

PARENTS

Eyes on



Nutrition:

Developing healthy eating habits
during pregnancy



CENTRES OF EXCELLENCE FOR CHILDREN'S WELL-BEING

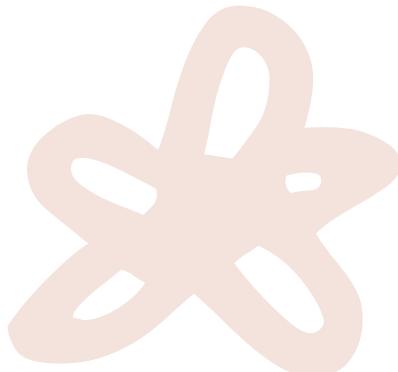
Early Childhood Development



**“Pregnancy
is one of the
most important
developmental
periods in life.”**

What do we know?

- Pregnancy is one of the most important developmental periods in life.
- Pregnant women should consume plenty of high-quality nutrients essential for the foetus development.
- Pregnant women should also eat foods rich in folate (B vitamins), iron and calcium, to ensure their foetus gets the elements it needs to develop.
- Women who lack essential nutrients at the start of pregnancy put their own health at risk and perpetuate a cycle of poor mother-child nutrition.
- A lack of essential nutrients during pregnancy, when the child's brain is growing most rapidly, can have very long-term effects on the child's physical and intellectual development and performance in school.
- Poor nutrition in pregnancy can also cause the child to suffer from heart disease, high blood pressure, type 2 diabetes, poor immune system or depression.
- Pregnant women living in disadvantaged situations have more difficulty ensuring proper nutrition.



Paying attention to...

... eat, from the beginning of pregnancy, foods with elements that are essential to foetal development.

What can be done?

- Eat foods every day that are rich in folate (spinach), protein (meat, fish, eggs), vitamin A (fatty fish and milk products), vitamin C (fresh parsley, peppers, kiwis, citrus fruit), calcium (milk products) and iron (blood pudding, meat, seafood, fish, beans).
- Eat enriched foods every day, such as iron-enriched cereals.
- Consume more milk, eggs, cheese, fruits and vegetables, nuts and beans.
- Avoid alcohol during pregnancy.

... inform all pregnant women, from the beginning of pregnancy, about good eating habits to adopt to keep themselves and their babies healthy.

- Guide pregnant women toward health professionals (nutritionists, nurses, doctors).



Information

The Centre of Excellence for Early Childhood Development identifies and summarizes the best scientific work on the social and emotional development of young children. It disseminates this knowledge to a variety of audiences in formats and languages adapted to their needs.

For a more in-depth understanding of nutrition during pregnancy, consult our experts' articles in the Encyclopedia on Early Childhood Development, available free of charge at www.child-encyclopedia.com.

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Coordinator:
Lucie Beaupré

Collaborators:
Isabelle Vinet (CPEQ)
and Julie Robitaille

Copyeditor:
Lana Crossman

Translation:
Donna Riley

Graphic design:
DesJardins Conception Graphique inc.

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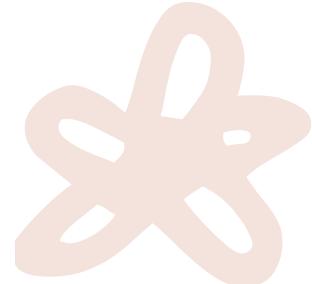
GRIP-Université de Montréal
P.O. Box 6128, Succursale Centre-ville

Montreal, Quebec H3C 3J7
Telephone: 514.343.6111, extension 2576

Fax: 514.343.6962

E-mail: cedje-ceecd@umontreal.ca

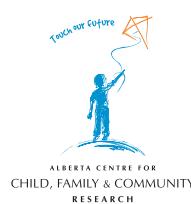
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 Fondation Lucie
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Encyclopedia
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