



Thames Valley

Family Health Team

Lifestyle

Content

- Healthy eating
- Physical fitness
- Environmental exposures



Health Equity Statement

- We acknowledge that this health promotion information does not address all unique cultural beliefs and practices surrounding pregnancy and birth, and we encourage you to have a conversation with your care provider when your cultural beliefs differ from any teaching within this material.



Benefits of Healthy Eating

- Encourages healthy growth for baby
- Supports lower risk of health problems for mother
- Supports mental health
- Encourages healthy eating habits long-term



Activity: Food For Thought...

	TRUE	FALSE
1. Now that you are eating for two you need twice as much food.		★
2. You need extra iron when you are pregnant.	★	
3. Drinking milk is the only way to get the calcium and vitamin D to build you baby's bones.		★
4. You should not eat fish when you are pregnant.		★
5. Even if you eat well, you should take a multivitamin.	★	



Baby-Building Nutrients

- Folate (Folic Acid) and Choline
- Carbohydrates and Fibre
- Calcium and Vitamin D
- Iron and Protein
- Omega-3 Fats



Folate (Folic Acid)

- B-vitamin that builds healthy blood and tissue
- Particularly important for normal development of the baby's spine, brain, and skull



Sources of Folate

- Baked beans, chickpeas, lentils
- Cooked spinach, asparagus, broccoli, brussels sprouts, cauliflower, tomatoes, parsnips, okra
- Pineapple, cantaloupe, oranges, grapefruit, papaya
- Sunflower seeds, roasted peanuts, walnuts, cashews
- Fortified breads and foods made with enriched flour
- Eggs

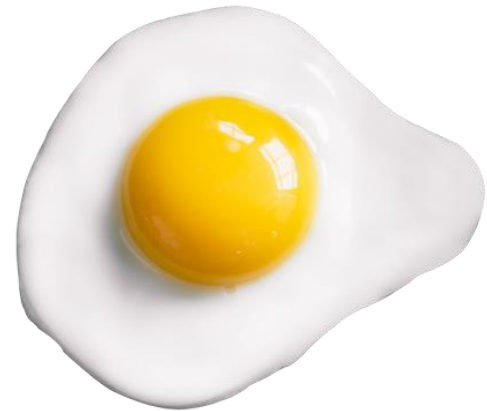


Choline

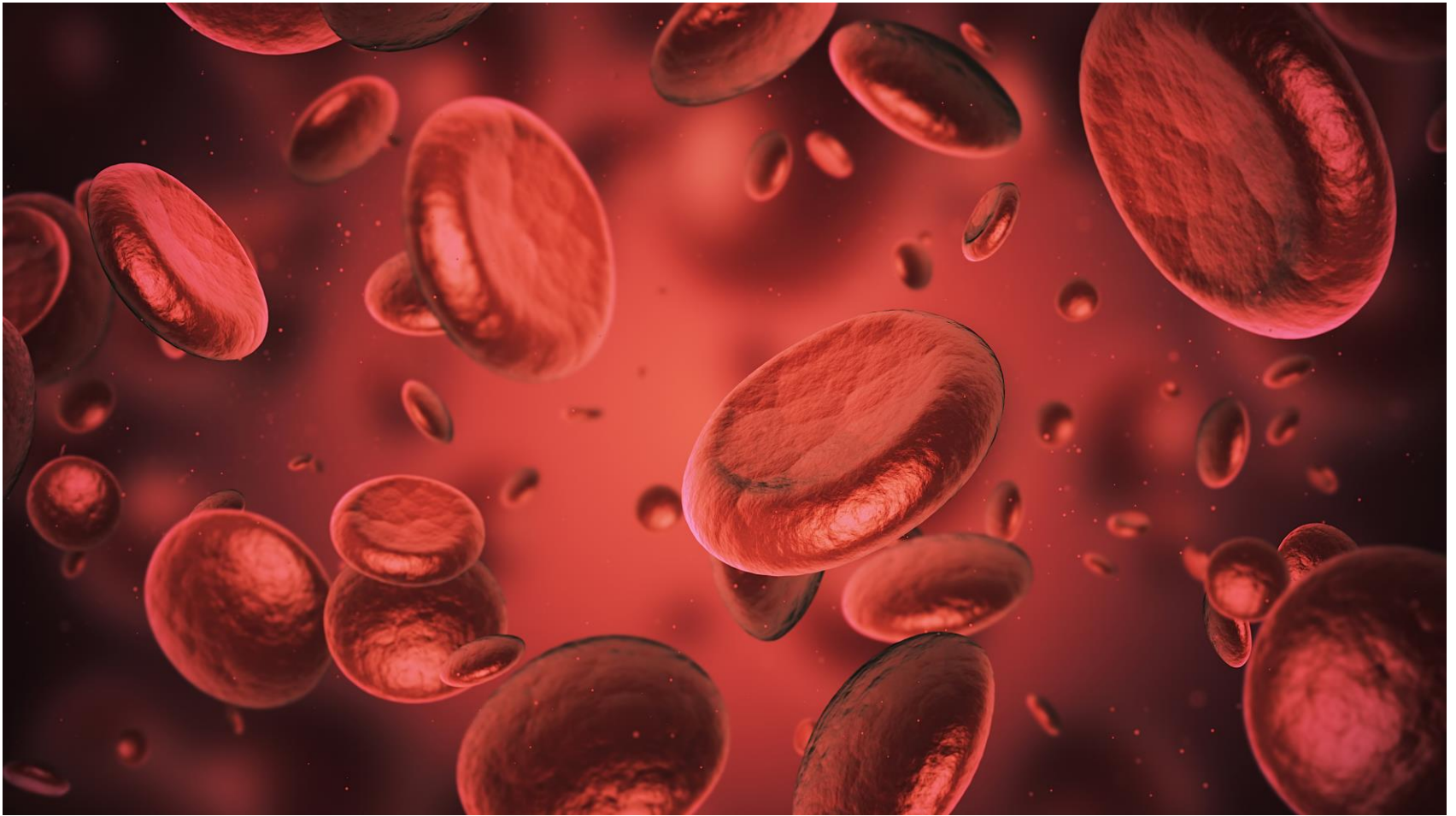
- Choline is in the B vitamin family
- Important for brain development

Food Sources:

- Eggs
- Red Meat
- Roasted Soybeans



Iron



Iron + Vitamin C



Calcium + Vitamin D



Omega-3 Fats

Dietary sources of omega-3 fatty acids:

- Fatty fish like salmon, trout, mackerel, sardines, and herring
- Some seafood like mussels and oysters
- Flaxseed and flaxseed oil
- Soybeans and soybean oil
- Canola oil
- Walnuts
- Some seaweed



Food Safety

FIGHT BAC!



Keep Food Safe From Bacteria™



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Foods to Avoid



- Foods most likely to contain listeria or cause listeriosis (infection)
- Fish containing high levels of mercury
- Excess caffeine
- Energy drinks
- Liver and liver products



Mercury

Recommended

- Choose fish that are low in mercury
- Choose 'light' tuna
- Eat smaller fish

Avoid

- Do not eat organs of any fish.
- Do not eat the eggs of fatty fish such as salmon and trout from the Great Lakes
- Avoid mercury tooth fillings or having them removed during pregnancy



Keeping Your Baby Safe

- Artificial sweeteners
- Herbal teas, energy drinks, & supplements
- Lead and heavy metals
- Pesticides



Keeping Your Baby Safe

- Bisphenol A (BPA)
- Toxoplasmosis



Physical Activity Guidelines

- If already active, continue 150 min/week, minimum 3 days, moderate intensity
- If just getting started, build gradually (as tolerated)
- Pelvic floor exercises (Kegel)
- Warm up before and stretch after

Benefits of Active Living

- Reduces stress
- Improves energy level
- More oxygen for your baby
- Supports good posture
- Lowers risk of developing pregnancy-related diabetes or high blood pressure
- Promotes recovery after birth



Knowing when to STOP

- Dizziness or fainting
- Blurred vision
- Excessive shortness or breath
- Chest pain
- Abnormally high heart rate that does not drop when the activity is stopped
- Pain or swelling in the calves
- Sudden swelling of hands, face, or feet
- Sudden change in body temperature
- Strong, sharp pain in the back, abdomen or chest
- Painful uterine contractions
- Vaginal bleeding
- Any gush of fluid from the vagina



Creating Healthy Environments



Tobacco

Benefits of Quitting

- Healthier birth weight
- Better chance of full-term pregnancy
- Lower risk of SIDS, respiratory problems, allergies, middle ear infections
- Increased energy and fewer health problems for mother
- A good breast milk supply
- Saves \$\$\$



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Second-hand Smoke

Is linked to:

- Early birth
- Miscarriage



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Environmental Exposures: Cannabis

- Legal does not make it safe
- Consists of more than 700 chemical compounds including THC and CBD
- May have negative effects on pregnancy, fetus, and breastfeeding
- Caution is advised



Environmental Exposures: Alcohol



Environmental Exposures: Medications and Drugs

- Is this medication safe to take in pregnancy?
- What are the benefits?
- What are the risks?
- Are there any alternatives?



Exposure to Harmful Substances

- Plastics
- Paints and thinners
- Lead
- Cleaning products
- Pesticides



Tips to Minimize Risk in the Home

- Dust and mop
- Remove shoes
- Use lead-free products
- Ventilate your home



Environmental Exposures: Personal Care Products

Some products to watch for:

- Tanning products
- Nail polish and nail polish remover
- Hairspray and hair dye
- Skin products
- Cosmetics
- Bug spray
- Natural health products or herbal supplements



Exposures at Work

- Exposures to harmful substances can be higher at work than home
- Exposure can happen in many workplace settings
- Parents can be careful not to bring contaminants home

