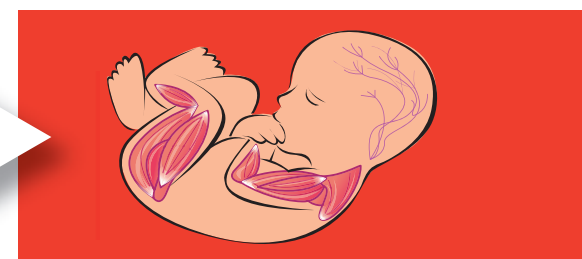
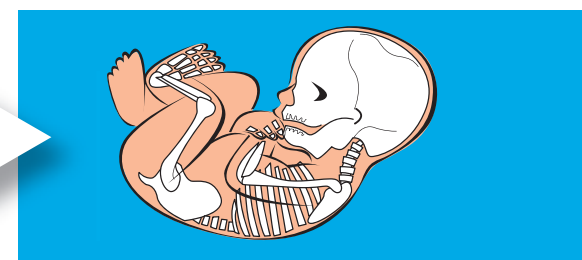
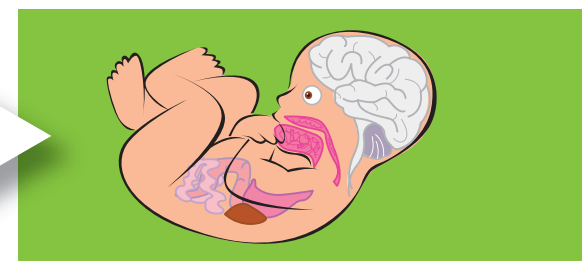
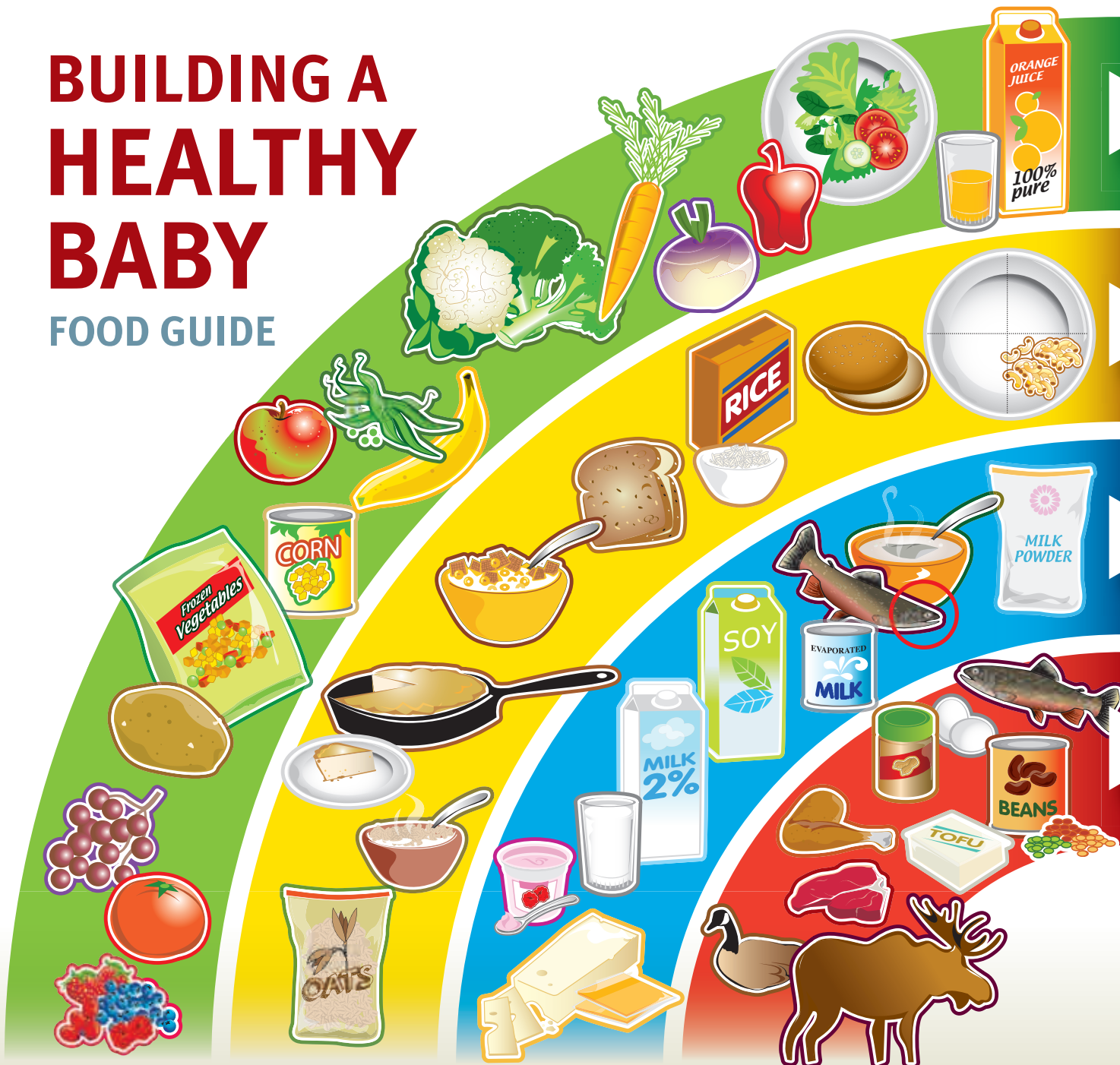


# BUILDING A HEALTHY BABY

## FOOD GUIDE



- ▶ DURING PREGNANCY, BABY SHARES THE FOOD MOM EATS.
- ▶ WHAT COUNTS IS NOT EATING LOTS BUT EATING WELL SO THE GROWING BABY GETS HEALTHY FOODS TO BE STRONG AND HEALTHY.
- ▶ CHOOSING A VARIETY OF FOODS CAN GIVE THE MOM'S BODY THE BUILDING BLOCKS NEEDED TO GROW A HEALTHY BABY.

**VEGETABLES  
AND FRUIT**  
7-8 SERVINGS  
PER DAY

**GRAIN  
PRODUCTS**  
6-7 SERVINGS  
PER DAY

**MILK AND ALTERNATIVES**  
2 SERVINGS  
TEENS 3-4 SERVINGS  
PER DAY

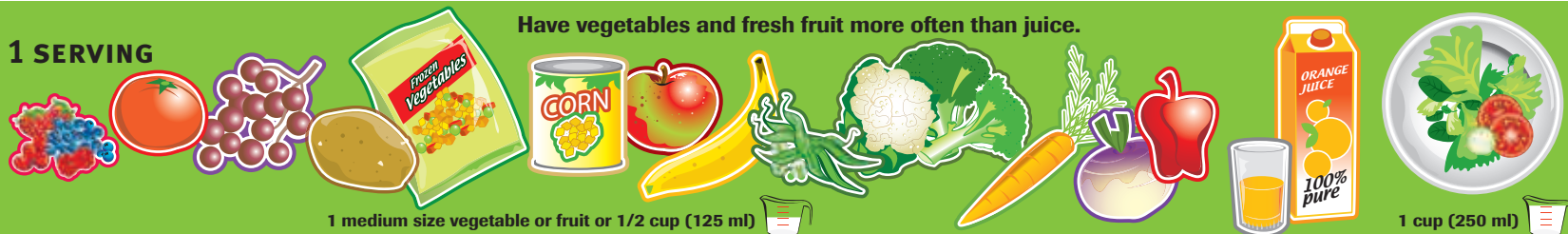
**MEAT AND  
ALTERNATIVES**  
2 SERVINGS  
PER DAY



Conseil Crie de la santé et des services sociaux de la Baie James  
Cree Board of Health and Social Services of James Bay

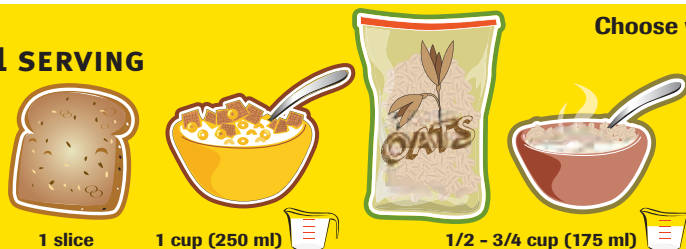
**VEGETABLES  
AND FRUIT  
7-8 SERVINGS  
PER DAY**

**1 SERVING**



**GRAIN  
PRODUCTS  
6-7 SERVINGS  
PER DAY**

**1 SERVING**



Choose whole grain products more often.

**2 SERVINGS**



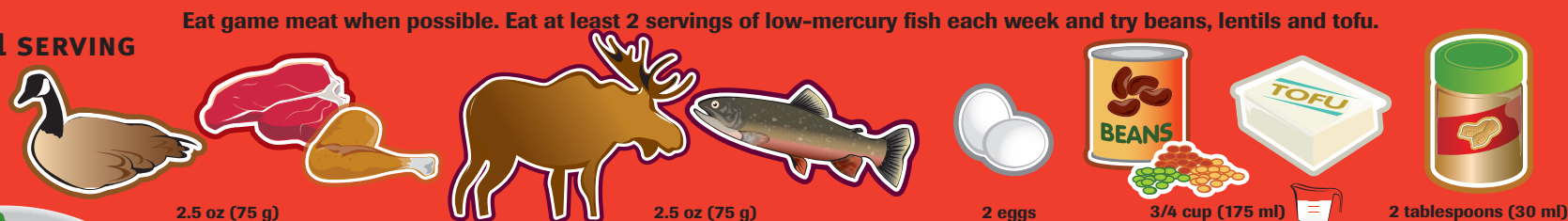
**MILK AND  
ALTERNATIVES  
2 SERVINGS  
TEENS  
3-4 SERVINGS  
PER DAY**

**1 SERVING**



**MEAT AND  
ALTERNATIVES  
2 SERVINGS  
PER DAY**

**1 SERVING**



**▶ EVEN IF YOU ARE EATING WELL, TAKE YOUR DAILY  
PRENATAL VITAMINS AS PRESCRIBED TO HELP  
YOUR BABY GET ALL THE VITAMINS AND MINERALS**

**▶ DRINK 8-10 GLASSES OF WATER EACH DAY  
TO INCREASE THE AMOUNT OF BLOOD  
AND PREVENT URINE INFECTIONS OFTEN  
A CAUSE OF PREMATURE LABOUR**

