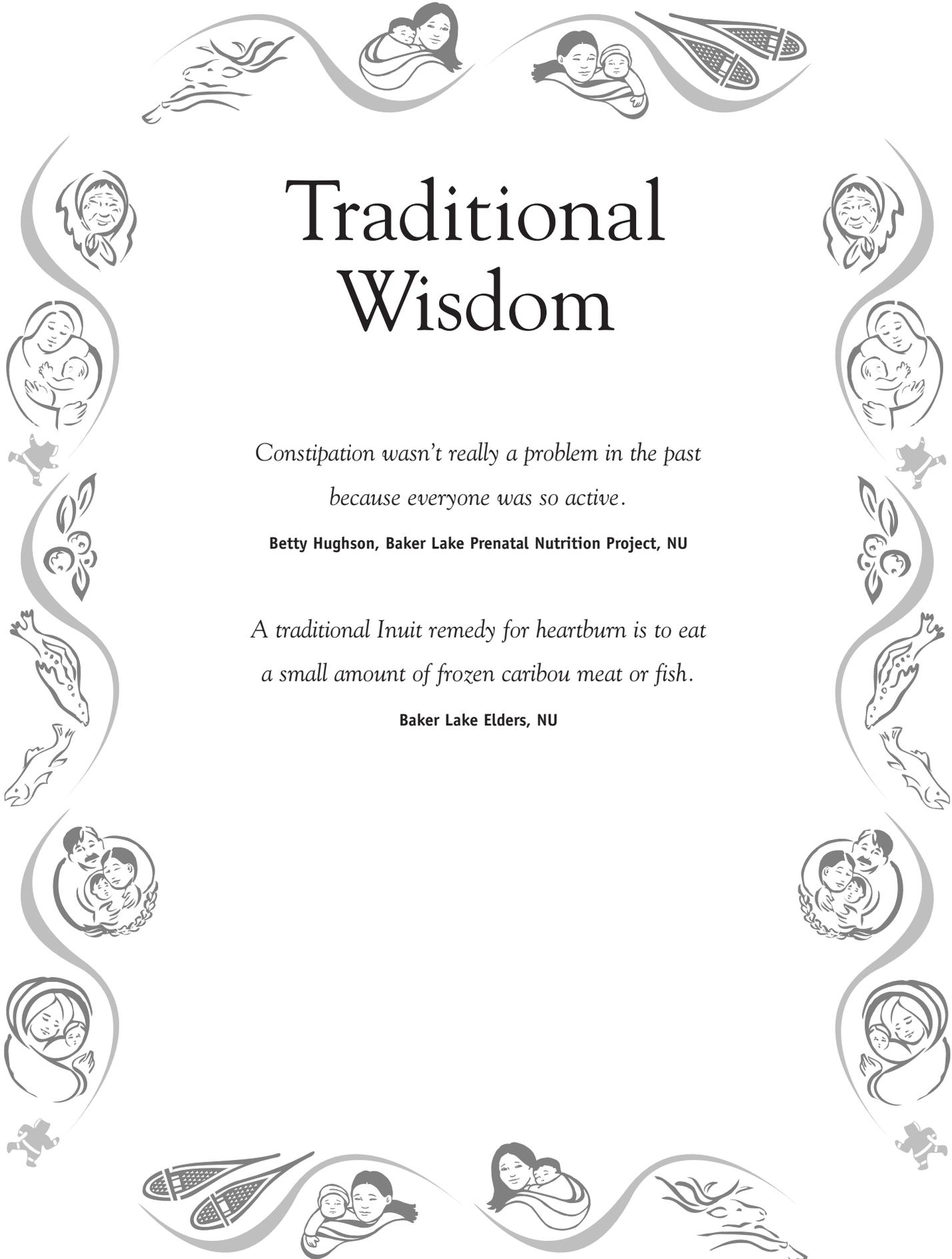
### SAFETY TIPS

- If you were not active before you were pregnant, check with your CHR, CHW, nurse, doctor or physiotherapist before you start.
- Start slowly.
- Do 5 minutes of gentle stretching before you start your activity.
- Make sure you drink lots of healthy drinks and stay cool.
- Do not jump, bounce or overstretch.
- Listen to your body and rest when you need it.

### Did You Know?

*Being physically active makes you feel good, gives you more energy and helps you cope better.*





# Traditional Wisdom

*Constipation wasn't really a problem in the past  
because everyone was so active.*

**Betty Hughson, Baker Lake Prenatal Nutrition Project, NU**

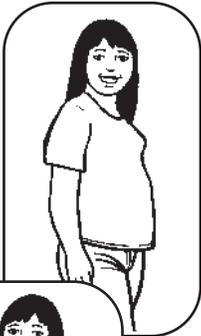
*A traditional Inuit remedy for heartburn is to eat  
a small amount of frozen caribou meat or fish.*

**Baker Lake Elders, NU**



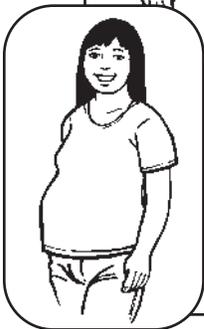
## 9 MONTHS OF CHANGE

*You will experience many changes during your pregnancy.*



### WHY?

- Your pregnancy is divided into 3 trimesters of about 3 months each.
- Each trimester brings new changes because your hormones are changing and your unborn baby is growing.
- These changes are normal and healthy.



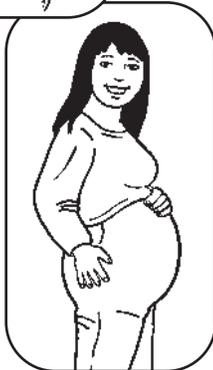
### WHAT TO EXPECT

#### 1st trimester (first 3 months)

- Healthy eating is important right from the start.
- Healthy weight gain begins slowly, a gain of about 5 pounds by the end of the 1st trimester.
- Hormone changes might make you feel sick (nausea and vomiting).

#### 2nd and 3rd trimester (4-9 months)

- Healthy weight gain is faster now, more like 1 pound/week.
- When you eat some foods, you might have problems like:
  - Heartburn
  - Gas
  - Constipation
- You might feel uncomfortable as your body changes. Some of the discomforts could be:
  - Mild swelling of your face, hands, feet and ankles.
  - Muscle cramps and backaches.



### PLEASANT SURPRISES

- Some of the hormone changes make you healthier during and after pregnancy.
- The healthy choices you make for your unborn baby can become habits and last a lifetime.

#### Did you know?

*Healthy eating, lots of healthy drinks and keeping active can help prevent or deal with most of the discomforts of pregnancy.*





## HEALTHY WEIGHT GAIN

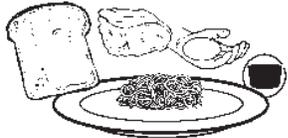
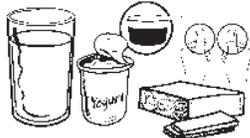
*A steady weight gain means the baby inside you is growing well and both of you are healthy.*

### WHY?

- It is healthy and normal to gain weight during pregnancy.
- You need to gain between 15 and 40 pounds.
- Gaining too much weight or too little weight can be harmful for you and your baby.

### HOW?

It is important to eat the right amount of food and to choose foods that are good for you and your baby. Use the chart below as a guide for examples of Food Guide Servings. **Pregnant and breast-feeding women need to include 2 to 3 more Food Guide Servings each day.** For more information about healthy eating, take a look at the Healthy Eating Checklist.

Food Group	Examples of 1 Food Guide Serving	Food Guide Servings per Day
<b>VEGETABLES AND FRUIT</b> 	1/2 cup of vegetables 1 piece of fruit (apple, banana, orange) 1/2 cup of real fruit or vegetable juice	7 to 8 (19-50 yr. old females) 7 (14-18 yr. old females)
<b>GRAIN PRODUCTS</b> 	1 piece of bannock (35g or 2" x 2" x 1") [fits in your hand] 1 slice of bread 1/2 cup of spaghetti, noodles or rice	6 to 7 (19-50 yr. old females) 6 (14-18 yr. old females)
<b>MILK AND ALTERNATIVES</b> 	1 cup of milk or fortified soy milk 3/4 cup of yogurt 1 piece of cheese (50g or 1 1/2 oz) [size of 2 thumbs together]	2 (19-50 yr. old females) 3-4 (14-18 yr. old females)
<b>MEAT AND ALTERNATIVES</b> 	1 piece of meat (caribou, seal, beef) 75g (2 1/2 oz or 1/2 cup) [fits in your hand] 2 eggs	2 (19-50 yr. old females) 2 (14-18 yr. old females)

### Did you know?

*It's important to limit foods high in calories, fat, sugar or salt, like chips and pop. Eating these foods will make it harder to have a healthy weight gain and to build a healthy baby.*





## HEALTHY WEIGHT GAIN

*Where does the extra weight go?*

**Breasts — about 2.5 pounds (1.1 kg)**

- to prepare for feeding your baby

**Placenta — about 1.5 pounds (0.7 kg)**

- formed to bring food to your baby and take away waste

**Average Baby — about 7.5 pounds (3.4 kg)**

**Amniotic Fluid — about 2 pounds (0.9 kg) or 3 1/2 cups**

- this is the fluid that surrounds the baby

**Uterus — about 2.5 pounds (1.1 kg)**

- increases in size about 20 times to hold your growing baby

**Blood and Extra Fluid — about 7 pounds (3.2 kg) or 13 cups**

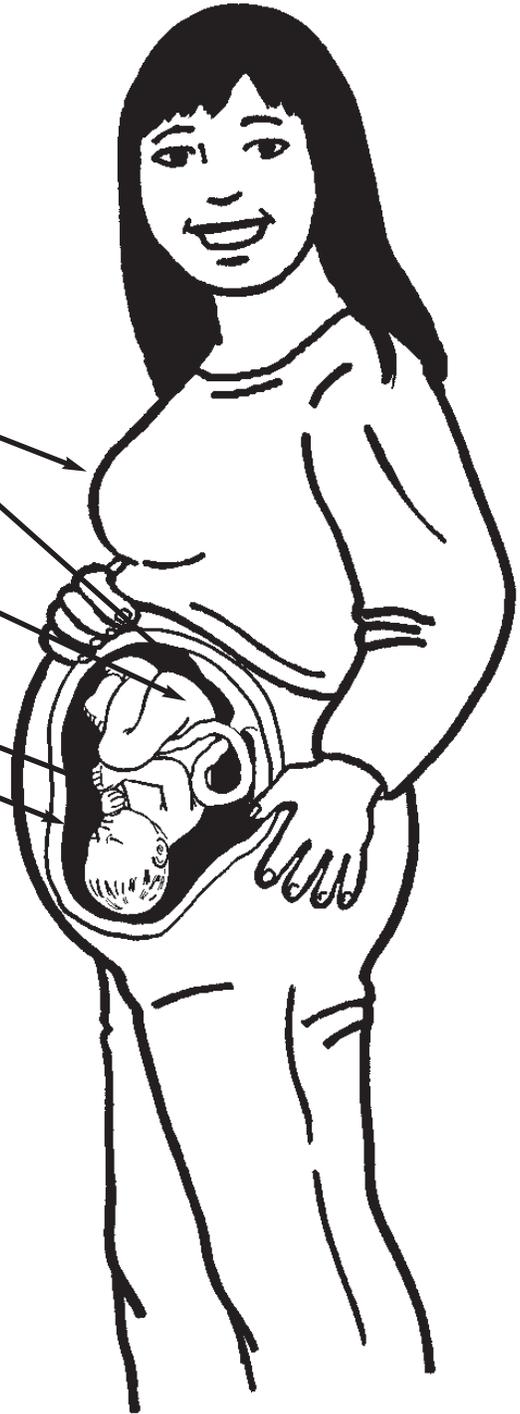
- to help bring food and oxygen to your baby

**Muscle and Fat — about 6 pounds (2.7 kg)**

- to help your body during delivery and breastfeeding

**TOTAL — about 29 pounds or 13.1 kg**

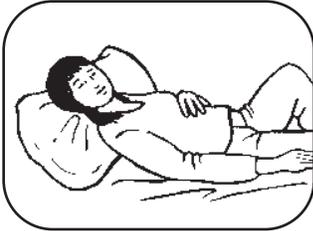
*Talk to your CPNP worker, CHR, CHW, midwife, elders, nurse, doctor, or nutritionist if you are not gaining or if you are gaining too much weight.*





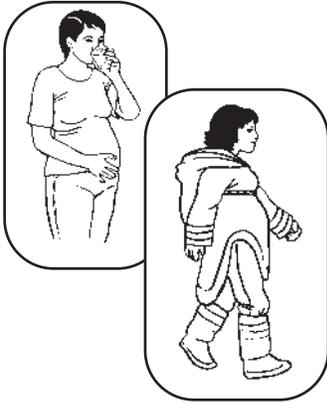
## FEELING SICK

*You might feel sick (nausea and vomiting) while you are pregnant.*



### WHY?

- During pregnancy, changes in hormones can make you feel sick to your stomach.
- Certain smells and movements can make the nausea worse.
- Usually the nausea disappears after the 1st trimester (first 3 months), but can happen anytime during the pregnancy.



### HOW TO STOP FEELING SICK

- Try not to have an empty stomach. Eat small snacks often.
- Eat whatever food you feel like eating until you are feeling better.
- Get out of bed slowly, and eat soon after you get up.
- Drink healthy drinks between meals, not with meals.
- Choose cold foods (with less smell), or find someone else to do the cooking.
- Get plenty of fresh air.
- Stay away from smoke, alcohol and caffeine.



There are medicines that can make you feel better if you are so sick that you cannot eat or if you are throwing up a lot. Ask your nurse, midwife, or doctor for help.

### Did you know?

*Although called "morning sickness", feelings of nausea can happen at any time of day.*





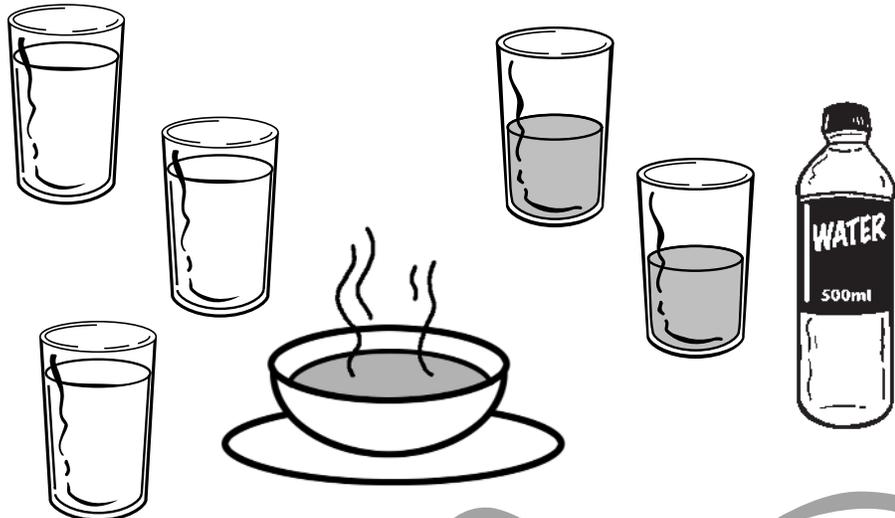
## SWELLING

### WHY?

- Pregnant women naturally keep more water in their bodies.
- Many women notice some swelling in the 3rd trimester (7-9 months). This is normal.

### HOW TO COPE

- Never cut back on the amount you drink. You need at least 8 cups of healthy drinks each day, including milk, juice, water and soup.
- Salty foods should be limited.
- To reduce swelling:
  - Put your feet up.
  - Try not to cross your legs.
  - Wear loose clothing.
  - Get plenty of rest.
  - Keep active.



Check with your nurse, midwife or doctor if you have a lot of swelling or swelling that happens all of a sudden.

### Did you know?

*Drinking water actually helps to control the swelling.*

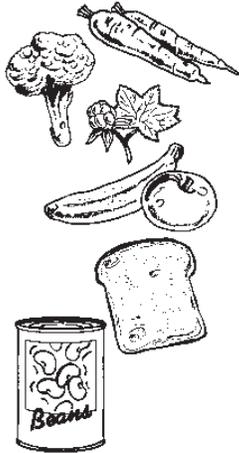




## CONSTIPATION

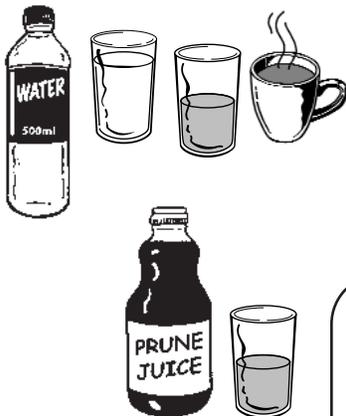
*Fibre helps prevent constipation.*

### WHY?

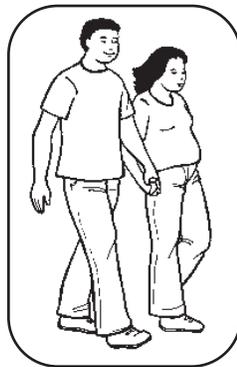


- Food passes through your body more slowly when you are pregnant, so you can absorb the extra nutrients you and your baby need. *This may make it more difficult to go to the bathroom (constipation).*
- Foods with lots of fibre help prevent constipation. Fibre helps move things through your intestines making it easier to go to the bathroom.

### HOW TO COPE



- Eat foods high in fibre, such as:
  - vegetables, fruit and berries
  - whole grains, like whole wheat bread
  - cooked or canned beans, peas and lentils, like canned brown beans
- Drink plenty of water. Warm or hot drinks may be especially helpful.
- Keep active; constipation wasn't really a problem in the past because everyone was so active in day to day living.
- Eating prunes or drinking prune juice can help.



**DO NOT** use a laxative to treat constipation without checking first with your midwife, doctor or nurse. Laxatives can trigger the onset of labour contractions.



## HEARTBURN

*Your baby inside you needs room to grow and might push on your stomach.*



### WHY?

- Heartburn is caused by the pressure of the growing baby and hormone changes during pregnancy. The burning feeling is caused by stomach acid moving up to your throat.
- Not everyone has heartburn during pregnancy, and not every solution works for every woman.



### HOW TO COPE

These tips should help:

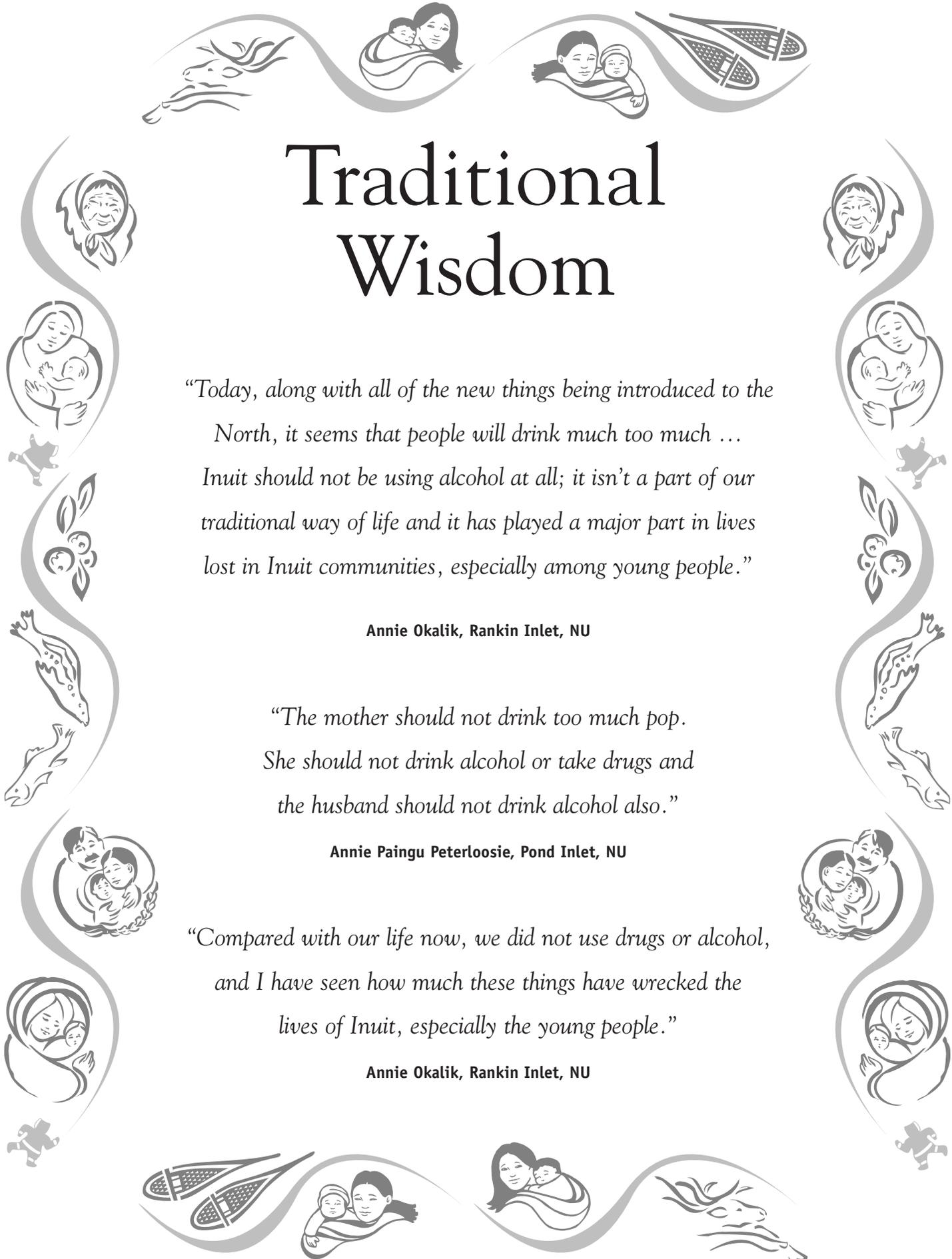
- Eat frozen caribou or seal meat.
- Eat small meals and snacks.
- Eat slowly; take the time to chew well.
- Have healthy drinks between meals, not with meals.
- Use pillows to prop up your head and shoulders when you lie down.
- Drink weak tea or eat yogurt or crackers.

This is the 'Try Not to' list:

- Try not to lie down right after eating.
- Try not to eat before going to bed; wait about 2 hours from when you ate until bedtime.
- Try not to have coffee, strong tea and colas, because these can make heartburn worse.
- Try not to eat fried or greasy foods.



If none of these tips help your heartburn, you may want to try an antacid medicine. An antacid reduces the amount of acid in your stomach. Not all antacids are safe for pregnant women. Check with your nurse, midwife or doctor before you take one.



# Traditional Wisdom

*“Today, along with all of the new things being introduced to the North, it seems that people will drink much too much ... Inuit should not be using alcohol at all; it isn’t a part of our traditional way of life and it has played a major part in lives lost in Inuit communities, especially among young people.”*

**Annie Okalik, Rankin Inlet, NU**

*“The mother should not drink too much pop. She should not drink alcohol or take drugs and the husband should not drink alcohol also.”*

**Annie Paingu Peterloosie, Pond Inlet, NU**

*“Compared with our life now, we did not use drugs or alcohol, and I have seen how much these things have wrecked the lives of Inuit, especially the young people.”*

**Annie Okalik, Rankin Inlet, NU**



## SPECIAL CONCERNS

*Your lifestyle affects the health of your baby — healthy choices help to build healthy babies.*

### WHY?

The way you lead your life including your habits, hobbies and activities, affects your health and the health of your unborn baby.

When you are pregnant, it is so important to be as healthy as possible. Everything you do, your baby is doing too.



### HOW TO HAVE A HEALTHY LIFESTYLE

Healthy living means eating healthy, keeping active, getting lots of sleep, drinking plenty of water and taking prenatal vitamins.

Healthy living means not smoking, not drinking alcohol and not using drugs. It also means not having too much caffeine or foods high in calories, fat, sugar or salt.



To break harmful habits and begin healthy living you can try to:

- change one thing at a time.
- start with something small and easier to do.
- ask for support and encouragement from your family and friends.
- get temptation out of the way.
- give yourself healthy rewards and make healthy substitutions.
- be motivated about why you are doing it - for your health and the health of your unborn baby.



### Did you know?

*You are not alone; ask your partner, family and friends for help.*

*Remember, the choices you make now will have lasting effects for you and your family throughout the years to come!*





## ALCOHOL, DRUGS AND PREGNANCY

*No amount of alcohol or drugs is safe for your baby at any time during your pregnancy.*



### WHY?

Alcohol, drugs (e.g. pot, crack, cocaine, crystal meth) and sniffing are poisonous to growing babies.

Your baby could have serious physical and mental problems, such as trouble learning or Fetal Alcohol Spectrum Disorder (FASD). These problems do not go away - your baby can be damaged for life.

### HOW TO HELP YOUR BABY

If you are still drinking or taking drugs, remember that stopping at any time during the pregnancy can help both you and your baby.



If you would like help to stop, talk to the CHR, CHW, addictions counselor, midwife, nurse, doctor or someone else you trust.

Always check with your midwife, nurse or doctor before you take any medicine (even Tylenol™ or Aspirin™) when you are pregnant.



### Did you know?

*Alcohol and drugs are very addictive and dangerous. If you drink or take drugs, so does your unborn baby.*





## CAFFEINE AND PREGNANCY

*Too much caffeine isn't good for your baby!*

### WHY?

Too much caffeine is not good for you or your baby because caffeine can:

- take water away from your body (dehydrates you).
- can make you nervous and not able to get a good sleep.

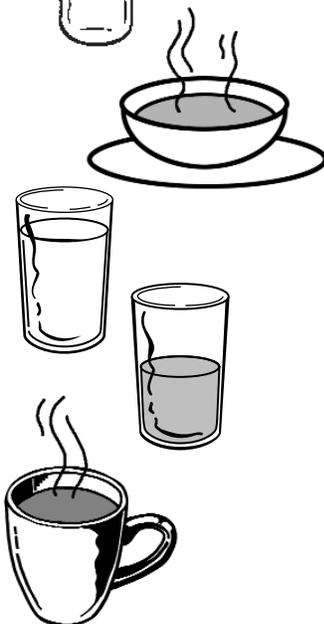


Growing babies need many nutrients that coffee and tea do not have.

### HOW TO HAVE LESS CAFFEINE

Most of the time, choose drinks that have no caffeine like:

- Water
- Caribou, seal or fish broth
- Nutritious drinks such as milk or real juice
- Hot drinks: hot milk, warm apple juice, hot water with lemon, or Ovaltine™
- Decaffeinated coffee or tea
- Safe herbal teas



### Did you know?

*Many herbal teas make a good hot drink that's caffeine-free!*

**But remember:**

- *Don't drink too much of any one tea at any one time.*
- *Don't brew your teas strong.*
- *Do not have these herbal teas if you are pregnant: Chamomile, Labrador Tea, Juniper Berries, Aloe, Coltsfoot, Pennyroyal, Buckthorn Bark, Comfrey, Sassafras, Duck Roots, Lobelia, Senna Leaves*



## CAFFEINE AND PREGNANCY

*Too much caffeine isn't good for your baby!*

### HOW MUCH IS TOO MUCH?

If you are pregnant, then you should have fewer than 300 mg of caffeine a day. This means having no more than 2 **SMALL** cups of coffee or tea in a day.

**BUT WAIT!** Many other drinks have caffeine in them.

Check out the list below to find out how much caffeine is in many common drinks.

### DRINK

### CAFFEINE

Coffee (small cup)

135 mg



Super-size pop (1L)

127 mg (cola type)



Jolt™

71 mg

Iced tea (bottle)

70 mg



Coke™/Pepsi™ (can)

45 mg

Tea (small cup)

40 mg

Dr. Pepper™

40 mg

Rootbeer (can)

23 mg





## SMOKING AND PREGNANCY

*Unborn babies can't get enough air when you smoke or are in smoky places.*

### WHY?

Smoking cigarettes produces harmful chemicals that make it hard for your baby to get enough oxygen and nutrients. This means your baby will not grow as well.

Smoking will affect your baby for life. Your baby may have learning problems, more ear infections, more colds and breathing problems.

Smoking after baby is born may increase the risk of crib death (SIDS) and ear infections.

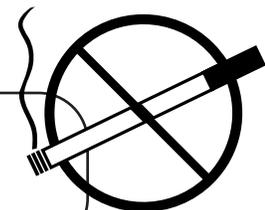


### HOW TO QUIT (OR CUT BACK)

- Stop smoking or cut down on the amount you smoke. It will be better for your baby.
- Change your routine to stay away from those times when you most want a cigarette.
- When you crave a cigarette, try something else instead like:
  - chewing gum
  - brushing your teeth
  - eating low fat crackers, vegetable sticks or fruit
  - phoning a friend
- Try to reduce the number of cigarettes you smoke. Set a limit and smoke less each day.
- Stay away from second-hand smoke and from smoky places.
- If you do smoke, smoke outside.
- If you would like help to stop smoking, talk to the CHR, CHW, midwife, nurse, doctor or someone else you trust.



*Not smoking at all is best for your baby.*





## POP AND PREGNANCY

*Pregnancy is a great time to DROP POP!*

### WHY?

Pop is full of sugar and **DOES NOT** have the nutrition needed to build a healthy baby.

Food and drinks with lots of sugar **DO NOT** help you or your baby because they can fill you up and take the place of healthy food and drinks.

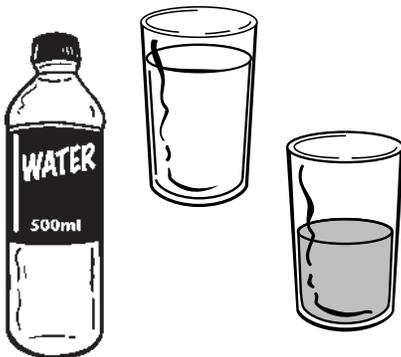
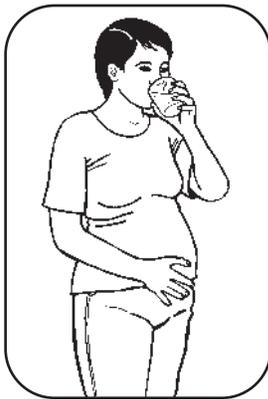


### HOW TO HAVE LESS POP AND SUGARY DRINKS

Choose healthy drinks like water, milk and 100% real juice most or all of the time.

Healthy choices start when you shop. Try not to buy pop or have pop in your home.

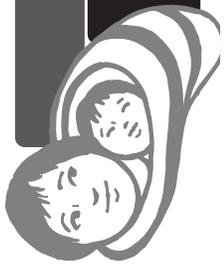
Keep yourself motivated, and ask your family and friends to not drink pop when they are with you.



### Did you know?

*Diet Pop is NOT a healthy drink even though it has no sugar. Diet pop has none of the vitamins or minerals you and your baby need and shouldn't replace healthy drinks.*





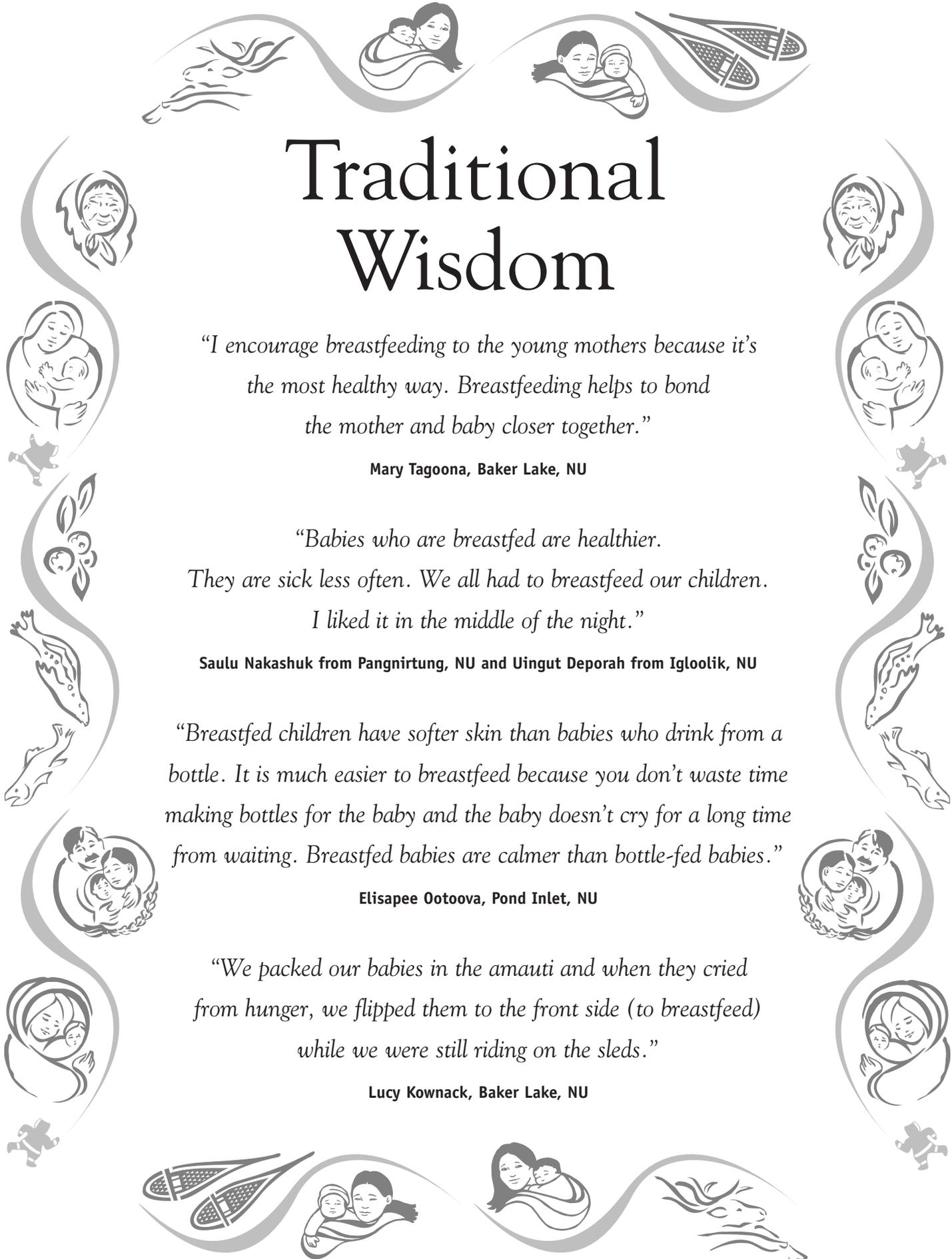
# POP AND PREGNANCY

*Pregnancy is a great time to DROP POP!*

## HOW MUCH SUGAR IS IN THESE DRINKS?

Many drinks have lots of sugar in them even though you can't see it. Check out the list below to find out how many teaspoons of sugar are in some common drinks.

DRINK	TEASPOONS OF SUGAR
 Slushie (1L)	27 
 Sunny D™ (500 mL)	17 
 Iced tea (bottle)	13 
 Orange Pop (can)	12 
 Mountain Dew™ (can)	12 
 Rootbeer (can)	11 
 Coke™/Pepsi™ (can)	10 
 7-up™/Sprite™ (can)	10 
 Tang™ (1 cup)	7 
 Lemonade or other drinks made with crystals or powder (1 cup)	6 
 Kool-Aid™ (1 cup)	5 
 Water (500 ml)	0



# Traditional Wisdom

*“I encourage breastfeeding to the young mothers because it’s the most healthy way. Breastfeeding helps to bond the mother and baby closer together.”*

**Mary Tagoona, Baker Lake, NU**

*“Babies who are breastfed are healthier. They are sick less often. We all had to breastfeed our children. I liked it in the middle of the night.”*

**Saulu Nakashuk from Pangnirtung, NU and Uingut Deporah from Igloolik, NU**

*“Breastfed children have softer skin than babies who drink from a bottle. It is much easier to breastfeed because you don’t waste time making bottles for the baby and the baby doesn’t cry for a long time from waiting. Breastfed babies are calmer than bottle-fed babies.”*

**Elisapee Ootoova, Pond Inlet, NU**

*“We packed our babies in the amauti and when they cried from hunger, we flipped them to the front side (to breastfeed) while we were still riding on the sleds.”*

**Lucy Kownack, Baker Lake, NU**



## LIFE WITH A NEW BABY

*Give your new baby the best start he or she can have -  
make healthy choices for you and your baby.*



### WHY?

Your most important job during the first few weeks of your baby's life is learning to be a parent. Learn to take the best care of your baby, and find the time to take care of yourself.

### HOW TO MAKE HEALTHY CHOICES FOR YOUR NEW BABY

Taking care of a new baby can be a lot of work. To do it well you must protect your own health. Make sure you:

- get enough rest.
- eat well.
- do gentle exercise to regain and maintain your strength (check with your midwife, nurse or doctor first).



Until 6 months, the best choice for your baby is your breast milk. If you choose not to breastfeed, then formula with added iron is the next best choice.

At about 6 months your baby will start to give you signs he or she is ready to try solid food. It is best to start with foods that have lots of iron like baby cereals with added iron or meat.



At around 10 months your baby will probably be ready for finger foods. Some foods are hard to handle when your baby is learning to chew and swallow. These foods may even cause your baby to choke.

**DO NOT** give your baby:

- hotdog pieces
- popcorn
- candies
- raw, hard vegetables
- nuts and seeds
- chips
- whole grapes
- fish with bones

Your baby's teeth started growing while you were pregnant and keep on developing even if you can't see them.

To keep baby's teeth strong:

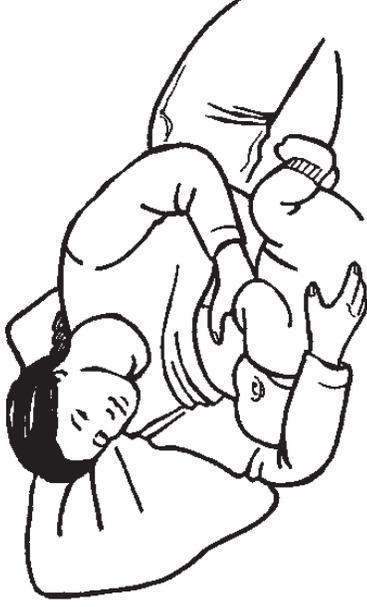
- **DO NOT** give him or her a bottle with milk or juice to sleep with.
- **NEVER** give your baby pop or other sugary drinks like Kool-Aid™.
- **DO** clean baby's gums with a soft toothbrush or damp cloth everyday.



## BREASTFEEDING IS BEST FOR BABIES, AND MOMS!

### Breast milk is best for babies because it:

- has all the nutrients your baby needs.
- has antibodies that fight off germs.
- protects against allergies.
- helps baby to have a normal weight gain.
- helps baby's brain develop.



### Breastfeeding is best for moms because it:

- helps mom bond with her baby!
- saves time and money.
- protects against breast cancer and may protect against ovarian cancer and osteoporosis (a weak bone disease).
- helps some mothers to lose weight gained during pregnancy.



*If you would like to learn more about breastfeeding, ask your CPNP coordinator, CHR, CHW, midwife, nurse or an elder.*

### Did you know?

*Babies who are not breastfed are more likely to have ear infections, lung infections, stomach upsets, allergies and dental problems.*





## ANSWERS FOR YOUR BREASTFEEDING QUESTIONS

### ***How soon after I give birth will my milk come in?***

Your breast milk is ready right away. There is no need to give a bottle while waiting for your milk to come in.

Your early milk is called colostrum, and it is yellow, creamy and sticky. Colostrum is really good for babies because it helps them stay healthy. It is packed with proteins, minerals and antibodies. By the third day or so you will be making milk that is whiter and thinner. This is called mature milk.

### ***How will I know when to feed my baby?***

Your baby will know when he or she is hungry and will be able to send you a hunger sign. Signs that your baby is hungry are:

- baby becomes more alert
- baby's mouth becomes active (e.g. mouthing, chewing fingers)

Try to catch these hunger signs and not wait until your baby cries.

### ***How often should I nurse and for how long?***

Newborn babies want to feed often, like every 1 to 3 hours. You need to breastfeed your newborn baby through the day and night. The more your baby feeds the more milk you will make.

At first, breastfeeding can take from 20 to 45 minutes each time. Feed on one side until your baby stops or when he or she seems sleepy and relaxed. Then switch breasts. Let your baby nurse at the second breast until he or she stops. Most babies will feed from both breasts at each feeding, but some babies will be satisfied after one breast.

Your CPNP coordinator, CHR, CHW, midwife or nurse can help if you would like more information on breastfeeding or if you are having trouble.





## ANSWERS FOR YOUR BREASTFEEDING QUESTIONS

### ***How will I know my baby is getting enough breast milk?***

A happy, healthy, growing baby is the best sign that your baby is getting enough breast milk. Don't worry if your baby loses a little weight the first few days after birth; this is normal.

Some other signs that breastfeeding is going well and your baby is getting enough breast milk are:

- your baby latches on to your breast not just your nipple
- your baby is sucking strongly, slowly and steadily
- your breasts feel softer and less full after breastfeeding
- your baby is breastfeeding 8 to 12 times a day (24 hours) in the first 2 months, then 6 to 8 times a day (24 hours) from 2 to 6 months



### ***Do breastfed babies need anything else?***

Babies who are breastfed need Vitamin D drops. Vitamin D is very important for building strong bones and teeth.

Talk to your CHR, CHW or nurse about vitamin D drops.





# SIGNS THAT YOUR BABY IS BREASTFEEDING WELL

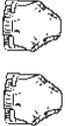
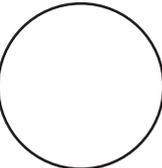
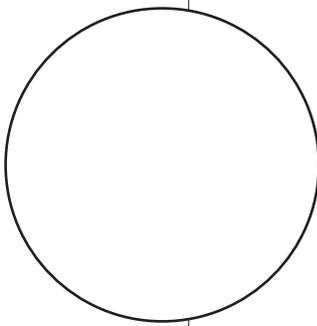
*Babies are born to be breastfed!*

Mom and baby have natural instincts that help make breastfeeding a success!

When breastfeeding is going well your baby will be happy, look healthy and will grow.

The chart below has some more signs to check that breastfeeding is going well.

For example, when your baby is 1 day old, his or her stomach is the size of a teaspoon and in a whole day (24 hours) he or she will need only 1 tablespoon to 1/3 cup of milk. Two signs that your baby is getting enough breast milk will be that your baby has 1-2 wet diapers and 1-2 dirty diapers each day.

BABY'S AGE	BABY'S TUMMY SIZE	HOW MUCH MILK (per day)	NUMBER OF WET DIAPERS (per day)	NUMBER OF DIRTY DIAPERS (per day)
1 day old	(about 1 teaspoon) 	1 tablespoon – 1/3 cup 	1-2 wet 	1-2 (black or dark green stools) 
3 days old	(about 2 tablespoons) 	Almost 1 cup 	3-5 wet 	2-3 (brown, green or yellow stools) 
1 to 6 weeks old	(about 1/4 cup) 	2 1/2 to 3 1/2 cups 	6 heavy wet 	1-3 (large yellow stools) 

Adapted and reprinted with permission from: *Breastfeeding Your Baby - Guidelines for Nursing Mothers*, Ontario Best Start Resource Centre, 2003.

**WANT TO KNOW MORE?** Take a look at the handout “Answers for Your Breastfeeding Questions”.



## BABY'S FIRST FOODS

*Your baby needs you to choose the right time and the right foods to start.*

### WHY?

Babies' bodies are ready for solid food around 6 months because:

- they are able to chew and swallow solid food.
- their intestines will be ready to handle solid food.
- they will be able to hold their head up and turn away when they are full.
- they have less chance of developing a food allergy.



*Until 6 months the best choice for baby is breast milk. The next best choice is formula with iron.*

### HOW TO KNOW WHEN TO START

Your baby will show you when he or she is ready to start solid food by:

- drooling more, closing their mouth and spitting up less.
- being interested in what you are eating and grabbing for your food.
- breastfeeding more often and still being hungry even after emptying both breasts.

### HOW TO FEED YOUR BABY SOLID FOOD

When you start giving baby solid food, it is best:

- at each feeding, to breastfeed or give formula first, then let baby try solid food.
- to start with a small amount of food (1 small spoon) and give more to match your baby's appetite.
- to use a spoon (no food in the baby bottle) so your baby doesn't choke. Have your baby sitting up and watch carefully as your baby eats.
- to try one food at a time and wait at least 3 days before trying another one. This is to check whether your baby has an allergic reaction.



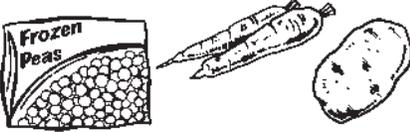
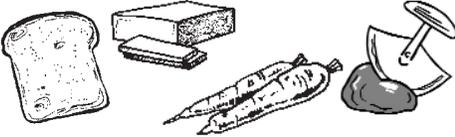


## BABY'S FIRST FOODS

*Your baby needs you to choose the right time and the right foods to start.*

### WHAT FOODS TO START WITH

Adding new foods at certain times seem to be the best way to go. For example, at 6 months baby cereal with iron or chewed meat is added to baby's menu, then at 7 months vegetables are added to the list. By the time the baby is a year old he or she should be eating foods from all 4 food groups with his or her breast milk. Here are some tips:

BABY'S AGE	FOODS	TEXTURE
<b>Birth to 6 months</b>	Breast milk is best! (baby needs vitamin D drops) Formula with added iron if you're not breastfeeding 	Liquid
<b>6 months</b>	Foods with iron like baby cereals or chewed meat 	Smooth, thick, no chunks 
<b>7 months</b>	Try some vegetables 	Cooked, mashed 
<b>8 months</b>	Try some fruit 	Ripe, soft, mashed 
<b>9 months</b>	Try new meats, egg yolk, vegetables and fruits 	Chewed or mashed but chunkier 
<b>10-12 months</b>	Try new foods from the 4 food groups 	Finger food, small, soft pieces 



*It is a good idea to keep your teeth clean so you don't pass the bacteria that causes tooth decay onto your baby.*

