

a. Canada's Food Guide

MODULE 5

[Canada's Food Guide](#) will help you make healthy food choices for you and your baby.



What should I eat?

Canada's Food Guide includes lots of ideas for ways to eat healthier. By clicking on any of the links below, you will be directed to more information on that topic.

To eat well you should:

- [Eat a variety of healthy foods each day.](#)
- [Have plenty of vegetables and fruits.](#)

- [Eat protein foods.](#)
 - [Choose whole grain foods.](#)
 - [Make water your drink of choice.](#)
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How much should I eat?

How much you need to eat depends on how much weight you need to gain, how active you are, and your own personal eating style. Remember to listen to your body. Eat when you are hungry and stop when you are full. Click on this [link](#) for ways to be more mindful of your eating habits.

In your second and third trimester, you will need to eat a little more. This can include an extra snack each day. Snacks can include a couple of healthy foods and a healthy drink. Examples of some healthy snacks include an apple and a glass of milk or veggie sticks and hummus. Click on this [link](#) for other healthy snack ideas.

Healthy Eating Habits

Besides the foods you choose, other things that can help you eat healthier are:

- [Be mindful of your eating habits.](#)
- [Cook more often.](#)
- [Enjoy your food.](#)
- [Eat meals with others.](#)
- [Use food labels.](#)
- [Limit foods high in sodium, sugars or saturated fat.](#)
- [Be aware of food marketing.](#)

Eat well. Live well.

Healthy eating is more than the foods you eat



Be mindful of your eating habits



Cook more often



Enjoy your food



Eat meals with others



Use food labels



**Limit foods high in sodium,
sugars or saturated fat**



Be aware of food marketing

Here are some resources from Canada's Food Guide to help you make healthier choices when cooking and shopping for food:

- [Recipes](#) for breakfast, lunch/dinner and snacks.
- [Healthy cooking methods](#)
- [Healthy eating on a budget](#)