

CONCLUSION

MODULE 5

Healthy eating is a good habit to have. It means enjoying a variety of different, good tasting and nourishing foods and limiting the amount of less nourishing foods with fats, caffeine, salt, and sugars.

Pregnancy is a good time to adopt healthy eating habits. Remember that healthy eating habits should not end with the birth of your baby. You should continue to eat food from the four food groups after the baby's birth.

Healthy eating will help you to remain active and healthy which will be beneficial for your family. Canada's Food Guide can help you make these healthy choices.

By eating healthy meals and being mindful of your eating habits during your pregnancy, you can achieve a healthy weight gain. Making healthy choices after birth can help you return to your pre pregnancy weight.

